



# VIRTUAL BRONZE EXPERIENCE MANUAL



## STAGE 1 - PREPARATION & TRAINING

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### QUICK LINKS

Part A: Team Building & Leadership Training  
Part B: Journey-Related Training  
Part C: Group Planning

[Online Record Book](#)



## STAGE 1 CHECKLIST

This checklist provides an overview of everything you will need to complete for Stage 1.

### 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 Assessor.

### 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

**NOTE:**

**After finishing Stage 1, as a group get approval from your Assessor before moving on to Stage 2.**



Stage 1 training uses videos from around the world to help you prepare for the VBE and can also be used when training for a standard Adventurous Journey. This stage is done in three parts.

## INSTRUCTIONS FOR PART A - TEAM BUILDING & LEADERSHIP TRAINING

Part A will help ensure you understand the guidelines and the skills required to complete the virtual exploration. The skills you will focus on developing in Part A include:

- 1 APPRECIATING THE CULTURE WITHIN THE JOURNEY'S ENVIRONMENT
- 2 UNDERSTANDING THE ADVENTUROUS JOURNEY
- 3 TEAM COMMUNICATION
- 4 ONLINE WELL-BEING & CYBER RESPONSIBILITY

**All of Part A is to be worked on as a group.** Some answers require each individual to provide their own worksheet after group discussion. Carefully read the instructions at the top of each worksheet and save the completed worksheets to show your Assessor.

### 1 APPRECIATING THE CULTURE WITHIN THE JOURNEY'S ENVIRONMENT

Whose land are we hiking, biking, climbing, and paddling on? There is an Indigenous history tied to all the land we use. Indigenous communities may no longer physically be there, but there are still connections to the land and people may consider it a sacred place.

What can we do?

- **Learn**  
As a first step, do your research before you journey into an area. Inform yourself about the history and Indigenous traditions of the land on which you plan to hike, canoe, bike etc. Practice good stewardship; things like cleaning up your waste, fixing other's mistakes, only using what you need, and being respectful of wildlife and vegetation are important.
- **Acknowledge**  
Land acknowledgment- a formal statement that pays tribute to the original inhabitants of the land. The purpose of which is to show respect for Indigenous peoples and recognize their enduring relationship to the land.

### 2 UNDERSTANDING THE ADVENTUROUS JOURNEY

All Adventurous Journeys are done in three stages working with a small team of peers.

**Stage 1: Preparation & Training**

**Stage 2: Practice Journey**

**Stage 3: Qualifying Journey**





- **Purpose of the Adventurous Journey**

Encouraging a spirit of adventure and discovery as well as developing leadership, team skills and decision making, while undertaking a self-sufficient journey in a small team.

This is the only section of the Award that must be undertaken in a team. Developing group work skills and team building are a key component to completing this section. With suitable training and supervision, the Adventurous Journey section aims to take you out of your comfort zone within a safe and secure setting.

- **Ethos/Philosophy**

The Adventurous Journey provides participants with a unique, challenging, and memorable experience. There must be a clear and agreed aim/goal, it must be undertaken in a small group and it requires determination and perseverance.

- **Key Elements of the Adventurous Journey**

- Teamwork in planning
- Undertaking Practice and Qualifying Journeys against the background of real challenges
- Challenging and realistic for the group to complete
- Progressive throughout your involvement in the Award, from relatively challenging at the Bronze level to much more demanding at the Gold level

- **Outcomes and Benefits**

- Working as part of a team
- Understanding group dynamics, your own role, and the role of others in a team
- Enhancing leadership skills
- Improving planning and organizational ability and attention to detail
- Learning to make real decisions and accept real consequences
- Obtaining a sense of achievement and satisfaction by overcoming challenges and obstacles
- Developing self-reliance and independence
- Developing health and fitness
- Experiencing and appreciating the outdoor environment
- Gaining the appropriate knowledge and skills to journey safely in the chosen environment
- Exercising imagination and creativity by choosing your own journey
- Improving your investigating, reviewing and presentational skills

#### LESSON RESOURCES



Participant Resource Portal - Adventurous Journey Guide

[WEBSITE LINK](#)



### 3) TEAM COMMUNICATION

- Watch the video “Good Collaboration.”
- Watch the video “Rowing & Teamwork.”
- As a group, discuss the 13 items on the “Teamwork Commitment Checklist” and the six team traits outlined in “Rowing & Teamwork.” As a group, decide what is most important to your success and record these points to be your group contract.

#### LESSON RESOURCES



**Video on Good Collaboration**

[VIDEO LINK](#)



**Inspirational Video on Rowing and Teamwork**

[VIDEO LINK](#)

#### LESSON WORKSHEETS



**Stage 1 Part A: Teamwork Discussion**

[WORKSHEET LINK](#)

### 4) ONLINE WELL-BEING & CYBER RESPONSIBILITY

- Individually look at the at the “e-Safety” material on the Australian eSafety Commissioner site. Choose three topics that you feel are relevant to you and read the short articles. In your group, state one thing you learned that you will try to apply during the VBE.
- View and discuss the video “Internet Safety Tips for Teens” with your group.

#### LESSON RESOURCES



**eSafety Resource Portal for Young People**

[WEBSITE LINK](#)



**Internet Safety Tips for Teens**

[VIDEO LINK](#)

## INSTRUCTIONS FOR PART B JOURNEY RELATED TRAINING

Part B is done in preparation for a physical outdoor Adventurous Journey and acts as an introduction for the outdoor training you will require for a standard Adventurous Journey. The skills and knowledge this covers are as follows:

- 1 ROUTE PLANNING
- 2 NECESSARY EQUIPMENT & HOW TO USE IT
- 3 NAVIGATION
- 4 FIRST-AID & EMERGENCY PROCEDURES
- 5 CAMP-CRAFT



Videos have been chosen from the Mountaineering Safety Council in New Zealand for their comprehensive content. Ignore the numbering of the videos under each section. We have grouped them differently based on our Preparation & Training categories.

**Individually watch all 25 videos in the five categories below and answer the assessment worksheets. Save all the worksheets from this section. Review the worksheets with your group at your next meeting.**



## 1) ROUTE PLANNING

- Watch the four videos in this section and complete the Route Planning worksheet.

#1 Plan Your Trip  
 #2 Tell Someone Your Plans  
 #3 Be Aware of the Weather  
 #4 Know Your Limits

- Additional links for local safety services and information can be found at the end of the list of materials.
- When you finish this section, save your worksheet so you can review with your group at your next meeting to go over the correct answers.

LESSON RESOURCES	
	1. Plan Your Trip <a href="#">VIDEO LINK</a>
	2. Tell Someone Your Plans <a href="#">VIDEO LINK</a>
	3. Be Aware of the Weather <a href="#">VIDEO LINK</a>
	4. Know Your Limits <a href="#">VIDEO LINK</a>

LESSON WORKSHEETS	
	Stage 1 Part B: Route Planning Worksheet <a href="#">WORKSHEET LINK</a>
ADDITIONAL RESOURCES	
	Adventure Smart - Trip Planning Resources <a href="#">WEBSITE LINK</a>

## 2) NECESSARY EQUIPMENT & HOW TO USE IT

- Watch the four videos in this section and complete the Necessary Equipment & How to Use It worksheet.

#5 Take Sufficient Supplies – Equipment  
 #6 Take Sufficient Supplies – Clothing  
 #8 Take Sufficient Supplies – Food and Water  
 #9 Packing for a Tramp (Tramp is a New Zealand word for a hike).

- When you finish this section, save your worksheet so you can review with your group at your next meeting.





## LESSON RESOURCES

5. Take Sufficient Supplies – Equipment

[VIDEO LINK](#)

6. Take Sufficient Supplies – Clothing

[VIDEO LINK](#)

8. Take Sufficient Supplies – Food and Water

[VIDEO LINK](#)

9. Packing for a Tramp (Tramp is a New Zealand word for a hike)

[VIDEO LINK](#)

## LESSON WORKSHEETS



Stage 1 Part B: Necessary Equipment &amp; How To Use It Worksheet

[WORKSHEET LINK](#)

## 3) NAVIGATION

- Watch the three videos in this section and complete the Navigation worksheet.

#13 Read a Map

#14 Use a Compass

#17 Give a Grid Reference

- There are some optional resources for information and reference at the bottom of this section. Although these are not assessed, it is a good idea to get extra practice at map reading and navigation skills.
- When you finish this section, save your worksheet so you can review with your group at your next meeting.

## LESSON RESOURCES

13. Read a Map

[VIDEO LINK](#)

14. Use a Compass

[VIDEO LINK](#)

17. Give a Grid Reference

[VIDEO LINK](#)

Beginners Guide to Using a Compass

[WEBSITE LINK](#)

Beginners Guide to Choosing a GPS Device

[WEBSITE LINK](#)

## LESSON WORKSHEETS



Stage 1 Part B: Navigation Worksheet

[WORKSHEET LINK](#)

#### 4) FIRST-AID & EMERGENCY PROCEDURES

- Watch the seven videos in this section and complete the First-Aid & Emergency Procedures worksheet.

#7 Take Sufficient Supplies – First Aid

#15 Where am I? Get Back on Track

#16 Communicate in the (NZ) Bush

#18 Lost? Survive and Be Found

#19 Travel as a Group

#21 Predict Weather Changes

#22 Use Your First-aid Kit

- There are a couple of guide videos from New Zealand as optional material for you to view. These interesting and very scenic videos will give you an idea of what risks experienced hikers will be looking for while planning a route. There is also an optional link to resources from Parks Canada, reviewing health and safety related to an animal context.
- Please note that completing this section does NOT make you first-aid certified. The information in this section is general information that you need to know to prepare for your journey. **First aid should only be administered by a qualified first-aider.**
- When you finish this section, save your worksheet so you can review with your group at your next meeting.

##### LESSON RESOURCES

#7. Take Sufficient Supplies – First Aid

[VIDEO LINK](#)

#15. Where am I? Get Back on Track

[VIDEO LINK](#)

#16. Communicate in the (NZ) Bush

[VIDEO LINK](#)

#18. Lost? Survive and Be Found

[VIDEO LINK](#)

#19. Travel as a Group

[VIDEO LINK](#)

#21. Predict Weather Changes

[VIDEO LINK](#)

#22. Use Your First-Aid Kit

[VIDEO LINK](#)

##### LESSON WORKSHEETS



Stage 1 Part B: First-Aid and Emergency Procedures Worksheet

[WORKSHEET LINK](#)

##### ADDITIONAL RESOURCES

Poukirikiri/Travers Saddle:  
Alpine Tramping (Hiking) Series -  
New Zealand

[VIDEO LINK](#)

Gertrude Saddle Route:  
Alpine Tramping (Hiking) Series -  
New Zealand

[VIDEO LINK](#)

Ten Tips to Respect Wildlife and  
Stay Safe!

[ARTICLE LINK](#)





**5) CAMP-CRAFT**

- Watch the seven videos in this section and complete the Camp Craft Worksheet. This set of videos also includes information on food and cooking, as well as understanding the impact of the journey on the environment.

#23 Pitch a Tent  
 #24 Manage a Campsite  
 #25 Light a Fire  
 #26 Cook on a Stove  
 #27 Sleep Well  
 #28 Pack up Camp  
 #29 Leave No Trace

- Read the information below on keeping your campsite safe from bears and other wild animals.
- When you finish this section, save your worksheet so you can review with your group at your next meeting.

**LESSON RESOURCES****#23. Camp Craft - Pitch a Tent****VIDEO LINK****#24. Camp Craft - Manage a Campsite****VIDEO LINK****#25. Camp Craft - Light a Fire****VIDEO LINK****#26. Camp Craft - Cook on a Stove****VIDEO LINK****#27. Camp Craft - Sleep Well****VIDEO LINK****#28. Camp Craft - Pack up Camp****VIDEO LINK****#29. Camp Craft - Leave No Trace****VIDEO LINK****LESSON WORKSHEETS****Stage 1 Part B: Camp-Craft Worksheet****WORKSHEET LINK****ADDITIONAL RESOURCES****How to Keep a "Bare" Campsite****ARTICLE LINK**

## INSTRUCTIONS FOR PART C - GROUP PLANNING



Part C will help your group plan a successful Practice Journey and Qualifying Journey. All of part C is to be worked on as a group.


- 1 RESEARCH SKILLS & PROJECT MANAGEMENT
- 2 ADVENTUROUS JOURNEY PLANNING TEMPLATE

- Read and watch the Research Skills & Project Management resources and complete the worksheet.
- Complete the Adventurous Journey Planning Template.

### 1 RESEARCH SKILLS & PROJECT MANAGEMENT


Read the material contained in the links: “5-tips-to-improve-your-online-research” and “The C.R.A.P. Test for Evaluating Websites”. As a group, discuss the 5 tips contained in the first link and the points referred to in the second link. Write down some points you learned on the worksheet provided.

LESSON RESOURCES	
	<b>5 Ways to Make Online Research Easier</b> <b>Students: Tips and Strategies</b> <a href="#">ARTICLE LINK</a>
	<b>The C.R.A.P. Test for Evaluating Websites</b> <a href="#">VIDEO LINK</a>

LESSON WORKSHEETS	
	<b>Stage 1 Part C: Research Skills Worksheet</b> <a href="#">WORKSHEET LINK</a>

### 2 ADVENTUROUS JOURNEY PLANNING TEMPLATE

- The template below will help lead your group through the planning process. You can add or change things with your group as you go. Make sure the plan is well thought out and provides your Assessor with enough information to confirm you are working as a group to accomplish the overall goals of each section.
- Save the planning template to show to your Assessor and upload to your ORB.

LESSON WORKSHEETS	
	<b>Stage 1 Part C: AJ Planning Template (VBE)</b> <a href="#">WORKSHEET LINK</a>

**NOTE:** After finishing Stage 1, check in with your Assessor and get approval to move on to Stage 2.

