



VIRTUAL BRONZE EXPLORATION GROUP PROJECT MANUAL



STAGE 3 – PRACTICE

Version 2.0

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INTRODUCTION

Thank you for accepting the 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 opportunity. This activity will help to develop the same group working and planning skills that are expected by all adventurous journeys.

THE VIRTUAL BRONZE EXPLORATION IS COMPLETED IN 5 STAGES:

Stage 1: Preparation & Training (Part A & Part B)

The Preparation & Training stage will be useful and act as a base level of knowledge for your Adventurous Journeys at the Silver and Gold levels.

Stage 2: Group Planning

The Planning stage will ensure that the whole group works together.

Stage 3: Practice

The Practice Journey stage is your chance to test some of the ideas in your plan.

Stage 4: Virtual Journey (Expedition)

The day of activity for the virtual Journey in stage 4 is intended to give a flavour of a physical expedition, using videos of virtual walks from some beautiful parts of the world. Please use your imagination and enter into the spirit, helping to bring to life the team challenges that you undertake after each video. You will also challenge yourselves physically by undertaking a four hour activity challenge. The virtual journey will also include a camp cooking challenge and eating a group meal "together" as though you were camping.

Stage 5: Research Project (Exploration)

Your exploration starts as soon as your virtual journey activity has finished. You will have a maximum of 10 days from the end of your qualifying virtual Journey to complete a group Research Project that involves the whole group in online research, sharing and learning from personal experiences of others in the group.

This re-imagined virtual exploration will help to develop the group work and team skills that underpin the aim of the Adventurous Journey section of the Award and these are core life skills that many people have had to learn and use for their livelihoods over the period of lock-down. We believe that these will become increasingly important life skills for everyone.

Please read the instructions and support material carefully, use the support and mentorship offered by your Adventurous Journey Supervisor/Assessor, and work together as a team. Please also provide any feedback you can on this experience in writing to info@dukeofed.org. You are some of the first and only people to have undertaken this kind of challenge and while we know it will be different than hiking on the coast or in the mountains, it will build skills and team work for you to do physical journeys in the future.

***PLEASE NOTE:** It is important to keep individual records of your work. When completing each of the worksheets and forms, be sure to save your work on your device or use the Classroom Drive and create your own folder of documents. Make sure you upload all your materials to your ORB so your Adventurous Journey Assessor and Award Leader can authorize the AJ section.



TEST YOUR PLAN

This section is designed to allow you to test your group plan, review, and possibly alter it.

- Please select 1 or 2 virtual walk videos (approx 30 minutes). Not the same ones to be used for the Virtual Journey (Stage 4).
- Complete the pre-tasks, observations, and Team Challenges for those videos. (30 minutes)
- Complete a short test of your proposed physical activity (30 – 60 minutes) and test different options to see what works best for the whole group.
- Assess research project ideas and methodologies (2 hrs). Refer to Stage 5 for more information.
- Complete all the record keeping and reporting (using the form below) related to the observations, Team Challenges, and Research Project considerations, noting any learning and changes to the plan.

EXPLORATION VIRTUAL WALK VIDEO'S FROM STAGE 2

1. Olympic National Forest: Duckabush River and Interrorem Nature Trail

[VIDEO LINK](#)

2. Redwood National Park: The Boy Scout Tree Trail

[VIDEO LINK](#)

3. Lake Samsonvale Walk

[VIDEO LINK](#)

4. Silver Falls State Park

[VIDEO LINK](#)

5. Bruce Peninsula National Park: The Grotto

[VIDEO LINK](#)

6. Banff National Park: Bow River

[VIDEO LINK](#)

7. Mannlichen: Switzerland Mountains

[VIDEO LINK](#)

LESSON WORKSHEETS



VBE Stage 3: Practice Journey Assessment form

[ASSIGNMENT LINK](#)

