



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 style="text-align: center;">Because this 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: 2024-03-09</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"> - Bonded as a new team in person and worked well together. - Learnt a lot of new skills and got to practice them. - Successfully practiced snowshoeing and walking through the snow. - Started setting up our campsite for the Qualifying Journey. - Great weather and very sunny!

	<ul style="list-style-type: none"> - Got to see quite a few animals tracks and birds in the woods.
<p>What was challenging? <i>(for individuals and the team)</i></p>	<ul style="list-style-type: none"> - Snowshoeing and hauling the sled with our things were very physically demanding. - Layering appropriately throughout the day. Tricky to not get sweaty when you're moving but can be dangerous if you start to sweat as you can get cold very fast if you're wet.
<p>Are there any other training or skills your team needs to safely complete the Qualifying Journey?</p>	<ul style="list-style-type: none"> - Feeling ready for tomorrow's journey, will just need to finish packing to ensure we're good to go. - Since snow shoeing was so physically demanding and everything took longer than we expected we have decided to plan in more breaks and may not be able to go as far as initially planned.
<p>Any other comments or notes?</p> <ul style="list-style-type: none"> - Our guides have been really helpful in teaching us what we need to know and challenging us to take initiative and work together as a team. 	

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: 2024-03-11

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">- Went on 2-day winter camping trip and snowshoe in Killarney.- All of us signed up for the trip individually and came together as a new team.- Set-up camp and slept in a 4 season tent in the winter!
What went well? What are you proud of?	<ul style="list-style-type: none">- Meeting new people and working closely with them- Checked in often and supported each other through challenges (mental physical and emotional).- Learned a lot of new skills and survival practices.- Cooked for ourselves.- Built a super warm campfire.- Saw lots of tracks and wildlife while journeying.

<p>What was challenging? <i>(for individuals and the team)</i></p>	<ul style="list-style-type: none"> - Travelling during the winter is HARD WORK! Walking in the snow even with snowshoes on is very challenging. - Keeping our temperature regulated during the day, it was hard not to sweat during the day and it was super cold once the sun went down!
<p>Did you accomplish your team goal?</p>	<p>We did! We identified 4 different types of tracks and saw a bunch of different birds and a few different animals including some deer! We also learnt a lot of survival techniques and skills to use while winter camping.</p> <p>We are all proud of ourselves for pushing our comfort zones and trying something brand new, it was a fun experience and taught us to be OK with living in the challenge zone!</p>
<p>What would you do differently for future journeys?</p>	<ul style="list-style-type: none"> - Now that we've experienced winter camping we would each pack a little differently. - Would stay in the yurt both nights instead of camping in the tent so we had somewhere warm to return to after the day was over. - Focus on developing physical stamina before the trip.
<p>What stood out? What did you learn? What are your take-aways from this experience?</p>	<ul style="list-style-type: none"> - Met some really cool people from different places. - Really nice to be in nature, unplug and only worry about meeting your basic needs each day. - Loved all the beautiful scenery, especially seeing how bright the stars were at night.
<p>Any other comments or notes?</p>	

