



Adventurous Journey Planning Guide

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Practice Journey Planning	

This planning guide is to be used with your team when planning your Adventurous Journey. Depending on the type of Adventurous Journey you are completing, you may need to include less or more in your planning process, discuss this with your Award Leader if you aren't sure!

Please ensure you complete the Preparation and Training, the Practice Journey and Qualifying Journey as a team. Team members may take on different roles throughout each stage as long as everyone on the team is equally involved in the planning and execution of the journey.

Don't forget that the Adventurous Journey can take place in urban, rural or wilderness environments. It's not just a camping trip; teams may choose to discover local features, cycle between cities, explore historical sites or learn more about the environment, the possibilities are endless!

The Adventurous Journey requires initiative, communication and perseverance. With suitable training, planning and supervision, the Adventurous Journey section aims to safely take you out of your comfort zone and promotes experiencing new challenges in a team setting.

More information and resources for the Adventurous Journey can be found [here](#).

Group Information	
Team Name: Shrektastic Adventurers	
Journey Name: Trip to learn about local Indigenous cultures <i>This will be what you enter on ORB for 'Name.'</i>	Journey Type: Practical AJ <i>Practical or virtual are the options you can select on the ORB.</i>
Information of All Group Members	
<i>AJ teams are done in groups of 4-8 peers. Team members must work together throughout each stage of the journey. You may be working on different levels of the Award so long as requirements at each level are met. Teams may also include non-Award participants.</i>	
Name:	Email:
1. Shrek	example@example.org
2. Donkey	example@example.org
3. Gingerbread Man	example@example.org
4. Lord Farquaad	example@example.org
5. Princess Fiona	example@example.org
6. Pinocchio	example@example.org
7. Prince Charming	example@example.org
8. Rumpelstiltskin	example@example.org
Adventurous Journey (AJ) Planning General Information	
Award Centre Name: Far Far Away Achievements	
Adult Support	
<i>Please note one adult may have multiple roles on the Adventurous Journey (AJ). All adults involved in delivering the AJ should be competent in experience and training required 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.</i>	
Award Leader Name: Queen Lillian	
AJ Supervisor: <i>Must be present on the Practice and Qualifying Journeys and is responsible for the safety and</i>	Name: King Harold

<p><i>security of all team members. They should be trained and experienced for the journey according to the Award Centres' standards to ensure the team remains safe. When necessary and if approved by the leader this role may be done by a family member. They will submit an assessment after the Practice Journey is completed.</i></p>	<p>Email: support@dukeofed.org</p>
<p>AJ Assessor:</p> <p><i>Assesses the journey for the whole team and ensures that all Award outcomes are met by the team. They do not have to be on the journey so long as there is a suitable AJ Supervisor present. They will complete an assessment after the Qualifying Journey is done and the team AJ Debriefing Report is submitted.</i></p>	<p>Name: Queen Lillian</p> <p>Email: support@dukeofed.org</p>

Preparation And Training	
<p>Complete the following Preparation and Training together as a team. 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, environment and the type of journey you have decided to undertake. More Preparation and Training may be needed such as specific training and/or research that will help you be successful in completing your team goal.</p> <p>Preparation & Training as outlined on the ORB:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Appreciating the culture within the journey's environment. <input checked="" type="checkbox"/> Camp craft, including food and cooking. <input checked="" type="checkbox"/> Competency in the mode of travel. <input checked="" type="checkbox"/> First Aid and emergency procedures. <input checked="" type="checkbox"/> Navigation. <input checked="" type="checkbox"/> Necessary equipment and how to use it. <input checked="" type="checkbox"/> Observation and recording skills. <input checked="" type="checkbox"/> Route planning. <input checked="" type="checkbox"/> Team building and leadership training. <input checked="" type="checkbox"/> Understanding of the Adventurous Journey. <input checked="" type="checkbox"/> Understanding the impact of the journey on the environment. 	
<p>All Preparation and Training will be completed by: <i>These date(s) will be what you enter on ORB and must all be completed before you undergo the Qualifying Journey.</i></p>	<p>2024-08-10</p>

Journey Purposeful Activity

Discuss amongst your group and along with your Award Leader to decide what your group would like to do for your Adventurous Journey!

Do you want to go hiking or paddling? Cycle between cities? Explore historical landmarks? Investigate environmental features/issues? Be creative and decide as a team what will be challenging, realistic and enjoyable for you.

Journey activities can differ between Practice and Qualifying Journeys! If they do, it is important to include in your team goal and ensure your team completes necessary Preparation and Training to safely undertake all the activities you will be doing.

These are some options you may choose:

- Exploring different rock climbing routes
- Following an ancient pilgrimage
- Retracing the path of an early explorer
- Sailing trip
- Hiking trip
- Paddling trip
- Cross country skiing trip
- Cycling trip
- Dogsledding trip
- Horse riding trip
- Cultural trips
- Historical trips
- Marine study
- Environmental/conservation study
- Orienteering
- Scientific exploration
- Surveying national/wildlife observations
- Other:

Practice Journey Planning

The purpose of the Practice Journey is to apply skills learned during the Preparation & Training and test your group's plan for the Qualifying Journey. Groups may complete more than one Practice Journey, it is up to the Assessor/Supervisor to determine when the group is ready to go on their Qualifying Journey.

Practice Journeys must be a minimum of:

- BRONZE: 1 day (typically 6 hours of Purposeful Activity)
- SILVER: 1 day, 1 night (typically 7 hours of Purposeful Activity)
- GOLD: 1 day, 1 night (typically 8 hours of Purposeful Activity)

Purposeful Activity is time spent journey and working towards the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does not include getting to and from start/end points, leisure time and sleep.

Practice Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey this may include researching, investigating and/or exploring the natural world.

See our [example goals](#) for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

- What will your team be doing?
- Where will you go?
- What is your team aiming to achieve by the end of the Practice Journey?
- How will it set you up for success on your Qualifying Journey?

What is your team goal?

We will attend a local Powwow and presentation in Corner Brook to learn more about Indigenous cultures. We'll walk to get around. Back at our school, we'll begin making our group playlist, each researching 2 different Indigenous artists and sharing 1-2 songs we find. We will practice setting up our sleeping mats and cooking to get ready for our QJ. 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.

*This will be submitted as your Practice Journey Goal on ORB. **Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Practice Journey takes place.***

Practice Journey Date(S)

When will you go and return?

Start Date: 2024-08-10

Dates must take place before your Qualifying Journey

End Date: 2024-08-10

Mode Of Transport

What mode(s) of transport will your team use for your Practice Journey?

- Driving to drop-off and from pick-up location.
- Walking to and from our locations.

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.

Accommodation

What will be your accommodation for your Practice Journey (if applicable)?

N/A

Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc..

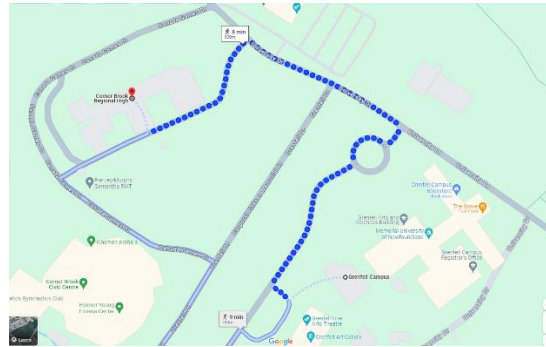
Practice Journey Route:

We suggest including an image/screenshot of your group's proposed route for your Practice Journey.

Description: Where will you go and what is the route are you taking?

We will walk to and from Grenfell campus back to our school, Corner Brook Regional High, for both the presentation and the Powwow.

Click the blue box below to upload screenshot:



Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur as a result of Award activities. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

- **Cell phones** – If using, ensure you have service throughout and a way to charge devices.
- **Sharing your plans and location** – Ensure your Award Centre, parents/guardians, emergency contacts, park rangers etc. are aware of your plans and how often you will check-in.

- **Trackers** - Some trackers offer GPS, two-way communication, emergency signaling, and location tracking.
- **Satellite phones** – Satellite phones utilize satellites to make calls in areas where cellular service is absent.
- **Signaling devices** – Whistles, mirrors (reflective signals), flashlights with batteries, flares etc.

Group Emergency Contact Information:

Name(s)	Phone Number(s)
Fairy Godmother	444-444-4444
Arthur Pendragon	555-555-5555
The Big Bad Wolf	666-666-6666

Ensure you know how you will reach your emergency contact(s) when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.

Preventative Measures and Emergency Planning

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

Identified Risk/Hazard	Preventative Measures	Emergency Plans
<ul style="list-style-type: none"> • Team member(s) gets lost 	<ul style="list-style-type: none"> • Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day. • Establish frequent check-in points along the route. • Ensure everyone has a working communication device and contact information e.g. whistle, cell phone etc. • Stay together as a team and assign everyone a buddy so no one is alone. • Ensure all team members have extra food, water and clothes. 	<ul style="list-style-type: none"> • Once you realize you are lost stay calm. • Stay in one place to avoid getting more lost. • Look for landmarks and/or use GPS to establish where you are and where you should be. • Use communication device and contact team members and/or emergency contacts. • Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.

	<ul style="list-style-type: none"> • Share itinerary, route and check-in times with emergency contacts. 	
<ul style="list-style-type: none"> • Potential injuries/illness 	<ul style="list-style-type: none"> • Bring first aid kit. • Know how to get to nearest hospital if necessary. • Do planned wellness checks throughout journey with all teammates. • Keep phones charged to call emergency services if needed. • Communicate individual health needs and first aid training with team before the journey. • Plan emergency pick-up spots with emergency contacts. 	<ul style="list-style-type: none"> • Remain calm. • Treat injury/illness where possible. • Call emergency services/contacts if needed.

Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

Practice Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your journey. **Remember your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

Day 1	Menu
Breakfast	Team members will eat before we meet up for PJ
Snack	Vegetable sticks & hummus
Lunch	Packed burritos & oranges
Snack	Cheese, crackers & jerky
Dinner	Campfire quesadillas, foil potatoes & foil corn on the cob
Breakfast <i>(applicable for Silver & Gold Practice Journeys)</i>	N/A

Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.

Equipment

Plan as a group what you will need to take with you on the Practice Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example [AJ Packing List](#).

Individual Gear: *Gear that each member will bring their own of e.g. toiletries, water bottle, sleeping bag, etc.*

- Full reusable water bottles (can refill water bottles using fountains at Grenfell campus and our school, Corner Brook Regional High)
- Personal food and snacks (burrito, orange, cheese, crackers, jerky, vegetable sticks & hummus)
- Phone, charger and important contacts saved
- Backpack (with waterproof cover)
- Health card
- Sunglasses
- Sleeping mats and bedding (to practice setting up)

Group Gear: *Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.*

- First Aid Kit
- Camping stove and fuel
- Group food (potatoes, quesadillas, shredded cheese, cooked pre-shredded chicken, vegetables to sauté, salsa, corn, cooking oil, butter, seasonings)
- Cooking equipment (foil, can-opener, long-handled tongs or a grill grate, pot, spatula, pot grabber)
- Bowls and utensils for eating
- Dish basin
- Dish soap and scrubbie
- Fire starter kit
- Sunscreen
- Ice packs
- Notebook and pen to document the trip to prepare for the debrief

Clothing: *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, socks, shirt, sweater, underwear)
- Sun hat
- Comfortable shoes (to be worn)

Practice Journey Debrief

An opportunity to change or modify your Qualifying Journey plans and details with your Supervisor. Complete the Practice Journey Debriefing Report with your AJ Supervisor and Assessor. You can find the [guide here](#).

Team meeting with your Supervisor to review your Practice Journey.

Date of Debrief: 2024-08-10

After the Practice Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Supervisor receives and completes the Assessor Report. The Supervisor is responsible for providing a group assessment for the team's Practice Journey and communicating with the Assessor.

Qualifying Journey Planning

The purpose of the Qualifying Journey is to undertake and complete a group activity accomplishing the proposed team goal.

Qualifying Journeys must be a minimum of:

- **BRONZE:** 2 days, 1 night, 6 hours of Purposeful Activity each day
- **SILVER:** 3 days, 2 nights, 7 hours of Purposeful Activity each day
- **GOLD:** 4 days, 3 nights, 8 hours of Purposeful Activity each day

Purposeful Activity is time spent journeying and working toward the team goal. This may include activities such as journeying, cooking, gathering data, researching/investigating, setting up camp/accommodations etc. It does not include getting to and from start/end points, leisure time and sleep.

Qualifying Journey Team Goal

The team must set a clear and challenging goal that is achievable and defines what activities the team will be doing throughout the journey. This may include researching, investigating and/or exploring the natural world.

See our [example goals](#) for more ideas.

Your team goal for the Practice Journey should be decided on together and include answers to these questions:

- What will your team be doing?
- Where will you go?
- Where will your team be staying?
- What is your team aiming to achieve by the end of the Qualifying Journey?
- How will debrief/review your journey as a team?

Team Goal:

On our QJ, we will walk to a local Indigenous Craft Market. Admission requires a non-perishable food item, so we will all bring 1-2 items. We'll chat with Indigenous vendors to learn about their culture. We will then walk back to our school and set up our accommodations in our school gym, cook a meal for ourselves outside in our school field, start creating a playlist featuring Indigenous artists, and sleep. The next day, we will make breakfast, walk to the Mi'kmaq Drumming and Cultural Circle, join activities, and talk to local Indigenous artists for our playlist. By the end, we'll know more about local Indigenous practices and have a cool playlist to share with our classmates.

This will be submitted as your Qualifying Journey Goal on ORB. Your team goal needs to be reviewed and approved by your Supervisor/Assessor before your Qualifying Journey takes place.

Qualifying Journey Dates

When will you go and return?

Start Date: 2024-08-14

End Date: 2024-08-15

Mode Of Transport

What mode(s) of transport will your team use for your Qualifying Journey?

- Driving to drop off and pick-up location

- Walking to and from each destination

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.

Accommodation

What will be your accommodation for your Qualifying Journey?

Sleeping mats in our school gymnasium.

Where will you be staying? What do you need to stay there i.e. permits, tents, booking, etc. How much will this cost you? All accommodation should be self-sufficient, approved by the adult you are working with and in line with your Award Centre guidelines. Examples include tents, yurts, hostels, simple shelters, community halls/gyms/ fields, etc...

Qualifying Journey Route

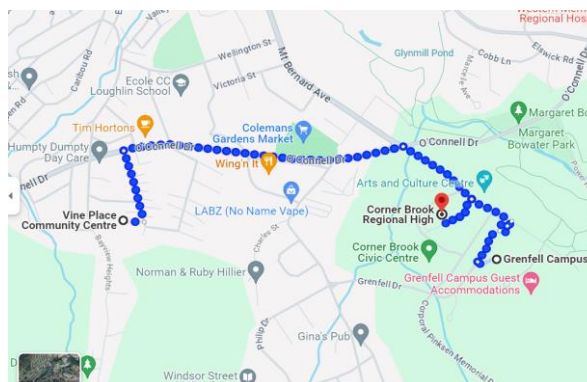
We suggest including an image/screenshot of your group's proposed route for your team's Qualifying Journey.

Description: Where will you go and what is the route are you taking?

From our school, Corner Brook Regional High, to Grenfell Campus and Vine Place Community Centre.

- Day 1: We will walk from our school to Grenfell Campus and back.
- Day 2: We will walk from our school to Vine Place Community Centre and back.

Click the blue box below to upload screenshot:



Emergency Planning

Your team **MUST** have emergency procedures and policies in place to deal with any incidents that may occur as a result of Award activities. Speak to your Award Leader and/or adults helping deliver the AJ to understand what needs to be included in your risk assessment and what emergency procedures are already in place or need to be created.

Emergency Communication Methods

Depending on the type of journey being taken, different communication plans will be needed. For example, a back-country trip may need more extreme emergency communication and exit plans based on remote access to emergency services. Emergency communication methods to consider include:

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Group Emergency Contact Information:

Name(s)	Phone Number(s)
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Arthur Pendragon	555-555-5555
The Big Bad Wolf	666-666-6666

Ensure you know how you will reach your emergency contact when needed (e.g. phone, satellite phone/SPOT etc.). Your emergency contact(s) need to be aware of your plans, how to contact your team, when you will be checking in with them and what to do if anything goes wrong/they don't hear from you.

Preventative Measures and Emergency Planning

List any potential risks or hazards your group could encounter while on your trip (bad weather, terrain, injuries, wildlife encounters, getting lost, etc). Your team **must** discuss these risks with your group and AJ Supervisor and decide on preventative measures you will use as well emergency plans so the whole team is prepared in case anything happens. More Preparation and Training may be required based on the risks that are identified.

Identified Risk/Hazard	Preventative Measures	Emergency Plans
Example 1: <ul style="list-style-type: none"> • Team member(s) gets lost 	Example 1: <ul style="list-style-type: none"> • Go over the route and navigation tools being used as a team before trip starts and at the beginning of each day. • Establish frequent check-in points along the route. • Ensure everyone has a working communication device and contact information e.g. whistle, cell phone etc. 	Example 1: <ul style="list-style-type: none"> • Once you realize you are lost stay calm. • Stay in one place to avoid getting more lost. • Look for landmarks and/or use GPS to establish where you are and where you should be. • Use communication device and contact team members and/or emergency contacts. • Use extra food, water and clothes to stay hydrated, fed, warm and dry as needed.

	<ul style="list-style-type: none"> Stay together as a team and assign everyone a buddy so no one is alone. Ensure all team members have extra food, water and clothes. Share itinerary, route and check-in times with emergency contacts. 	
<ul style="list-style-type: none"> Potential injuries/illness 	<ul style="list-style-type: none"> Bring first aid kit. Know how to get to nearest hospital if necessary. Do planned wellness checks throughout journey with all teammates. Keep phones charged to call emergency services if needed. Communicate individual health needs and first aid training with team before the journey. Plan emergency pick-up spots with emergency contacts. 	<ul style="list-style-type: none"> Remain calm. Treat injury/illness where possible. Call emergency services/contacts if needed.

Other scenarios and a fillable risk management template your team should discuss and fill out can be found [here](#).

Qualifying Journey Meal Planning

As a group, explore meal recipes and decide on options suitable for all members. For ideas and recipes, [click here](#). Plan a full menu as a group for the length of your Journey. **Remember your team must carry the supplies and prepare all your meals including at least one substantial meal each day.**

Day 1	Menu
Breakfast	Each team member will eat before meeting up to start journey.
Snack	Rice cakes & dried fruit
Lunch	Pre-packed salads with dressing on the side & a banana

Snack	Hard boiled eggs & roasted chickpeas
Dinner	Sausage and tortellini soup
Day 2	Menu
Breakfast	Bagels with cream cheese
Snack	Pita bread with tzatziki
Lunch	Pre-packed bento boxes with sliced fruit, chicken, cheese, nuts, and crackers
Snack	Chia seed pudding
Dinner	Campfire nachos and popcorn over the campfire for dessert
Day 3 <i>(if applicable)</i>	Menu
Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A
Dinner	N/A
Day 4 <i>(if applicable)</i>	Menu
Breakfast	N/A
Snack	N/A
Lunch	N/A
Snack	N/A

Dinner	N/A
Don't forget to consider the items you will need for each meal, who will bring/carry them and how much it will cost the team.	
Equipment	
Plan as a group what you will need to take with you on the Qualifying Journey, keeping in mind that you must be self-sufficient. For ideas and tips, check out the example AJ Packing List .	
<p>Individual Gear: <i>Gear that each member will be their own of e.g. toiletries, water bottle, sleeping bag, etc.</i></p> <ul style="list-style-type: none"> • Full reusable water bottle (can refill water bottles using fountains at Grenfell campus and our school, Corner Brook Regional High) • Personal food and snacks (Rice cakes & dried fruit, pre-packed salads with dressing on the side, a banana, and pre-packed bento boxes with sliced fruit, chicken, cheese, nuts, and crackers) • Phone, charger & important contacts saved • Health card • Sunglasses • Backpack (with waterproof cover) • Sleeping mats and bedding • Toiletries (toothbrush, toothpaste, deodorant, personal medication/supplies, hair ties) 	
<p>Group Gear: <i>Gear that the group will share on their Adventurous Journey e.g. cooking utensils, tents/shelter, first aid kit, emergency equipment, map, etc.</i></p> <ul style="list-style-type: none"> • First Aid Kit • Camping stove and fuel • Group food: <ul style="list-style-type: none"> ○ Snacks: hard boiled eggs, roasted chickpeas, pita bread, tzatziki, chia seed pudding ○ Dinner: spices, sausage, onion, garlic, broth, tortellini, tortilla chips, pre-chopped veggies, shredded cheese, salsa, Jiffy Pop ○ Breakfast: bagels and cream cheese • Cooking equipment (pot, foil, large spoon, pot grabber) • Multi-tool • Bowls and utensils for eating • Dish basin 	

- Dish soap and scrubbie
- Fire starter kit
- Sunscreen
- Ice packs
- Notebook and pen to document the trip to prepare for the debrief

Clothing: *Items of clothing that each member should prepare to bring e.g. shoes, hats, jackets, etc.*

- Rain Jacket/wind breaker
- Packed change of clothes (pants, socks, shirt, sweater, underwear)
- Sun hat
- Comfortable shoes (to be worn)
- Pajamas
- Extra clothes (pants, shirt, sweater, underwear, socks)

Qualifying Journey Debrief

An opportunity to review the Qualifying Journey with your team and Assessor to learn more from the experience. Talk to your Assessor and team about how you will complete your Adventurous Journey Debriefing Report and what needs to be submitted. Your Adventurous Journey Debriefing Report will need to be submitted to your Assessor before they can complete the Assessor Report on the ORB.

Complete the debrief with your AJ Assessor. You can find the [guide here](#).

Team meeting with your Assessor to review your Qualifying Journey.

Date of Debrief: 2024-08-15

After the Qualifying Journey the team debrief should be completed as soon as possible. Please note, it is up to the participant to ensure their Assessor receives and completes the Assessor Report. The Assessor is responsible for communicating with the AJ Supervisor and providing a group assessment for the team's Qualifying Journey.