



VIRTUAL BRONZE EXPERIENCE MANUAL



STAGE 3 – QUALIFYING JOURNEY

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QUICK LINKS

Part A: Meal Challenge

Part B: Physical Challenge

Part C: Research Project

[Online Record Book](#)



STAGE 3 CHECKLIST

This checklist provides an overview of everything you will need to complete for Stage 3.

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

PART A: QUALIFYING JOURNEY MEAL CHALLENGE

It is a requirement of all Adventurous Journeys that all participants must prepare and consume a substantial meal each day. This supports the need to be self-sufficient as well as ensuring that participants remain healthy and have the strength to meet the challenges of their physical journey or in this case a Qualifying Journey Physical challenge.

- Lunch or dinner on the Qualifying Journey day must be planned and prepared as a substantial virtual group meal.
- Remember to keep in mind this meal would normally be prepared outdoors so your ingredients and cooking equipment should reflect that.
- For ideas and recipes, click on the following link: www.freshoffthegrid.com
- The group must take at least 45 minutes preparing a meal together.
- Upload to your ORB a screenshot of you and your group during your meal.
- During your meal, discuss what a full day meal plan would look like. Keep in mind things like weight, spoilage, ease of preparation, and nutrition. Don't forget to include snacks!





PART B: QUALIFYING JOURNEY PHYSICAL CHALLENGE

The group completes three hours of physical activity; walking/stepping, stationary cycling, rowing, wheeling by wheelchair or a series of other physical exercises are all acceptable. This can be done at a time convenient for each group member; however all members must do it on the same day.

- Set yourself a specific challenge for the group (e.g.15,000 step challenge) to complete within the time limits. Please keep in mind this must be an inclusive activity that challenges the entire group and allows for all ability levels.
- As a group, complete the Physical Challenge report below describing your experience (approximately 300 words). Save this document and upload to your ORB.

LESSON WORKSHEETS



Stage 3: Physical Challenge Report

[WORKSHEET LINK](#)

PART C: QUALIFYING JOURNEY RESEARCH PROJECT

Follow the steps in the “Action Research Proposal” document below to help you design and present your research project.

STEP 1

The goal 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 (see resources below)

STEP 2

The topic selection is to be one where all group members can share from relevant and personal experiences. This represents the experiential component of the Adventurous Journey section’s outcomes and benefits.

STEP 3

You must meet at least three times for approximately 30 minutes each meeting to discuss: your experiences, the research each person has completed, what more you have learned, and finalize your observations.

STEP 4

The group’s research should include online information gathering, interviews, sharing your group’s experiences, and gaining a greater understanding of the topic to add to your collective experience.



**PART C: QUALIFYING JOURNEY RESEARCH PROJECT****STEP 5**

You must document your Research Project in a final report (in a format of your choosing) that demonstrates the process you have completed, the roles played by each group member, the group response to the research question that was set, and any conclusions.

STEP 6

A copy of this final report must be uploaded to your ORB and submitted to your AJ Assessor. The VBE should be completed within 12 weeks of your first group meeting.

LESSON RESOURCES

United Nations - Youth and the Sustainable Development Goals

WEBSITE LINK

United Nations - The Lazy Person's Guide to Saving the World

WEBSITE LINK

LESSON WORKSHEETS

Stage 3: Action Research Proposal Resource

WORKSHEET LINK

NOTE: To complete your Virtual Bronze Experience, ensure you and your group have completed and uploaded required worksheets and documents to ORB. Once everything has been uploaded, ensure all Adventurous Journey sections have been sent for assessment.

