



# VIRTUAL BRONZE EXPERIENCE INSTRUCTIONS & CHECKLIST

This sheet briefly outlines what is required at each stage of the Virtual Bronze Experience. For more detailed instructions on each stage please reference the corresponding manual. The Virtual Bronze Experience is completed in 3 Stages:



## STAGE 1: PREPARATION & TRAINING

- Understand the Adventurous Journey, best practices for working as a group online, scheduling regular meetings, and checking in with your Assessor.
- Learn outdoor skills needed for journeys. At the Silver and Gold levels, there will be additional technical skills.
- Communicate and work with the entire group to develop a plan.
- Upload required worksheets to your ORB and get approval to move on to Stage 2.



## STAGE 2: PRACTICE JOURNEY

- Test some of the ideas in your plan and choose your research project.
- Work through the team challenges presented as hypothetical scenarios.
- Make notes and observations on how your Practice Journey went.
- Upload required worksheets to your ORB and get approval to move on to Stage 3.



## STAGE 3: QUALIFYING JOURNEY

- Meal challenge to prepare and eat a meal “together” virtually.
- Physical challenge to complete three hours of exercise.
- Involve the whole group in online research, sharing and learning from personal experiences of others in the group.
- Upload required worksheets to your ORB and verify Stage 3 has been completed.

This re-imagined virtual exploration is designed to develop life skills and team work. Please read each section carefully and reach out to your Leader if you have any questions. It is important to keep individual records of your work. When completing each of the worksheets and forms, be sure to save your work on your device. The VBE should take no longer than 12 weeks to complete.

# VIRTUAL BRONZE EXPLORATION CHECKLIST

## STAGE 1 - PREPARATION & TRAINING

**Part A: Team Building & Leadership Training - Please note, your group needs to meet to complete Part A as a team.** Save the worksheets from this section to show to your Assessor.

1) Appreciating the Culture Within the Journey's Environment

Read through the info

2) Understanding the Adventurous Journey

Read through the info

3) Team Communication

Watch the two videos

Complete the "Teamwork Discussion" worksheet

4) Online Well-Being and Cyber Responsibility

Read/Watch the two links

**Part B: Journey-Related Training - Please note, you may complete Part B individually.** Save all worksheets from this section to show to your Assessor.

1) Route Planning

Watch the four videos

Complete the "Route Planning" worksheet

Review the other listed resources for your learning

2) Necessary Equipment & How to Use It

Watch the four videos

Complete the "Necessary Equipment & How to Use It" worksheet

3) Navigation

Watch the three videos

Complete the "Navigation" worksheet

Practice skills with other listed resources for your learning

4) First-aid & Emergency Procedures

Watch the seven videos

Complete the "First-aid & Emergency Procedures" worksheet

Check out the other listed resources for your learning

5) Camp Craft

Watch the seven videos

Complete the "Camp Craft" worksheet

Check out the other listed resources for your learning

Upload completed worksheets to your ORB account. If the group has any questions before starting Part C, contact your Award Leader.

**Part C: Group Planning - Please note, your group needs to meet together to work through Part C.** Save the worksheets from this section to show to your Assessor.

1) Research Skills & Project Management

Read/Watch the two links

Complete the "Research Skills" worksheet

2) AJ Planning Template

Complete the "AJ Planning Template" to show to your Assessor & upload to your ORB

## STAGE 2 - PRACTICE JOURNEY

**Test Your Plan** - Save the worksheets from this section to show to your Assessor.

Watch one of the virtual journey practice videos

Complete the "Virtual Journey Video" worksheet for the video

Complete five "Team Challenges"

Complete a one hour test of your proposed physical activity



Assess research project ideas and methodologies

Complete the “Practice Journey Debrief Form” and upload to your ORB

As a group, receive approval from your Award Leader before moving onto Stage 3.

### STAGE 3 - QUALIFYING JOURNEY

#### Part A: Qualifying Journey Meal Challenge

Prepare and eat your substantial meal as a group spending a minimum of 45 minutes

**Upload a picture of your virtual group meal to your ORB**

#### Part B: Qualifying Journey Physical Challenge

Complete your **three hour physical activity**

**Complete the “Physical Challenge Report” and upload to your ORB**

#### Part C: Research Project

Meet with group for first online meeting

Meet with group for second online meeting

Meet with group for third online meeting

Write your Research Project Report

**Upload your completed Research Project Report to your ORB and submit to your Assessor for approval**

As a group, receive approval from your Award Leader. Your Award Leader will need to verify all parts of the VBE have been completed before providing final assessment and approval of your VBE.

## REQUIRED DOCUMENTS FOR ASSESSMENT

The five required documents to upload to your ORB so your Assessor and Award Leader can authorize the AJ section are:

#### STAGE 1

- AJ Planning Template

#### STAGE 2

- Practice Journey Debrief Form

#### STAGE 3

- Meal Challenge Picture
- Physical Challenge Report
- Research Project

