

The Virtual Silver Exploration

Thank you for accepting this challenge! You are about to attempt something that is entirely new to the world of The Duke of Edinburgh's International Award - a virtual Adventurous Journey! Due to the restrictions in place in many countries to help stop the spread of COVID-19, we have developed this exploration and research opportunity that will help to develop the critical thinking, research, and reflection skills that underpin the aim of the Adventurous Journey section of the Award. Please read the instructions carefully and use the support and mentorship offered by your Award Leader to complete this section of the program.

In order to complete your Virtual Silver Exploration, you must:

- Review the options for the Practice and Qualifying Journeys. Send your Award Leader a one paragraph synopsis of your intended activities for approval and feedback.
- Take notes and be reflective about your activities. Make sure to complete everything.
- Determine the format in which you will present your final product, which includes write ups for both the practice and qualifying journeys. Create your final product.
- Submit all of your work to your Award Leader and upload to the ORB under "AJ Reflections". Your Award Leader will schedule a time to meet with you to discuss.

Good luck!

I. Preparation and Training

The date you complete your Preparation and Training is when your Award Leader provides approval of your one paragraph synopsis of your intended activities. The applicable training items that you should mark as 'complete' in the Online Record Book are:*

- a. Appreciating the culture within the journey's environment
- b. Competency in the mode of travel (*in this case, competency in research strategy*)
- c. Necessary equipment and how to use it (*in this case, equipment is data and research used for your project*)
- d. Observation and recording skills
- e. Team building and leadership training
- f. Understanding of the Adventurous Journey
- g. Understanding the impact of the journey on the environment

**The other training items listed can be left blank.*

II. Practice Journey

The Silver Practice Journey requirement can be fulfilled by either the completion of one of the following challenges with a team of at least three other peers (they do not have to be Award participants), or an in-person practice journey with COVID adaptations (at least one day, one night).

- Physical Activity Challenge: Be creative and get active! The minimum requirement is a 3-hour physical activity; however, it can be split into two different sessions. Activities like walking, biking, dancing, stepping and possibly some other exercises are all acceptable (check with your Award Leader). Set a specific challenge for the group (e.g. 15,000 step

challenge) within the time limits. Please keep in mind this must be an inclusive activity that challenges the entire group and allows for all ability levels. Write a brief personal report of how the team approached their activity, what was challenging, and what was done as a group to demonstrate teamwork during this challenge. You should include your write up in your final AJ report uploaded to the ORB, and include photos of you working on it.

- **Meal Challenge:** Plan and prepare either lunch or dinner as a group meal over a video call. You must use cooking appliances that would be typical when cooking outdoors. The group must prepare the same meal within 30 minutes and then eat together for a maximum of 30 minutes. Please try to use your imagination and replicate a hot meal that you might prepare on a physical adventurous journey. A brief description of the meal, how and why the group chose it, a summary of the experience of cooking together, and a picture of your meal should be included in your final AJ report uploaded to the ORB. Plan to use a virtual platform to talk through, plan, and prepare your meal together.

III. Qualifying Journey

Select two of the following activities to participate in independently and reflect on. Note, you cannot do two activities in the same category (e.g. two different virtual museum tours):

- Virtual Museum Tours:** Participate in a virtual tour of the museum(s) of your choice and *explore the history of some of your favorite pieces and how each influenced the history and culture.*
- National Park Tours:** Embark on a virtual tour of a national park(s) and explore related topics of your choice, *such as the geological make-up of the park, the wildlife, and how the park has changed over the years.*
- National/International Landmark Tours:** Virtually visit a landmark and *learn its history as well as some other interesting facts on the tour.*
- Documentary Review:** Watch and review a documentary on a social or environmental issue and *prepare a write-up discussing the film.*
- Interview a Local:** Take time to interview someone who works at the museum/landmark you are writing a report on. Learn more about their experience working there, things most people might not know about the care of such places, how it has been affected by COVID-19, etc.
- Architectural Review:** Research and study buildings or structures from your chosen location. *Learn about the influences, impacts, and history of the architecture. You may also compare and contrast architecture from different periods of time within your chosen location, or compare more than one location.*

Reflect on the activities above and prepare responses for your chosen activities. You must document your Research Project in a final report IN A FORMAT OF YOUR CHOOSING (with approval from your Award Leader) that demonstrates detailed responses to and reflection of all of the following questions from your activities. A copy of this final report must be uploaded to your ORB and submitted to your Award Leader. This may be a paper, video, creative narrative, artistic depiction, podcast episode, and the list goes on!

- What interests you about the topics you chose to learn about? Why did you choose the specific activities?

- b. Please discuss the steps you took to complete your required activities. How did you do your research? Please be detailed about your journey from the planning stages to the finished product.
- c. Did your activities raise any new questions for you about your topic? If you were going to start your project over, what would you do differently?
- d. If you were traveling to learn about your topic in person, how would your experience have been different or more immersive
- e. Did your activities open a topic you would like to explore more in the future? Why or why not? How did your activities challenge any ideas you might have had coming into your topic?
- f. What interesting facts did you learn about the history and culture of the location/destination you researched?
- g. How can you use the information you learned or skills you gained in this activity in your personal, academic, or professional life?