



# ADVENTUROUS JOURNEY GUIDE

## Adventurous Journey 13 Requirements

All Practice and Qualifying Journeys must comply with the 13 AJ Requirements.

### 1. All journeys must have a clearly defined goal.

- A goal describes a purpose with a desired outcome.
- All goals must include a description of the environment, mode of travel and activity that will be done.
- The goal must be created by the group and achievable by all.

### 2. The group must be no fewer than four and no more than seven members (eight for modes of travel which require pairs).

- Group members must be peers and work together throughout each stage of the journey.
- Groups may include non-Award participants so long as they meet the minimum age of the Award level and fully participate in each stage of the AJ.

### 3. All participants must undergo suitable training to have the appropriate skills to safely complete their journeys.

- Appreciating the culture within the journey's environment.
- Camp craft, including food and cooking.
- Competency in the mode of travel.
- First Aid and emergency procedures.
- Navigation.

### 3. Continued

- Necessary equipment and how to use it.
- Observation and recording skills.
- Route planning.
- Team building and leadership training.
- Understanding of the Adventurous Journey.
- Understanding the impact of the journey on the environment.

### 4. All members of the group must be involved in the planning and preparation of their Practice and Qualifying Journeys.

- The group must take ownership of their journey and be equally involved in each stage.

### 5. All participants must undertake a minimum of one Practice Journey per level.

- All Practice Journeys must take place in a similar environment but not use the same route as the Qualifying Journey.
- Bronze: Minimum of one day.
- Silver & Gold: Minimum of one day and one night.
- AJ Supervisor must be confident that the group can safely complete the Qualifying Journey.

**6.** All journeys must take place on land or water; all group members must use a mode of travel that requires their own effort.

- “Own effort” includes by foot, cycle, paddle/oar, by animal (such as horse) or by other non-motorized means (sail) etc.
- Exceptions exist for young people with health conditions or impairments.

**7.** The environment chosen must be unfamiliar to all participants.

- This typically means a natural and remote environment.

**8.** The distance covered on all journeys will depend on the terrain, weather conditions, and ability of the group members. All group members must undertake a minimum of 6 hours (for Bronze), 7 hours (for Silver), and 8 hours (for Gold) per day of purposeful effort.

- Distances are deliberately not stipulated at any Award level. What is important is that the number of hours of purposeful effort are met.
- Purposeful effort includes time spent working towards the AJ goal; leisure time and sleep cannot be counted.

**9.** All journeys must be supervised and assessed by suitable and experienced adults.

- See below for more information.
- The AJ Supervisor and Assessor may be the same person.

**10.** Accommodation must be in portable tents or simple self-catering accommodation such as hostels or huts.

- Ensures that young people are taken out of their comfort zone, are self-sufficient, and develop their team skills.

**11.** All members of the group must carry sufficient equipment, food, and water to be completely self-sufficient throughout their journeys.

- Participants need to carry their tent, cooking equipment, food, water, etc.
- Adjustments can be made to ensure it is accessible.

**12.** All groups must ensure that they prepare and consume a substantial and nutritious meal each day.

- Ensures participants remain healthy and able to continue their journey.

**13.** On completion of the Qualifying Journey, the group is required to deliver a report to their Assessor.

- Report can be written, photographic, recorded, or digital as agreed by the group prior to the start of the Qualifying Journey.
- All group members must be involved in creating and presenting the report.



## Adventurous Journey Step-by-Step Guide

1.

Form a group of 4-7 young people (max 8 for tandem activities). Award Leader can assist in forming groups.

2.

Decide on type of journey (Expedition or Exploration), area of travel, the mode of travel, and who will be the Assessor and Supervisor for the journeys. Once decided the group needs to create a SMART goal.

3.

Plan Practice and Qualifying Journeys; use the Adventurous Journey Planning Template to ensure you have a well-thought-out trip. Discuss the group plan with your Award Leader and get approval on the Online Record Book (ORB).

4.

Train and practice with group to ensure a successful journey. At a minimum, ensure all Preparation & Training listed on the ORB is completed.

5.

Complete the Practice Journey. Demonstrate to the AJ Supervisor the group has all the required skills to safely carry out the Qualifying Journey. Groups may need to complete more than one Practice Journey or work on certain skills if the AJ Supervisor determines the group needs more preparation.

6.

Send your AJ Supervisor an assessment report from the ORB. Once done submit Practice Journey to your Award Leader for approval on the ORB.

7.

Review plans for the Qualifying Journey with AJ Supervisor and Assessor to ensure you are properly prepared and the 13 AJ requirements are all met.

8.

Complete the Qualifying Journey with your group and AJ Supervisor present.

9.

Debrief journey with your group and Assessor. Group will confirm when and how the presentation and report will be delivered to the Assessor.

10.

Deliver their presentation to the Assessor, focusing on the goal of their journey.

11.

Send your Assessor a report to complete from the ORB. Once done, submit your Qualifying Journey to your Award Leader for approval on the ORB.



## Participant Responsibilities

- 1.** I will complete the required Preparation & Training before starting any other aspect of the Adventurous Journey.
- 2.** I will coordinate with the group prior to the journey.
- 3.** I will complete all required group work.
- 4.** I will organize and plan the journey with my group with assistance from my Award Leader, Assessor, and Supervisor.
- 5.** I will choose a route with my group that is appropriate for all skill levels.
- 6.** I will carry my own equipment and supplies.
- 7.** I will remain self-sufficient.
- 8.** I will take on a leadership role.
- 9.** I will prepare my own meals.
- 10.** I will coordinate a time with my group to check-in with the Assessor.
- 11.** I will work with my group to complete the AJ report and upload it to the ORB.



## Supervisor Responsibilities

**1.** I understand that failure to set and implement clear boundaries may result in disqualification of the journey.

**2.** I will act only as Supervisor for safety and risk management.

**3.** I will work closely with the Award Leader and Assessor prior to, following, and during the Journey.

**4.** I will complete the assessment of the Practice Journey for each group member on the ORB.

**5.** I will allow the group to remain independent and self-sufficient.

**6.** I will ensure all group members take on a leadership role.

**7.** I will allow the group to make decisions and solve problems.

**8.** I will allow the group to identify hazards and risks.

**9.** I will allow the group to test new skills and abilities in the following areas:

- Navigation.
- Camp set-up.
- Meal preparation.
- Leave no trace camping.



## Assessor Responsibilities

- 1.** I will confirm with the group that the route chosen will be sufficient.
- 2.** I will coordinate check-ins (do not need to be present on Journey).
- 3.** I will ensure all 13 AJ Requirements are met by the group.
- 4.** I will review the group's AJ report and make sure it is uploaded on the ORB.
- 5.** I will complete the assessment of the Qualifying Journey for each group member on the ORB.
- 6.** If I am not taking on the role of AJ Supervisor: I will ensure the group has an appropriate Supervisor.

## Award Leader Responsibilities

- 1.** I will ensure the group has completed all required Preparation & Training before starting any other part of the Adventurous Journey.
- 2.** I will coordinate with the team to organize group work.
- 3.** I will review the group's AJ report and make sure it is uploaded on the ORB.
- 4.** If I am not taking on the role of Assessor: I will ensure the group has an appropriate Assessor.

