

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.

LESSON WORKSHEETS




Stage 2 Virtual Journey Video Worksheet

WORKSHEET LINK

Stage 2 Team Challenges Worksheet

WORKSHEET LINK

LESSON WORKSHEETS



Stage 2 Practice Journey Debrief Form

WORKSHEET LINK

VIRTUAL JOURNEY VIDEOS (CHOOSE 1)

1 Olympic National Forest: Duckabush River and Interorem Nature Trail



Washington State, USA



Video Duration - 38 mins



Walk Distance - 10 kms

2 Bruce Peninsula National Park: The Grotto



Ontario, CA



Video Duration - 42 mins



Walk Distance - 6.1 kms

3 Lake Samsonvale Walk



Queensland, AUS



Video Duration - 38 mins



Walk Distance - 3.4 kms

WALK NOTES & FEATURES

- Lowland and rainforest environment, including remnants of an ancient forest. The area has a number of 10km, 20km, and 50km loop walks.

VIDEO LINK

WALK NOTES & FEATURES

- A run around Cyprus Lake to the rocky shores of Georgian Bay and the Niagara Escarpment. Stops at the Grotto and Halfway Rock Point.

VIDEO LINK

WALK NOTES & FEATURES

- The picturesque Lake Samsonvale walking trail from Bullocky Rest to Forgan Cove weaves along the water's edge. As you walk or jog along the approximately 4km one-way dirt trail, keep your eyes peeled. If you're lucky, you may spot a koala up high in a tree, and if you look out across the water, you might see a pelican or two among other waterbirds.

VIDEO LINK



4

Silver Falls State Park



Oregon, USA



Video Duration - 43 mins



Walk Distance - 8 kms

WALK NOTES & FEATURES

- This walk takes you to 10 waterfalls in Silver Falls State Park. This is a state park in the U.S. state of Oregon, located near Silverton, about 20 miles southeast of Salem. It is the largest state park in Oregon.

[VIDEO LINK](#)

5

Redwood National Park: The Boy Scout Tree Trail



California, USA



Video Duration - 32 mins



Walk Distance - 8 kms

WALK NOTES & FEATURES

- A forest walk among the giant old growth redwood trees.

[VIDEO LINK](#)

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

NOTE:

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

