



ADVENTUROUS JOURNEY PLANNING TEMPLATE

Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to filling out. When finished, you will need to submit your completed planning template to your Award Leader by uploading it to the AJ section of your Online Record Book.

Quick Links:

- [Participant information relating to the Adventurous Journey](#)
- [Online Record Book](#)
- [RBC Gold AJ Grant Application](#)
- [AJ Checklists](#)
- [Backpacking Checklist](#)
- [How to Write your AJ Report](#)
- [Advanced Technical Skills](#)

General Information	
Participant Name:	
Award Centre Name:	
Award Leader Name:	
Name and email of AJ Supervisor /Assessor (if different):	
Trip Name	
Name of group members:	Email Address
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

Summary of Time Scheduling	Date: YYYY/MM/DD		Time(s)	
Planning meetings	1.	3.	1.	3.
	2.	4.	2.	4.
Practice Journey				
Practice Journey itinerary finalized				
Practice Journey debrief				
Qualifying Journey				
Qualifying Journey itinerary finalized				
Qualifying Journey debrief				
Write AJ report (see Quick Links)				
Upload AJ report to ORB				



Journey Planning

Group Aim: to prepare for and undertake a journey during which you observe/discover/experience/etc.

Type of AJ: Expedition or Exploration

Mode of Physical Travel (must be non-motorized. Practice and Qualifying Journey must use the same mode of travel.)

Describe the location and route of your Practice Journey and attach a map outlining your route for each day. (The route should be similar but not the same as your Qualifying Journey.)

Describe the location and route of your Qualifying Journey and attach a map outlining your route for each day.

Emergency Contact (name, cell #)

Emergency Planning: List any potential risks or hazards you could encounter while on your trip (bad weather, terrain, injuries, wildlife, getting lost, etc). Be sure to discuss these risks with your group and make contingency plans so you will be prepared in case anything happens.



Journey Planning Continued

Group Roles - menu planning, food purchasing, navigation & map reading, equipment check, documentation, etc

Group member

Roles

1.

2.

3.

4.

5.

6.

7.

8.



Menu Planning

List any dietary restrictions or food considerations:

Describe how your group will plan for these dietary restrictions:

Meal	Date/Time be taken	Menu
Breakfast		
Snack		
Lunch		
Snack		
Evening meal		

Please note: use additional copies of this page to plan out each day's meals according to the length of your trip (2/3/4 days plus your Practice Journey)



Adventurous Journey Trip Budget		
Groceries: (start with making your meal plan and figuring out what items you need for each meal. Don't forget to include emergency meals.)	Cost Practice Journey	Cost Qualifying Journey
Items:		
Notes:		
Cost of Campsite:		
Transportation costs:		
Items:		
Notes:		
Permits: (some trips require payment for use of land, parking permits)		
Items:		
Notes:		
Group Gear: (tents, stoves, water filter, first aid kit, tarps, boats)		
Items:		
Notes:		
Personal gear: (water bottle, PDF, clothes, sleeping bags, footwear)		
Items:		
Notes:		
Other Costs		
Items:		
Notes:		
	Total:	



Build Your Research Proposal

As a group, decide on the topic or area of study for your Exploration. You must choose a topic that appeals to all group members. Once the topic is chosen, you must find a Subject Matter Expert who can help you with your study and answer any questions you may have along the way. The Subject Matter Expert, Assessor, and Award Leader could be the same person. Alternatively, you may need to find an independent Subject Matter Expert and Assessor, depending on the subject chosen.

Here is an example of an exploration: [Video Link](#)

Your subject area is only limited by your imagination. It can be some aspect of nature OR some aspect of an urban environment. The Exploration must be based on all participants' own research, first-hand observations, experience, or study. The journey aspect is central to you gathering this information.

Topic/area of study: (What is the general field of study?)	
<ul style="list-style-type: none">● Your Research Question - What is the purpose /aim of your exploration?● It is VERY important you focus your research goal.● It must be a SMART goal.● Keeping your goal focused will determine your data sources and data collection methods.	
Subject Matter Expert (name, email address):	
Brief outline of their qualifications: (How did you decide they would be the right person? What experience do they have?)	
What is already known about this subject? Pre-Journey Research is an important part of the Exploration process. It may include many sources such as books, journals, historical archives, and internet searches. It must be included as part of your final AJ report.	

As a group, watch this short video prior to completing the rest of this planning template. [Video Link](#)

Methodology: How will you collect the data and why?



Build Your Research Proposal Continued

Explain why this method is the best for your purposes.

Provide a sequence or timetable for the investigation.

Discuss potential difficulties or limitations and alternative approaches that could be used

Equipment needed specific to your study. What kind of instruments, apparatus, tools do you need? (video equipment, microscopes, slides, scales, maps, rope, clipboards, paper, water sample kits, trail marker tape, charts, survey tools, etc.)

Final Report Outline:

(How will the group present their findings? The style of the final report is up to the group, but should be agreed upon beforehand. Word Doc, PowerPoint, video, photo collage, etc. are all great options.)

You must submit your Proposal for review by your Award Leader and Assessor.

Date Submitted:

Approval date:

Revisions (if required)



Sample Packing List

Item	Quantity	Group Member Responsible	Notes
<i>Group Gear:</i>			
<i>Individual Gear:</i>			



Summary of Time Scheduling	Date: YYYY/MM/DD	Time(s)
Dates of planning meeting 1		
Dates of planning meeting 2		
Dates of planning meeting 3		
Dates of planning meeting 4		
Date of Practice Journey		
Practice Journey itinerary finalized		
Practice Journey debrief		
Date of Qualifying Journey		
Qualifying Journey itinerary finalized		
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