








# Adventurous Journey Team Goal Builder

The AJ team goal focuses on what the team will do, explore and discover. As a team you will set a clear and challenging goal that is achievable by all.

Your goal should include:

- ✓ What activities will you do?
- ✓ How will you journey?
- ✓ What do you want to accomplish as a team?

Stages of building a team goal				
				
<a href="#">Brainstorm</a>	<a href="#">Plan</a>	<a href="#">Design/Do</a>	<a href="#">Review</a>	<a href="#">AJ Example Team Goals</a>



## Step 1: Brainstorm

Work as a team to come up with different ideas of what you will do and where you will go.

- Try using sticky notes or an online white board to start your brainstorm.
- Narrow down the ideas by voting on them based on what is achievable, realistic, challenging and enjoyable for the team.

### Considerations to keep in mind when brainstorming your goal.

Before going into the brainstorm ensure the team has parameters on what is realistic concerning the budget, mode of travel, location and activities based on the resources available at your Award Centre. It's also a great idea to review some examples of past trips. Suggestions when brainstorming:

1. Assign roles ensuring you have a moderator and note taker and that everyone has a chance to lead.
2. Make voting anonymous.

3. This doesn't have to be a long process spend, 10 minutes producing ideas and 10-15 minutes narrowing them down.

**Brainstorm Categories:** These are some great categories to include when brainstorming. Some of these categories may be pre-determined by the leader/Award Centre based on the resources available. It's important for the adults delivering the Award to be involved in this stage.

All ideas generated should be realistic based on the skills, experience and resources within the team. To ensure everyone is on the same page it can be a good idea to poll the room to hear more about past experiences, skills and equipment available before getting into the brainstorm.



1. <b>LEVEL:</b> Bronze, Silver, Gold
2. <b>TYPE OF AJ JOURNEY:</b> Practical AJ (Back-country/Front-country, Urban), Virtual, TAP/Service Provider
3. <b>Who:</b> Team members and adult mentors (AJ Assessor/Supervisor)
4. <b>LOCATION:</b> Mountains, Forests, Beaches, Deserts, Snow, Rocks, Wetlands, Caves, Parks, Cities, Suburbs etc.
5. <b>ACTIVITY:</b> Journeying, Camping, Investigating, Researching, Creating, Exploring etc.
6. <b>MODE OF TRAVEL:</b> Cycling, foot/wheelchair. paddling, sailing etc.

1. **Level:** Teammates can be working on different Award levels as long as minimum AJ requirements are met at each level and challenge is appropriate for all team members.
2. **Type of Journey:** Practical AJ includes planning it with your team/Award Centre and it may take place in the back-country, front-country or an urban setting. Semi-virtual journeys are available at Bronze and Silver Levels, virtual journeys are available at Bronze. All semi-virtual and virtual journeys must be lead by the Award Leader speak to them for more information. TAPs (Trained Activity Providers) and Service Providers are companies that offer trips you can sign-up for as a group or an individual.
3. **Who:** Team members must be peers but don't have to be working on the Award. All journeys need at least one adult mentor. All adult mentors should be

experienced/trained for the type of journey being undertaken according to the Award Centres' standards to ensure participants remain safe. **Immediate family members cannot be Assessors for any section of the Award.** Ideally, immediate family members should not be a Supervisor unless necessary and approved by the leader. The AJ Assessor and Supervisor can be the same person.

4. **Location:** Choose a location that is realistic ensuring you have the proper skills, experience, equipment and resources to get there.
5. **Activity:** Your chosen activity will likely include more than one element. Ensure you have a primary focus for your journey and that you can form a realistic and challenging team goal of what you want to accomplish as a team while doing the chosen activity/activities.
6. **Mode of Travel:** Team members need to use their own efforts for the mode of travel. 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.










## Step 2: Plan

Once you've agreed on one idea, start building your plans. What needs to be included in your goal to make it a reality? **Decide on:**

- Where will you go?
- When will you go?
- What will you do?
- What does the team want to achieve and how will you achieve it?

**Plan Categories:** Some of these items may have been decided at the end of the brainstorming phase and some items will need more planning/clarity from the group. Decide on some of the larger items as a team. Then you may want to divide up to start planning each of these sections, providing some clear guidelines to ensure everyone knows what they need to come back to the team with.

Where/When	What	How
 <p><b>Location &amp; Route</b> <i>Where will you specifically go?</i></p>	 <p><b>Activity</b> <i>What will you do and achieve with your team?</i></p>	 <p><b>Resources &amp; Skills</b> <i>How will you prepare? Resources, skills/training &amp; equipment you need?</i></p>
 <p><b>Timing</b> <i>When will you go on your Practice and Qualifying Journey?</i></p>	 <p><b>Mode of Travel</b> <i>Walking, cycle, paddle, oar, sail, skiing, wheelchair etc.</i></p>	 <p><b>Food: Self-Sufficient</b> <i>How will you be self-sufficient? E.g. cooking equipment, food, water, etc.</i></p>
	 <p><b>Accommodation: Self-Sufficient</b> <i>Tent, hostel, yurt, field/gym etc.</i></p>	



**Location and Route:** Where do you want to go? How far will you travel and how will you get there?



**Timing:** Ensure it works for all team members and your adult mentors. Consider the season and how that may effect the weather which will also effect what you can accomplish as a team and what resources and training you need to be successful on your journey



**Activity:** What is the purpose of your journey and what do you want to accomplish as a team?



**Mode of Travel:** Team members need to use their own efforts for the mode of travel. If you need to drive to get anywhere this time shouldn't count towards your overall required purposeful activity.



**Accommodation:** Must be self-catering and simple.



**Food: Self-Sufficient:** What do you need to ensure you remain healthy and self-sufficient on your journey? Remembering things can be prepared ahead of time which may be easier for urban journeys.



**Resources & Skills:** Ensure you have what you need to safely take on your journey. Don't forget to consider safety measures and emergency procedures you may need. Speak to your adult mentors/Award Centre to see what they already have in place.



## Do/Design

Put the ideas together and create your Practice Journey & Qualifying Journey team goals. You may want to divide and conquer as a team by each person taking on a different letter of the SMART acronym. You can find [Practice and Qualifying Journey team goal examples](#) within this document.

### **Goal Breakdown:**

Specific	<b>What will you do/achieve during your trip?</b> What will you achieve? What is your general plan?
Measurable	<b>How will you know you have reached your goal?</b> What is your team working towards achieving? How will you measure and track it?
Achievable	<b>Can your goal be achieved by the whole team?</b> What training/skills/experience does your team need to safely complete your goal?
Realistic	<b>Is this AJ goal realistic?</b> Do you have the equipment, funds and adult(s) to execute your journey?
Time-bound	<b>Will your team be able to complete your goal by the end of your journey?</b> What is the timeframe for your journey/goal?



## Review

- Review your Practice and Qualifying goals as a team and change if necessary.
- Send your goals to your AJ Supervisor and Assessor.
- Get their input and make any necessary changes.
- Ensure each team member has their journey setup on the ORB.

Everyone on your AJ team should input the same details on the ORB and send to your Award Leader for approval. This is what the setup section on the ORB will ask you for. It's recommended to share your team goal with your Leader/adult mentor helping with the AJ before submitting anything on the ORB.

Adventurous Journey

Preparation and Training

Practice Journey +

Qualifying Journey +



New Journey

Activity Details

Journey Type  
Select

Name  
[Text Field]

Mode of Transport  
Select

Goal  
[Text Field]

Start Date  
Date

End Date  
Date

Location  
[Text Field]

Select Country or Territory  
Select



New Journey

Note  
[Text Field]

Assessor Details

Title  
Select

Name  
[Text Field]

Email  
[Text Field]

Phone  
[Text Field]

Supervisor Details

Title  
Select

Name  
[Text Field]

Email  
[Text Field]

Phone  
[Text Field]

SETUP





## Example AJ Team Goals

### 1. Bronze level local autumn biking trip and bird watching.

<b>PJ Team Goal:</b>	We will determine our level of preparation and readiness for our QJ by actively testing our mode of travel (biking), setting up our tents and cooking for ourselves. During our PJ we will practice servicing our bikes and identifying at least 3 birds we see along the way. We will debrief the PJ as a team with our supervisor to determine if any changes need to be made to our QJ plans.
<b>QJ Team Goal:</b>	For our QJ we will bike from (insert location) to (insert location), carrying what we need to be self-sufficient. While on our trip, we will focus on exploring and photographing local birds. We will stay at a campsite overnight and cook a meal for ourselves each day. By the end of our journey our aim is to have taken pictures of at least 8 different birds to create a photo journal including at least 1 fun fact about each of the birds we have found. We will debrief the experience as a team and complete our journal no later than 10 days after our journey has ended to present to our Assessor.

### 2. Bronze urban walking trip to explore community art and build our own art project.

<b>PJ Team Goal:</b>	We will prepare for our QJ by practicing our mode of travel (walking & using public transit), visiting two local art installations, surveying 2 bystanders, setting up our accommodations and cooking a meal. During our PJ we research local art projects and start planning our own project to help us accomplish our QJ goal. At the end we will debrief the PJ with our AJ Supervisor and determine if any changes need to be made to our QJ plans.
<b>QJ Team Goal:</b>	As a team, we want to learn more about creating community art projects and what impact they have on communities. Over two days we will walk and use public transportation to visit 6 different community art installations and survey at least 3 bystanders at each location to learn more about the impact it has. We will stay overnight at our community centre and cook a meal for ourselves each day. By the end of our QJ we will debrief the experience together and have started the creation of a team mural at the community centre that will be finished no later than 14 days after our trip.



### 3. Bronze journey to learn more about local Indigenous cultures, practices and music.

<b>PJ Team Goal:</b>	We will ensure we are prepared for our QJ by practicing our mode of travel (walking & using public transit), visiting a local Indigenous farm for a tour, setting up our accommodations and cooking a meal. During our PJ we will learn more about local food, research local Indigenous tribes and music to help us accomplish our QJ goal. At the end we will debrief the Practice Journey with our AJ Supervisor and determine if any changes need to be made to our QJ plans.
<b>QJ Team Goal:</b>	Over two days we will learn more about local Indigenous cultures by participating in activities, speaking with people and researching. Using public transit and travelling by foot, we will attend a Powwow and visit a local Indigenous cultural centre. At each location we will speak with at least 4 local Indigenous people and ask them about their cultural practices they do and what they value about these practices. We will stay overnight at our school and cook a meal for ourselves each day using local ingredients. By the end of our journey, we will debrief as a team with our AJ Assessor and share an Indigenous centric playlist we have created with our classmates.

### 4. Gain a better understanding of public spaces and how they are used.

<b>PJ Team Goal:</b>	We will determine our preparedness for our QJ by practicing our mode of travel (biking), visiting 3 public outdoor spaces in one neighbourhood to observe and record what is available and how the spaces are utilized. We will practice setting up camp and cooking a meal for ourselves in a teammate's back yard. At the end of our PJ, we will debrief the experience with our AJ Supervisor and determine if any changes need to be made to our QJ plans.
<b>QJ Team Goal:</b>	We will determine our preparedness for our QJ by practicing our mode of travel (biking), visiting 3 public outdoor spaces in one neighbourhood to observe and record what is available and how the spaces are utilized. We will practice setting up camp and cooking a meal for ourselves in a teammate's back yard. At the end of our PJ, we will debrief the experience with our AJ Supervisor and determine if any changes need to be made to our QJ plans.

## 5. Bronze Urban AJ; Using public transit, we'll research the accessibility of Town/city

<b>PJ Team Goal:</b>	We will ensure we are ready for our QJ by actively testing our mode of travel (walking/wheeling and using public transit) and visiting local restaurants/shops to practicing evaluating their accessibility access. We will also visit a local hostel to get a tour and make a list of what we will need for when we stay overnight during our QJ. We will debrief the Practice Journey as a team and determine if any changes need to be made to our Qualifying Journey plans.
<b>QJ Team Goal:</b>	Over 2 days our goal is to evaluate accessibility access on public transit and shops/restaurants in (insert town/city). By walking/wheeling and using public transit, we'll travel to 2 different neighborhoods each day visiting at least 3 shops/restaurants in each location evaluating the accessibility access. We will stay overnight at a hostel and prepare a meal for ourselves each day. At the end of our journey, we will debrief as a team and compile our findings. We will create a basic report on our findings to share with our Assessor and the shops/restaurants we visited.

## 6. Bronze Service AJ; Assisting with the planning of a community fundraising charity walk

<b>PJ Team Goal:</b>	We will determine our level preparation and readiness for our QJ by actively testing our mode of travel (walking), setting up our accommodations and cooking a meal for ourselves. We will connect with the community organization to ensure we know what stations needs to be identified as part of the fundraising charity walk and research the potential areas/routes. We will debrief the PJ as a team with our supervisor and determine if any changes need to be made to our QJ plans.
<b>QJ Team Goal:</b>	Over 2 days our goal for our QJ is to explore and map out four potential routes for a fundraising charity walk. The maps will include a route and suggested locations for the different stations needed e.g. water, food, bathrooms etc. We will stay overnight at our local community centre and cook ourselves a meal each day. At the end of our journey, we will debrief the experience, compile our findings and send over our recommendations for the charity walk to our Assessor.