



Adventurous Journey (AJ)

Debriefing Report

In addition to finishing your Adventurous Journey in the Online Record Book, you must also complete an Adventurous Journey Report/Debrief as a team.

This isn't meant to be formal; it's your team's way of sharing what you did on the trip, how you prepared for it and what you learned. We want to know more about the adventure and what impacted your team!

Decide with your team and Assessor the format for your debrief (i.e., debrief template, team meeting, slideshow, video, blog, photobook, audio recording etc.) and whether it needs to be uploaded on the ORB. Your team may also choose to upload your planning guide, daily team logbook, pictures, etc. Simply share your awesome experiences – we're eager to hear all about it!

Practice Journey Debrief	
<p>An opportunity to change or modify your Qualifying Journey plans and details with your Supervisor. The debrief should be completed as soon as possible after your Practice Journey.</p> <p>Because this is a back-to-back PJ and QJ, it is imperative that the debrief is conducted immediately as it is critical the team is aware of any issues and challenges encountered and can plan accordingly to make the necessary modifications for the next days' QJ.</p>	
<p>Team meeting with your Supervisor to review your Practice Journey.</p> <p>Date of Debrief: 2024-07-14</p> <p><i>Please note, the Supervisor is responsible for completing the assessment for the team's Practice Journey on the ORB.</i></p>	
	Notes:
<p>What went well? What do you want to continue to see on the Qualifying Journey?</p>	<ul style="list-style-type: none"> Researching the local river environment and reviewing kayaking protocols with our Supervisor beforehand helped us feel more prepared and confident for the journey. Kayaking one river segment in St. Mary's River was a great practice session that made us comfortable and confident on the water.

	<ul style="list-style-type: none"> • Exploring the environment and learning about ecosystem protections was interesting and made us more aware of our impact on nature. • Setting up tents and cooking a meal together was a fun team activity that strengthened our bond and taught us important camping skills. • Reflecting on the journey with our AJ Supervisor helped us identify areas where we can improve our paddling technique and navigation skills for the QJ.
<p>What was challenging? <i>(for individuals and the team)</i></p>	<ul style="list-style-type: none"> • Setting up tents was challenging for some of us because we struggled with understanding the tent assembly instructions. • Kayaking on the river was a challenge for some team members who were not as confident with their paddling skills, leading to difficulties in maneuvering through the water. • Navigating the river together was tough because team members were wondering if we were heading in the right direction and whether we had reached/missed the correct campground, since it is an unofficial one. This led to some confusion and disagreement.
<p>Are there any other training or skills your team needs to safely complete the Qualifying Journey?</p>	<ul style="list-style-type: none"> • Going over teamwork and synchronized paddling techniques again would improve our kayaking for challenging river segments together during the QJ. • Improve communication skills. • Identifying key landmarks/terrain on our maps beforehand to help us more easily spot locations.
<p>Any other comments or notes? N/A</p>	

Qualifying Journey Debrief

An opportunity to review the Qualifying Journey with your team and Assessor to learn more from the experience. Talk to your Assessor and team about how you will complete your Adventurous Journey Debriefing Report and submit it. Your Adventurous Journey Debriefing Report will need to be submitted to your Assessor before they can complete the Assessor Report on the ORB. The debrief should be completed as soon as possible after your Qualifying Journey.

Team meeting with your Assessor to review your Qualifying Journey.

Date of Debrief: 2024-07-15

Please note, the Assessor is responsible for completing the Assessor Report for the team's Qualifying Journey on the ORB.

	Notes:
What did you do?	<ul style="list-style-type: none"> • Continued down the river to kayak another segment, followed by camping overnight at a nearby campsite and completing two more river segments the following morning. • Identified and observed various species in the area to learn more about river ecosystems. • Camped overnight at the campground and cooked meals for ourselves each day. • Photographed river ecosystem sightings, wrote observations, and engaged in discussions on our findings between paddles.
What went well? What are you proud of?	<ul style="list-style-type: none"> • Our kayaking journey went smoothly, and we successfully completed multiple river segments. • Identifying and observing various species in the river ecosystem was a success, and we learned a lot about the biodiversity of the area. • Cooking our meals together outdoors was a team effort, and the meals turned out delicious. • Taking photographs and writing observations during our journey went well and helped us document our findings with understanding river ecosystems.

<p>What was challenging? <i>(for individuals and the team)</i></p>	<ul style="list-style-type: none"> Continuing down the river after the PJ and setting up camp at a different site was a bit tough because we had to make sure everyone was ready to go at the same time and take all our tents apart and re-pack them. But we were able to find our campsite more clearly this time! Long paddling sessions made us very tired. It was physically demanding for some individuals and hard to keep energy levels up.
<p>Did you accomplish your team goal?</p>	<ul style="list-style-type: none"> As a team, we successfully completed multiple river segments and got more comfortable on the water. We identified and observed various species and now know more about river ecosystems. As a team, we shared our findings with our Supervisor at the end and engaged in a discussion to further explore the importance of preserving and protecting these ecosystems.
<p>What would you do differently for future journeys?</p>	<ul style="list-style-type: none"> Take more breaks while we're paddling so we don't get too tired. It'll help us keep our energy up and stay strong during our kayaking! We should talk more when we're moving from one part of the river to another. Better communication will make it easier for us to stay organized and have fun together. Maybe we could practice paddling more and learn cool techniques for going down the river better next time now that had some experience. It'll make us feel even more confident and skilled when we're out on the river again! Using the "dead reckoning" technique to estimate our current position based on elapsed time, speed and direction.
<p>What stood out? What did you learn? What are your take-aways from this experience?</p>	<ul style="list-style-type: none"> Exploring the river ecosystem taught us so much about the environment around us, and taking photos and writing observations helped us remember all the cool things we saw and learned. Sharing our findings with our Supervisor and talking about ecosystem preservation made us realize how important it is to protect nature, and we felt proud to be a part of that conversation. Overall, this journey showed us that teamwork, learning new skills, and appreciating nature can be super fun and rewarding, and we'll always remember the awesome experiences we had together.

Any other comments or notes?

This was really fun and we truly developed a newfound appreciation for the beauty and preservation of river ecosystems in Nova Scotia through our journey.