



VIRTUAL BRONZE EXPLORATION AJ 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 this form. When you finish this section, you will need to review with your Assessor and upload to your [Online Record Book](#).

General Information

Award Centre Name:			
Award Leader Name:			
Name of Adventurous Journey Assessor			
Name of group members:	Date of completion of Part A training	Date of completion of Part B training	Date of completion of Part C training

Practice Journey Planning

Group Aim/Goal: To apply skills learned during the Preparation & Training and test our plan for the Qualifying Journey. (NOTE: This is the goal you enter under Practice Journey on ORB)

You will be given a list of five virtual journey videos. Your group will have to select three virtual journey videos and complete a series of team challenges.

- Individually view the videos and complete the virtual journey videos worksheet
- As a group, discuss the virtual journey video worksheet and complete the team challenges

When will you meet to decide on the video?

Date:

Virtual journey video worksheet forms will be completed by

Date:

Meeting to discuss the virtual journey videos worksheet and complete five Team Challenges.

Date:

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 a **group-agreed physical activity**. Keep in mind that this will be the same physical activity that your group uses to execute the Qualifying Journey Physical Challenge.

- Describe what your group will do to perform a one-hour test of your selected physical activity.
- Please keep in mind this must be an inclusive activity that challenges the entire group and allows for all ability levels.
- Ideas may include: a step challenge
a stationary bike challenge
A HIIT (High Intensity, Interval Training) challenge
- You may want to test different options to see what works best for the whole group.

Selected Physical Activity:

Date of test:

How will you document your participation?
Maybe a free fitness app?

Description:

Practice Journey Debrief Form

An opportunity to change or modify your physical activity and other details for the Qualifying Journey Physical Challenge.

Date of Meeting:



Qualifying Journey Meal Planning

Participants must prepare and consume a substantial meal. 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.

- As a group, discuss any food restrictions and describe how you will work around these restrictions.
- As a group, explore meal recipes and decide on an option suitable for all members. For ideas and recipes, click on the following link www.freshoffthegrid.com

List any food restrictions and how to address them:

List the meal selected, detailed recipe, and instructions:

- Remember to keep in mind this meal would normally be prepared outdoors; so ingredients and cooking equipment should reflect that.

Cooking equipment required:

- Meet as a group to prepare and eat your meal. During your meal, discuss what a full day meal plan would look like. Minimum time allotted is 45 minutes.
- Take a photo/screenshot of you and your group during your meal.

Date of meal:

NOTE: (date must be the same as your Qualifying Journey Physical Challenge).



Physical Activity Challenge

Complete your three-hour physical activity that you agreed to as a group during your Practice Journey debrief meeting. The physical challenge is to be completed at a time convenient for each group member but on the SAME DAY.

Date of Qualifying Physical Challenge:

Type of activity:

Please keep in mind this must be an inclusive activity that challenges the entire group and allows for all ability levels. It must also be the same physical activity that was used for your Practice Journey.

Location:

Break times: (5 mins every hour):

Explain how you will be able to measure whether you succeeded with your goal/aim (maybe a free fitness app?)

How will your team motivate each other to complete the challenge?



Qualifying Journey Planning – Group Research Project

Aim/Goal: to undertake and document a group research project that is relevant to either historical events, or the environment, or the United Nations Sustainable Development goals and where all group members can share relevant, personal experience.

Topic area/theme selected by the group:

Research aim / question / title:

Sources of primary and secondary information:

Schedule of group discussions (to share experiences – minimum of 3 meetings):

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-
-

Date of completion:

Individual roles of group members:

Group member

Roles

Group member	Roles



Summary of Time Scheduling

(Please note: the VBE cannot take longer than eight weeks to complete):

	Date	Time(s)
Date of initial planning meeting		
Date of additional planning meeting		
Date of additional planning meeting		
Date of Practice Journey		
Date of Practice Journey Debrief		
Date of Qualifying Journey – Meal Challenge & Physical Challenge		Start / Finish: Breaks: Meal times:
Start of research project		
Research project – Group Discussion 1		
Research project – Group Discussion 2		
Research project – Group Discussion 3		
Research project – write up		
Research project - submission		

