



Overview of Adventurous Journey Options

All journeys require a team of 4-8 peers and at least one adult delivering the Award to support you. Each level must include Planning and Preparation that ensures you can safely complete your Practice Journey (PJ) and Qualifying Journey (QJ).

Step 1: Choose the Award Level and Types of Journey

Choose the Award level(s) your team needs to complete and decide on the type of journey you want to complete. You can find information on AJ Requirements here.

Bronze	Silver	Gold
Planning & Preparation PJ: 1 day QJ: 2 days, 1 night 6 hours of Purposeful Activity each day	Planning & Preparation PJ: 1 day, 1 night QJ: 3 days, 2 nights 7 hours of Purposeful Activity each day	Planning & Preparation PJ: 1 day, 1 night QJ: 4 days, 3 nights 8 hours of Purposeful Activity each day

Bronze Virtual or Semi-Virtual Journey

- ▶ Speak to your Award Leader to find if this option available to you.
- ▶ Award Centre resources can be found online.

Silver Semi-Virtual Journey

- ▶ Speak to your Award Leader to find if this option available to you.
- ▶ Award Centre resources can be found online.

These options are available at all levels and may be organized by the participants or Award Centre.

When applicable, use the planning guide. If you fill this out, it is recommended to upload it to your ORB account.

Standard or Urban AJ	Trained Activity Providers (TAP)	Service Provider
▶ Reference the AJ Planning Guide to help you get started.	▶ Find a list of TAPs recognized by the Award here.	▶ Ensure AJ Requirements are met before signing up.

Step 2: Create a team SMART Goal

Use the AJ Goal Tool Builder to help you identify a realistic and challenging goal.

Where will you go?	When will you go?	How will you do it?	What do you want to accomplish as a team?
▶ Unfamiliar or familiar location	▶ Availability of team and mentor ▶ Seasonal impact on journey	▶ Activity ▶ Mode of travel ▶ Accommodation	▶ Determine purposeful effort on journey ▶ Realistic, challenging and safe for all team members

Step 3: Gain final approval from your Award Leader and submit on the ORB.

Step 4: Embark on your fun and safe Adventurous Journey!