

***Planning and Preparing for an
Independent Adventurous Journey***

March 23, 2021



Agenda



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| Welcome, Agenda, & Goals..... | 4:00-4:03pm |
| Independent AJs..... | 4:03-4:18pm |
| Virtual Bronze and Silver Explorations..... | 4:18-4:26pm |
| Q&A..... | 4:26-5:30pm |



Goals

By the end of this webinar, all attendees will be able to:

Feel confident in planning and executing an Independent Adventurous Journey, either outside or virtually.



Webinar Norms



- Chat to ask questions or if you're having technical difficulties.
- Session is recording.
- Resources will be shared.

Conditions of the AJ



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|--|--|---|
| <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> |

Independent Adventurous Journey

- Virtual participants put together their own trip with a team and AJ Supervisor and Assessor.
- The Guide to the Independent AJ: provides the requirements of the trip to plan something that meets them as closely as possible.
- Application required from each participant team. Also require parent/guardian consent and AJ Supervisor and AJ Assessor agreements to adhere to Award policies.

2021

Guide to the Independent AJ



Steps to complete an Independent AJ:

- Review the Participant Handbook, as well as Bronze and Silver virtual options.
- Complete the online application (one per team). Also have parents/guardians and Supervisors and Assessors submit their forms online. Everyone uses the same form link.
- Upon approval. enter details of your Training and Preparation, Practice Journey, and Qualifying Journey in the ORB.
- When the journey is complete, move it forward in the ORB for assessment. Also complete the required report within four weeks and submit it to your Award Leader and upload it into the ORB.



AJ COVID-19 Allowances

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.





AJ COVID-19 Allowances

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:

- 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.
- Silver Participants may do the Virtual Silver Exploration to meet the AJ requirements.

For the Gold Level:

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

What do I enter in the ORB?

- **Preparation & Training:** Enter the dates for when you complete preparation and training for as many activities as applicable in the ORB. You may also add others if they are not included.
- **Practice Journey:** Bronze level participants may waive the Practice Journey. There is a placeholder template in the ORB for this. You can ask your Award Leader to add it to your profile. Otherwise, you will enter details of the practice journey you plan to complete, e.g. dates, location, aim, etc.
- **Qualifying Journey:** Enter details of the qualifying journey you plan to complete, e.g. dates, location, aim, etc.

**The Virtual Exploration instructions include guidelines on what to enter in the ORB for that option.*





AJ COVID-19 Example

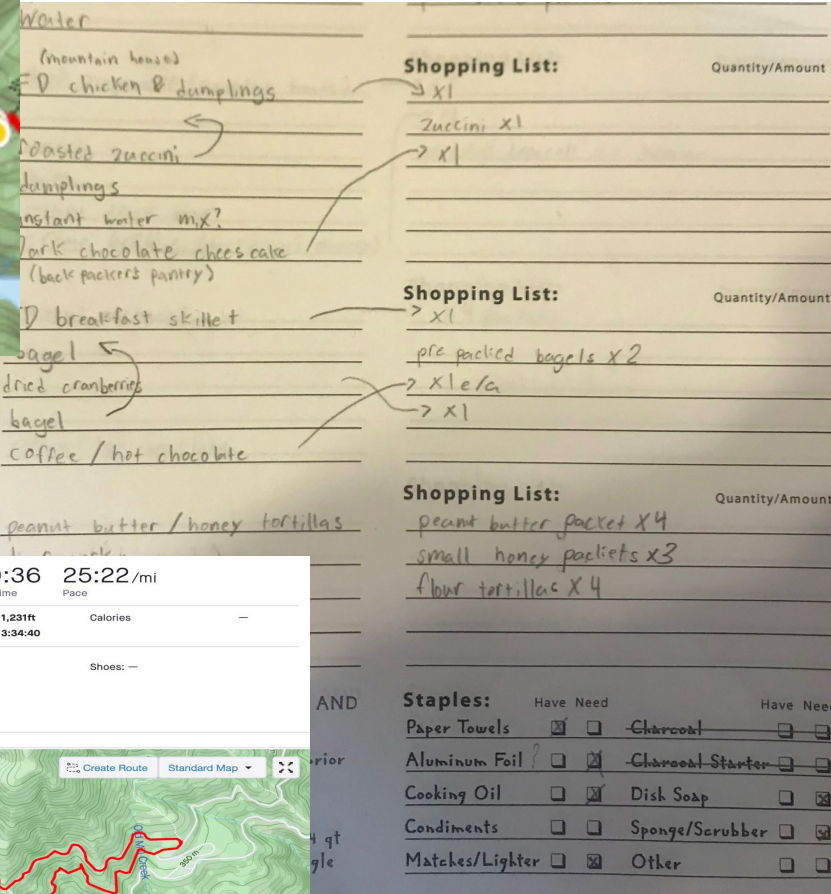
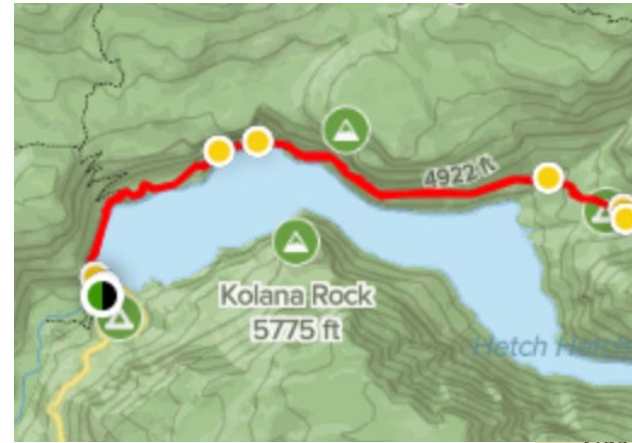
This group of five set an aim to explore the historical sites of their town and camped out in one person's yard. They planned the trip through a series of Zoom calls and decided on their route, supplies, meal, and safety norms, including wearing a mask and socially distancing.



AJ COVID-19 Example

A Bronze participant in California did not feel comfortable completing an AJ with any peers or friends due to COVID-19. He and his family set out on a 13-mile expedition at Yosemite National Park to find and collect as much trash as he could.

He planned his route, made the packing list for his family, completed some online sessions on wilderness first aid and map reading, and completed a reflection on what he learned from the family AJ experience. His Award Leader served as his supervisor and his parent was his assessor.



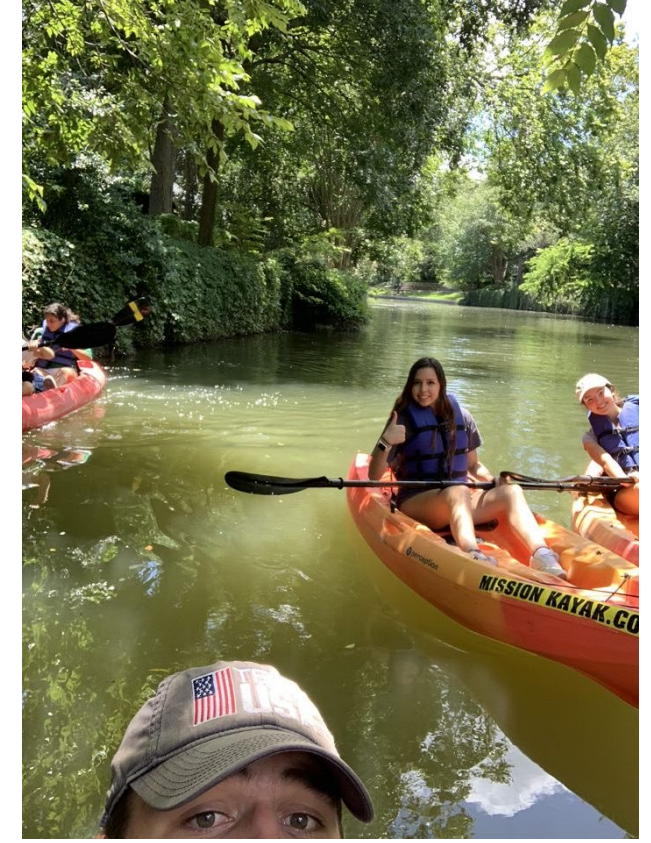
7:02 AM on Sunday, August 2, 2020
Morning Hike
 Add a description

With someone who didn't record? [Add Friends](#)

STREAVLABS
View Flybys >

| | | |
|----------------------|-------------|----------|
| 6.68mi | 2:49:36 | 25:22/mi |
| Distance (?) | Moving Time | Pace |
| Elevation | 1,231ft | Calories |
| Elapsed Time | 3:34:40 | |
| Apple Watch Series 3 | Shoes: — | |

| Splits | | |
|--------|-----------|---------|
| Mile | Pace | Elev |
| 1 | 25:18 /mi | 299 ft |
| 2 | 28:19 /mi | 454 ft |
| 3 | 24:40 /mi | 170 ft |
| 4 | 27:23 /mi | -189 ft |
| 5 | 23:33 /mi | -335 ft |
| 6 | 24:11 /mi | -75 ft |
| 0.68 | 23:36 /mi | -291 ft |



AJ COVID-19 Example

A group of Silvers and Golds got together to do an urban exploration in their city in Texas. They slept in their own homes at night, and had an overall aim and different purpose for exploration each day. They had homemade meals together and made sure they were meeting the hours of purposeful effort that would qualify for a Gold practice and qualifying journey.

Virtual Bronze Exploration

Aim: Complete and document a research project relevant to one of the following areas:

- a. COVID-19 and its impact on society
- b. COVID-19 and its impact on the environment
- c. The UN Sustainable Development Goals

“Action research:” Present your research to a small group of peers and collectively commit to one action to address the issue at hand.

Report may be in a format of your choice.



Virtual Silver Exploration

Practice Journey: Complete either a physical challenge or a meal challenge with a small team of peers (can be completed separately but planned and executed in coordination).

Qualifying Journey: Choose two virtual journeys to undertake and reflect on.

Report may be in a format of your choice.



Q & A

Chat to ask us any additional questions you may have!

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



USA

