

## VIRTUAL BRONZE EXPERIENCE MANUAL



# **STAGE 2 – PRACTICE JOURNEY**

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#### **QUICK LINKS**

Practice Journey Virtual Journey Videos Physical Activity Test **Online Record Book** 

## **STAGE 2 CHECKLIST**

This checklist provides an overview of everything you will need to complete for Stage 2.

#### **Test Your Plan**

#### Save the worksheets from this section to show to your Assessor.

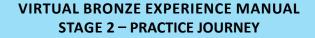
- Watch one of the virtual journey practice videos
- Complete the "Virtual Journey Video" worksheet for the video
- Complete five "Team Challenges"
- Complete a one hour test of your proposed physical activity
- Assess research project ideas and methodologies
- Complete the "Practice Journey Debrief Form" and upload to your ORB
- As a group, receive approval from your Assessor before moving onto Stage 3.

## **STAGE 2: PRACTICE JOURNEY - TEST YOUR PLAN**

This section is designed to allow you to test your group plan, review, and possibly alter it.

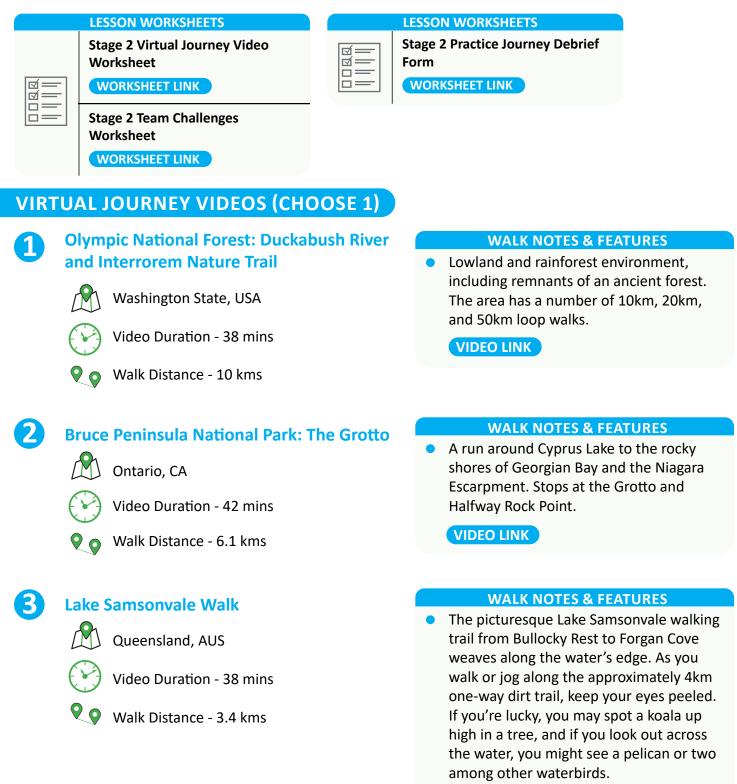
- **STEP 1** As a group, choose one virtual journey videos
- **STEP 2** Individually, watch the virtual journey video and complete the Virtual Journey Video worksheet. You will discuss your worksheet at the next group meeting.
- **STEP 3** As a group, complete five Team Challenges
- **STEP 4** On the date of the Practice Journey, complete a one hour test of the proposed physical activity that will be carried out during the Qualifying Journey Physical Challenge. You may want to try out different physical activities to see what works best for the whole group. Please keep in mind this must be an inclusive activity that challenges the entire group and allows for all ability levels.
- **STEP 5** As a group, assess research project ideas and methodologies (approx two hours). The aim is for the group to complete and document a group research project that is relevant to one of the following:
  - Historic events
  - the Environment
  - the United Nations Sustainable Development Goals
- **STEP 6** As a group, complete the Practice Journey Debrief Form and send to your Assessor for approval. Upload to your ORB.







Save both worksheets from this section to show to your Assessor.



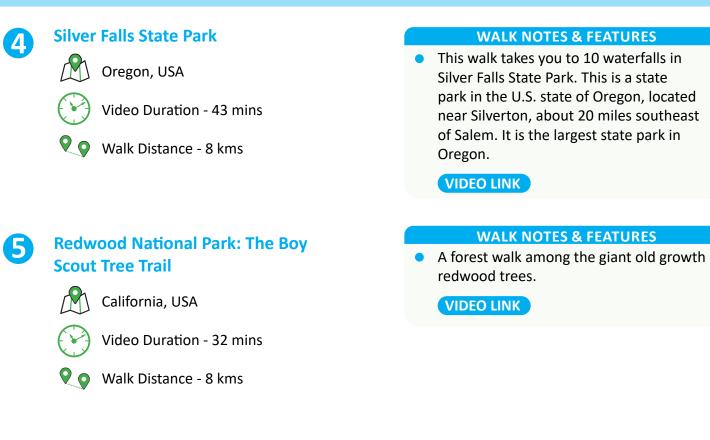
**VIDEO LINK** 



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## **PHYSICAL ACTIVITY TEST**

It is a requirement of all Adventurous Journeys that there be an element of journeying through one's own effort. Examples of traveling by "own effort" include by foot, cycle, paddle etc. Since this is a Virtual Adventurous Journey an actual physical journey is not required. Instead, a physical challenge is required. As part of the Practice Journey, your group must perform a one hour practice test of your selected physical activity. Keep in mind, that this will be the same physical effort that your group uses to execute the Qualifying Journey Physical Challenge.

After everyone has completed their Physical Activity test, discuss if the physical activity should be changed for the Qualifying Journey Physical Challenge. Complete the Practice Journey Debrief Form and upload to your ORB.







### **RESEARCH PROJECT**

Take some time as a group to finish discussing your research project. Ensure dates and responsibilities are clear to everyone in the group and laid out in the AJ Planning Template (completed in Stage 1). Make any necessary updates so you are ready to complete it during your Qualifying Journey.

Ensure the group is clear on the topic and methodologies you will use.

The categories you can choose a topic focus from include:

- historic events
- the environment
- the United Nations Sustainable Development Goals

•••	After finishing Stage 2, Check in with your
	Assessor and get approval to move on to
Z	Stage 3.



