



Adventurous Journey Requirements

The Adventurous Journey (AJ) encourages a spirit of adventure and discovery while planning and undertaking a journey with a small team of peers. Teams work together to set a clear and challenging goal that is achievable and defines what activities they will be doing throughout their journey. The AJ requires initiative, communication and perseverance. With suitable training, planning and supervision, the AJ-section aims to safely take young people out of their comfort zone and promotes experiencing new challenges in a team setting.

Adventurous Journey Requirements:				
1. AJ Team Size: 4-8 team members	<ul style="list-style-type: none"> Team members must be peers and work together throughout each stage of the journey. Teams may also include non-Award participants. Team members may be working on different levels of the Award so long as the challenge is appropriate for all team members. Larger groups can organize themselves into smaller cohorts to meet the team size. 			
	2. The Journey: Plan and undertake a Practice and Qualifying Journey for the appropriate length of time determined by your level.	<ul style="list-style-type: none"> All members of the team are equally involved in each stage including the planning and preparation of their journeys. The Practice and Qualifying Journey can be combined if most suitable for the type of journey planned. Teams may choose to exceed the minimum length. 		
Award Level		Practice Journey (PJ) Required Length	Qualifying Journey (QJ) Required Length	Daily Required Purposeful Activity*
Bronze		1 day	2 days, 1 night	6 hours
Silver		1 day, 1 night	3 days, 2 nights	7 hours
Gold		1 day, 1 night	4 days, 3 nights	8 hours
* Purposeful Activity is time spent journey and working toward the team goal. This may include activities such as journeying, cooking, gathering data, setting up accommodation etc. It does not include leisure time and sleep.				
3. Adult Support: AJ Supervisor and Assessor (may be the same person).	<ul style="list-style-type: none"> All adult mentors should be competent in the type of journey being undertaken according to the Award Centres' standards to ensure participants remain safe. Immediate family members cannot be Assessors but may be a Supervisor. The number of adults and competency required on an AJ will depend on activities and location. 			

	<ul style="list-style-type: none"> The AJ Supervisor and Assessor must allow the group to make decisions and problem solve.
<p>4. Team Goal: All journeys must have a clearly defined team SMART goal</p>	<ul style="list-style-type: none"> The goal is created by the team and describes the purpose and desired outcome of the journey. Goals should include a description of what the team is doing and what they want to achieve. Goals must be challenging and achievable by all team members.
<p>5. Location: Adventurous Journeys may take place in all locations, including areas known to the participants.</p>	<ul style="list-style-type: none"> The environment or terrain must present a sufficient challenge, as appropriate for the Award level, resources available and ability of the group. The Practice and Qualifying Journey should not take place in the exact same location.
<p>6. Mode of Travel: Team members must use a mode of travel that requires their own effort.</p>	<ul style="list-style-type: none"> Examples include cycling, foot/wheelchair, paddling, sailing etc. More than one mode of travel may be used and all modes of travel must be practiced before starting their Qualifying Journey. If motorized transportation is used on your journey such as mobility aids, e-bikes, public transportation etc. it should be incorporated into your team goal and agreed upon with your Leader/Assessor. Motorized transportation that is used to get to a starting point or from an end point cannot count towards Purposeful Activity time.
<p>7. Accommodation: Team members must stay in simple self-catering accommodation.</p>	<ul style="list-style-type: none"> All accommodation should allow your team to be self-sufficient, be approved by the adult mentors you are working with and in line with your Award Centre standards. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc.
<p>8. Training and Practice: The team must be suitably trained to have the appropriate competency to safely complete the Qualifying Journey</p>	<ul style="list-style-type: none"> What you do for your Preparation and Training should ensure your team is capable of safely completing the journey you have decided on. Completion of this section will look different for every team since what needs to be done to safely complete your trip will be determined by your team goal, location, mode of travel and activities on the journey.

<p>9. Self-sufficiency: Teams must be self-sufficient by ensuring they have what they need to be successful on their journey.</p>	<ul style="list-style-type: none"> • Teams must ensure they plan, carry and have access to necessary equipment and supplies (i.e. food, clothes, gear, first aid kit, map etc.) that they need to be self-sufficient on their journeys. • All teams must ensure that they prepare and consume a substantial and nutritious meal each day.
<p>10. Review & Debrief: Teams must debrief the AJ experience with their Assessor and/or Supervisor.</p>	<ul style="list-style-type: none"> • Teams must debrief the PJ with their Supervisor and the QJ with their Assessor. Debriefs should be done as soon as the journey is completed. • Decide with your team and the adult mentors involved if anything needs to be submitted after the debrief and when/how it will be submitted (i.e. final report, presentation, planning guide etc.). • The Supervisor and Assessor must complete a group Assessor Report for the PJ and QJ that is submitted on the ORB.
<p>In circumstances where it becomes impossible for one or more group member to complete the AJ Requirements, Award flexibilities may be used. Please reach out to your Award Leader or the Award Office to discuss.</p>	