



# Adventurous Journey During COVID

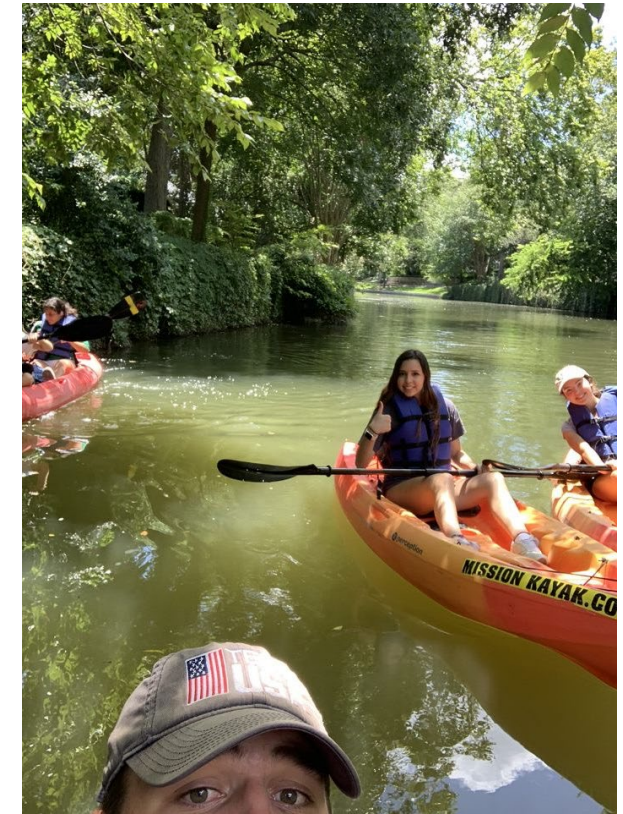
# Conditions of the AJ

<p>1. The expedition must have a clearly defined aim.</p>	<p>6. All journeys must be supervised and assessed by trained adults who are able to accept responsibility for the safety of the team.</p>	<p>11. On an exploration, at least one third of the purposeful effort requirement must be spent journeying with the remainder working towards the overall aim.</p>
<p>2. All participants must have undergone suitable training to have the appropriate skills to undertake their journeys.</p>	<p>7. All journeys must take place on land or water; all team members must use a mode of travel which requires their own effort, without motorized or outside assistance.</p>	<p>12. On an expedition, at least two thirds of the purposeful effort requirements must be spent journeying with the remainder working towards the overall aim.</p>
<p>3. All participants must undergo a minimum of one Practice Journey per level, using the same mode of travel and in a similar environment to the Qualifying Journey.</p>	<p>8. Accommodation must be in portable tents or simple self-catering accommodation, such as hostels, huts, or similar shelter.</p>	<p>13. All members of the group must carry sufficient equipment, food, and water to be completely self-sufficient throughout their journey.</p>
<p>4. All journeys must be completed as a team. Teams cannot have less than 4, nor more than 7 members (8 for modes of travel which are tandem).</p>	<p>9. The environment chosen must be unfamiliar to all participants.</p>	<p>14. All members of the group must ensure that they prepare and consume a full meal each day.</p>
<p>5. All members of the group must be involved with the planning and preparation of their Practice and Qualifying Journeys.</p>	<p>10. The distance covered on all journeys will depend on the terrain, weather conditions, and ability of the group members. All group members must, however, undertake the minimum hours of purposeful effort.</p>	<p>15. All groups will prepare and deliver a presentation identifying their aim and findings to their Supervisor and Assessor after the Qualifying Journey.</p>

# COVID-19 Changes to AJ Requirements

For all AJs:

- AJs may be organized in a familiar environment, such as one's own town or neighborhood.
- Participants can use a home, yard, school gym, etc. as accommodation during AJs. A group's accommodation can be physical separated, e.g. participants all sleep in separate tents or their own homes.
- If the AJ Supervisor approves and it is safe, group size can vary from the required 4-7.



# COVID-19 Changes to AJ Requirements



## For the Bronze Level:

- The Practice Journey may be waived.
- Bronze Participants may temporarily bypass the AJ to start working on their Silver level and use the Practice Silver AJ as their Bronze Qualifying AJ.
- Bronze Participants may do a Virtual Bronze Exploration to meet the AJ requirements.

## For the Silver Level:

- The Virtual Bronze Exploration can be used as the Silver Practice Journey.
- Silver Participants may temporarily bypass the AJ to start working on their Gold level and use the Practice Gold AJ as their Silver Qualifying AJ.

## For the Gold Level:

- AJs can be split up over two weekends, as long as the required 4 days and 3 nights are met.





**THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD**



USA

Adventurous Journey Examples During COVID

# Urban Exploration

- **Award Level:** Gold
- **Aim:** Explore the city's culture and natural places in a safe way to better understand nature on a higher level, and also learn how to be more respectful of the environment and build leadership skills.
- **Example Activities:** Exploring wildlife and city culture by hiking, kayaking, biking, paddle boarding, etc.
- **Logistics:**
  - The Practice and Qualifying Journeys can be completed back-to-back, i.e. the first day/night is the Practice, and after reflection/adjustments, the following four days/three nights are the Qualifying.
  - Everyday, the team takes on a new activity. They can spend each night sleeping in their own separate homes and are only together outdoors, maintaining social distance and wearing masks when that is not possible.

# Suburban Exploration

- **Award Level:** Silver
- **Aim:** Explore local ecosystems and nature trails, specifically locations that would normally be taken for granted and underutilized in our community.
- **Example Activities:** Hiking, biking, beach/tidepool exploration
- **Logistics:**
  - The Practice and Qualifying Journeys can be completed back-to-back, i.e. the first day/night is the Practice, and after reflection/adjustments, the remaining time is the Qualifying.
  - The team members can camp out in their backyards to simulate being in the wilderness. They are only together outdoors, maintaining social distance and wearing masks when that is not possible.

# Peak Summiting and Nature Cleanup

- **Award Level:** Bronze
- **Aim:** To clean up the environment by picking up trash en route to summiting four 14,000 foot mountains.
- **Example Activities:** A shorter hike on the first day to the campsite. The second day, completed four 14,000 mountains in just under 6 hours and 30 minutes. Observed how Coloradans care for their environment and picked up trash along the route.
- **Logistics:**
  - Utilize the Bronze Practice Journey waiver.
  - The team can consist of a mix of Award participants and non-Award participants, with the parent of a non-Award participant serving as the Assessor. The group can establish a social bubble with one another prior to the trip.



## Hiking in a State Park

- **Award Level:** Bronze
- **Aim:** Explore the flora and fauna of a local state park.
- **Activities:** Hiking, observing and taking note of flora and fauna native to the environment
- **Logistics:**
  - The Bronze Practice Journey can be waived.
  - If the participant has a small bubble with just family members, and tight restrictions in place in their community, they can complete their AJ with their family, doing two days of hiking and sleeping at home in between. They still must have an aim and meet the purposeful effort hours outlined in the Conditions of the AJ.

# Historical Exploration of Local Heritage Sites

- **Award Level:** Bronze
- **Aim:** Visit historical landmarks along a nature trail in town.
- **Example Activities:** Hiking/walking, exploring different viewpoints and sites, visiting a public garden
- **Logistics:**
  - Utilize Bronze Practice Journey waiver
  - The team members can camp out in their backyards or find a local campsite. They are only together outdoors, maintaining social distance and wearing masks when that is not possible.

# City Exploration

- **Award Level:** Gold
- **Aim:** To identify different cultures within a big city, what impacts them, what makes them special, and how Coronavirus has impacted the city overall.
- **Example Activities:** Explore a different neighborhood each day, interview individuals along the route (with proper process to request permission and remain socially distant), observe the types of buildings and businesses in the different neighborhoods, and whether or not they are open or closed during Covid
- **Logistics:**
  - Utilize the first day and night of the journey as the Practice Journey
  - Participants may stay in their own homes at night if they live in the city they are set to explore, or in other basic accommodations.
  - At the Gold level, participants may request special permission from their Award Leader to undertake a “significant” AJ, which goes above and beyond typical AJ requirements. If a city exploration fits this description, they may be able to do this AJ as a solo journey.