

Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



Activity Pack

VBE

OVERVIEW

Thank you for accepting the challenge!

You are about to attempt something entirely new to the world of The Duke of Edinburgh's International Award - a virtual Adventurous Journey!

We developed this resource as a pilot due to the restrictions implemented in many countries to help combat the spread of COVID-19. It aims to develop the same teamwork and planning skills like all Adventurous Journeys (**AJs**), as well as provide you with a taste of the great outdoors, or as close as we can get at the present time.

This is no easy Exploration option. It will be a challenge! We have combined some elements of both the Expedition and Exploration types of Adventurous Journey.

Please read the instructions and support material carefully.

It IS IMPORTANT THAT YOU AND YOUR TEAM READ THE INTRODUCTIONS TO EACH OF THE 5 STAGES BEFORE COMMENCING.

PLEASE NOTE, THERE IS A STRONG INTERCONNECTION OF MATERIAL/RESOURCES BEING USED IN STAGES 2 AND 3.

Use the support and mentorship offered by your Adventurous Journey Supervisor / Assessor and work together as a team.

This is a new kind of challenge and whilst we know it will be different to trekking on the coast or in the mountains, it will build skills and team work for you to undertake physical journeys in the future.

When the Task Assessment Booklet is complete, please upload it to your Online Record Book.

The Virtual Bronze Exploration is completed in 5 Stages:

Stage 1: Preparation and training (Part A and Part B)

The Preparation and Training stage will be useful and act as a base level of knowledge for your AJ at Bronze, Silver and Gold level.

Stage 2: Planning

The Planning stage will ensure that the whole group works together and looks at the upcoming activity from all angles.

Stage 3: Practice Journey

The Practice journey is your chance to test some of the thoughts in your plan.

Stage 4: Qualifying Journey & Physical Activity

The two days of activity for the virtual Journey are intended to set a scene and you will gain a context from videos of virtual walks in some beautiful parts of the world! Please use your imagination and enter the spirit, helping to bring the team challenges you undertake after each video to life.

Day 1 You finish this day of the virtual Journey by cooking and eating a group meal "together" as though you were camping.

Day 2 of this Journey is an opportunity for you to challenge yourselves physically by undertaking a three-hour activity challenge.

Your exploration, as it does in a physical exploration journey, starts as soon as your virtual journey activity has finished.

Stage 5: Research Project

You will have a maximum of 10 days from the end of your qualifying virtual journey to complete a group research project, that involves you each to undertake online research, but also sharing and learning from related personal experiences from others in the group.

This re-imagined virtual exploration will help to develop the teamwork skills that underpin the Adventurous Journey Section of the Award. These are core life skills many people have had to learn and deploy for their livelihoods over the period of lockdown.

We believe these life skills will become increasingly important for everyone.

STAGE 1 – PREPARATION AND TRAINING

Stage 1 training uses videos from around the world to help you prepare for the Virtual Bronze Exploration and provide training for a physical Adventurous Journey in the future.

This stage is to be undertaken in 2 parts.

Part A: VIRTUAL BRONZE EXPLORATION TRAINING

This part can be completed individually and as a TEAM. It will help ensure you understand the guidelines and skills required to complete this Virtual Exploration. Skills covered in this part include:

- 1) Team communication
- 2) Online well-being and cyber responsibility
- 3) Research skills and project management
- 4) Physical preparation

Part B: JOURNEY RELATED TRAINING

The part is to prepare you for a physical outdoor Adventurous Journey. It also introduces you to outdoor training beneficial as a foundation for the Adventurous Journey at Bronze, Silver or Gold levels. The skills and knowledge covered in this part include:

- 1) Trip Planning
- 2) Equipment
- 3) Route planning, navigation, and mapping
- 4) First aid and Risk management
- 5) Camp-craft

Videos have been chosen from the Mountaineering Safety Council in New Zealand (chosen for their comprehensive content). Learning will be assessed using questionnaires at the end of each section of videos to check learning in your Task Assessment Booklet.

Please watch all 26 videos and answer the assessment questionnaires individually in your Task Assessment Booklet.

Part A of the Preparation and Training relates to completing your Virtual Bronze Exploration online. Complete all 4 components of Part A individually and where specified, together as a TEAM. You will need to get together online to discuss how you are going to complete Part A.

Estimated time: total of 2.5 hours of viewing, reading and discussion time.

Stage 1 Part A: VIRTUAL BRONZE EXPLORATION TRAINING

Task 1A(i): TEAM COMMUNICATION

Read the article “Being an Effective Member – Teamwork Skills”:

<https://uwaterloo.ca/centre-for-teaching-excellence/teaching-resources/teaching-tips/tips-students/being-part-team/teamwork-skills-being-effective-group-member>

- **Task:** As a TEAM discuss the 13 items on the “Are We a Team Checklist”
- **Task:** Document your individual observations in the checklist located in your Task Assessment Booklet

Watch this video on Rowing & Teamwork: <https://www.youtube.com/watch?v=y0FtXhSu0J0>

- **Task:** In your team discuss the traits of teamwork highlighted in the video and how you feel you might work together to maximise these traits
- **Task:** Write your thoughts in your Task Assessment Booklet.

Task 1A(ii): WELL-BEING AND CYBER RESPONSIBILITY

Individually have a look at the e-safety material on the site from Australian e-safety Commissioner:

<https://www.esafety.gov.au/young-people>

- **Task:** Chose **3 topics** relevant to you and read the short articles. Record what articles you read and **list at least one** learning you will try to apply during your participation of the Virtual Bronze Exploration
- **Task:** With your TEAM, view and discuss the video “Internet safety tips for teens”:
<https://www.youtube.com/watch?v=Cnc4LaevRBw>
- **Task:** Record your individual and group observations from the TEAM discussion. Include this in your Task Assessment Booklet.
- Use the template in your Task Assessment Booklet to write about your personal feedback for the tasks in this section.

Task 1A(iii): RESEARCH SKILLS AND PROJECT MANAGEMENT

Read the material in the article “10-tips-to-improve-your-online-research”:

<https://thebestschools.org/magazine/10-tips-to-improve-your-online-research/>

Watch the video “The C.R.A.P.” test for evaluating websites”:

<https://www.youtube.com/watch?v=Wpjr35uNnWE>

- **Task:** With your TEAM discuss the 10 tips contained in the first link and the points referred to in the second link
- **Task:** Write down your key personal learning in the Task Assessment Booklet

Task 1A(iv): PHYSICAL RECREATION

Undertaking significant online/screen time activity needs to be balanced with physical activity.

- **Task:** As a TEAM, discuss how you are currently balancing screen time with physical activity.
- **Task:** Before and after each online TEAM meeting, select and undertake 2 x 20-minute exercise sessions (cardio friendly).
- **Task:** Record your reflections and your agreed physical recreation activities in your Task Assessment Booklet

Stage 1 Part B: JOURNEY RELATED TRAINING

Task 1B(i): TRIP PLANNING

Watch these 4 videos and then complete the multi choice questions in your Task Assessment Booklet.

(Video 1) Plan Your Trip:

https://www.youtube.com/watch?v=lQpa2QcNVQI&list=PLeLnlP_LtcbKodTaN0-53RmTNSCUHjIxa&index=2

(Video 2) Tell Someone Your Plans:

https://www.youtube.com/watch?v=bqp2nt3_lNo&list=PLeLnlP_LtcbKodTaN0-53RmTNSCUHjIxa&index=3

(Video 3) Be Aware of the Weather:

https://www.youtube.com/watch?v=em5oz_Nj_5E&list=PLeLnlP_LtcbKodTaN0-53RmTNSCUHjIxa&index=4

(Video 4) Know Your Limits:

https://www.youtube.com/watch?v=82NR4kW8zuA&list=PLeLnlP_LtcbKodTaN0-53RmTNSCUHjIxa&index=5

Task 1B(ii): EQUIPMENT

Watch these 4 videos and then complete the multi choice questions in your Task Assessment Booklet.

(Video 1) Take Sufficient Supplies – Equipment:

https://www.youtube.com/watch?v=4nthRWKL8L8&list=PLeLnlP_LtcbKodTaN0-53RmTNSCUHjIxa&index=6

(Video 2) Take Sufficient Supplies – Clothing:

<https://www.youtube.com/watch?v=iimzAavTTpc>

(Video 3) Take Sufficient Supplies - Food and Water:

https://www.youtube.com/watch?time_continue=51&v=K5Gu9pljh1k&feature=emb_logo

(Video 4) Packing for a Tramp / Hike:

https://www.youtube.com/watch?v=m5l_v0o7zsE&feature=emb_rel_pause

Task 1B(iii): ROUTE PLANNING, NAVIGATION & MAPPING

Watch these 3 videos and then complete the multi choice questions in your Task Assessment Booklet.

(Video 1) Read a Map:

<https://www.youtube.com/watch?v=OcsZ7a31YFI&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=14>

(Video 2) Use a Compass:

<https://www.youtube.com/watch?v=FFe3shVPyZs&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=15>

(Video 3) Give a Grid Reference:

<https://www.youtube.com/watch?v=H7S6EJLgTZg&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=18>

Optional additional resources:

<https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-to-using-a-compass/>

<https://getoutside.ordnancesurvey.co.uk/guides/beginners-guide-choosing-gps-device/>

Task 1B(iv): FIRST AID & RISK MANAGEMENT

Watch these 8 videos and then complete the multi choice questions in your Task Assessment Booklet.

(Video 1) Take Sufficient Supplies – First Aid:

<https://www.youtube.com/watch?v=wVfDjJZSY&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=8>

(Video 2) Where am I? Get Back on Track:

https://www.youtube.com/watch?v=_zHo5RrWlqE&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=16

(Video 3) Communicate in the (NZ) Bush:

https://www.youtube.com/watch?v=_4Ynfj-cdo&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=17

(Video 4) Lost? Survive and be Found:

<https://www.youtube.com/watch?v=2KViphuwqsA&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=19>

(Video 5) Travel as a Group:

<https://www.youtube.com/watch?v=GmbR9VOoIHo&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=20>

(Video 6) Cross a River Safely:

https://www.youtube.com/watch?v=nImWxsaG_Ns&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=21

(Video 7) Predict Weather Changes:

https://www.youtube.com/watch?v=t5nw-D2_H7k&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=22

(Video 8) Use Your First Aid Kit:

<https://www.youtube.com/watch?v=zHXY0d--XnI&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=23>

Task 1B(v): CAMPCRAFT

Watch these 7 videos and then complete the multi choice questions in your Task Booklet.

(Video 1) Pitch a Tent:

<https://www.youtube.com/watch?v=pCCVwljBs7M&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=24>

(Video 2) Manage a Campsite:

<https://www.youtube.com/watch?v=6Co04qDLd3M&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=25>

(Video 3) Light a Fire:

<https://www.youtube.com/watch?v=aU-Gk5MVUKc&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=26>

(Video 4) Cook on a Stove:

https://www.youtube.com/watch?v=7jyO8_79JSk&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=27

(Video 5) Sleep Well:

<https://www.youtube.com/watch?v=T2QIdEEjhpU&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=28>

(Video 6) Pack up Camp:

<https://www.youtube.com/watch?v=OMdm-2TF0N4&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=29>

(Video 7) Leave No Trace:

<https://www.youtube.com/watch?v=8dpf4jDtmQ&list=PLeLnplTcbKodTaN0-53RmTNscUHjIxa&index=30>

STAGE 2 – GROUP PLANNING

As a TEAM, you must work together to plan and prepare for your Virtual Journey (Stage 4) and Research Project (Stage 5).

The template in the Task Assessment Booklet will help to lead your TEAM through the planning process. If you wish to add things or change things that is ok, but the plan must be coherent and provide your Assessor with enough information to ensure you are working as a group to accomplish the overall aims of each Section.

Remember, this is about teamwork!

Task 2A: Pre-Viewing Tasks for Virtual Journeys

The Virtual Journey videos can be found below. The video links are also provided again at Stage 4. **The purpose of Stage 2** is that you work with your TEAM to **identify** from the video list options for both the Practice and Qualifying Journey. You do not need to watch the videos in Stage 2.

You must choose the Virtual Journey videos for both the Practice (1) and the Qualifying (3) Journeys and complete the pre-viewing forms in your Task Assessment Booklet. As a TEAM, pick the Virtual Journey videos to watch for Stage 3 and Stage 4.

You will need to:

1. Review the 'walk notes & features' provided about the video and look the route up on Google Earth or other mapping software;
2. Use the most appropriate resources to research the route, and then complete the questions on the pre-viewing form (located in the Task Assessment Booklet); and
3. Ensure every team member has a role in preparing the "route" (this is a must). The whole TEAM should be briefed on each video before the Journey itself.

You must complete the plan and record your agreed plan in your Task Assessment Booklet.

You also need to complete the pre-viewing forms for your selected virtual journey videos and include these in your Task Assessment Booklet.

[Virtual Hike 1 - Washington State, USA](#)

Video Duration - 38 mins

Walk Distance - 10 kms Walk

Walk Notes & Features - Duckabush River and surrounds. Lowland and rainforest environment, including remnants of an ancient forest. The area has a few 10km, 20km, and 50km loop walks.

https://www.youtube.com/watch?time_continue=2&v=fYnA10VmUhA&feature=emb_logo

[Virtual Hike 2 - California, USA](#)

Video Duration - 32 mins

Walk Distance - 8 kms (5 miles)

Walk Notes & Features - A forest walk among the giant old growth redwood trees.

<https://www.youtube.com/watch?v=o-xoBW9NZNI>

[Virtual Hike 3 - Joyner, Queensland, AUS](#)

Video Duration - 38 mins

Walk Distance - 3.4 kms

Walk Notes & Features - The picturesque Lake Samsonvale walking trail from Bullocky Rest to Forgan Cove weaves along the water's edge. The approximate 4km one-way dirt trail. As you walk or jog along, keep your eyes peeled. If you are lucky, you may spot a koala up high in a tree, and if you look out across the water, you might see a pelican or two among other waterbirds.

<https://www.youtube.com/watch?v=Qu3t1gTKhWc>

[Virtual Hike 4 - Salem, Oregon, USA](#)

Video Duration - 43 mins

Walk Distance - 8 kms

Walk Notes & Features - This walk takes you to 10 waterfalls in Silver Falls State Park. This is a state park in the U.S. state of Oregon, located near Silverton, about 20 miles southeast of Salem. It is the largest state park in Oregon.

<https://www.youtube.com/watch?v=sGnTT5HgUIQ>

[Virtual Hike 5 - Utah, USA](#)

Video Duration - 85 mins

Walk Distance - 21 kms (13 miles) (return trip)

Walk Notes & Features - Bryce Canyon is known for its stunning geology of red-rock phantom-like rock spires, or hoodoos, shaped by wind, water, and snow.

<https://www.youtube.com/watch?v=yWbR6N5tYaQ>

[Virtual Hike 6 - Washington State, USA](#)

Video Duration - 2.5 hrs

Walk Distance -

Walk Notes & Features - A forest walk alongside a major river.

<https://www.youtube.com/watch?v=478TeAxm12g>

[Virtual Hike 7 - North Cascades, Washington, USA](#)

Video Duration - 2 hrs 45 mins

Walk Distance - 18.5 kms

Walk Notes & Features - Baker River trail runs from the beginning until the 54:10 minute mark. Chain Lake Trail runs from the 54:11 till the end of the video.

<https://www.youtube.com/watch?v=hld4uaO1MDE>

[Virtual Hike 8 - West of Seattle, Washington, USA](#)

Video Duration - 3 hrs

Walk Distance - 40 kms

Walk Notes & Features - Forest walk mainly along the valley and the Snoqualmie River.

<https://www.youtube.com/watch?v=oSmUI3m2kLk>

[Virtual Hike 9 - Vancouver Island, British Columbia, CA](#)

Video Duration - 43 mins

Walk Distance - 4 kms

Walk Notes & Features - A spectacular coastal day-hike on southern Vancouver Island. What makes this day-hike incredibly special is the feeling of wilderness that it invokes. Endless views, abundant wildlife, ocean fresh air, and pounding waves immerse you deep into the natural world. Once you leave the busier trailhead zones, a true sense of remoteness can be experienced. Bring lots of water, start early, and take your time to enjoy this spectacular coastal hike!

<https://www.youtube.com/watch?v=IPpb2y15GYI>

[Virtual Hike 10 - Amalfi Coast, Italy](#)

Video Duration - 1 hr

Walk Distance - 5 kms

Walk Notes & Features - Walk East to West along the Path of the Gods and experience one of the most beautiful hikes in the world along the Amalfi Coast of Italy. This walk starts near the town of Bomerano, continues along the lower trail and ends in Nocelle.

<https://www.youtube.com/watch?v=Ka0sobyX2nA>

[Virtual Hike 11 - Bow River, Banff National Park, Alberta, Canada](#)

Video Duration - 45 mins

Walk Distance - 4 kms

Walk Notes & Features - A riverside hike alongside the Bow River, a turquoise-blue mountain river which runs through the vast wilderness of Banff. The hike begins a mile downstream from Lake Louise Village, reaching a wooden walk-bridge after about 2.5 kms downstream. Then the second half is a hike upstream along the base of the mountainside - an area known for grizzly bear activity. This one is full of the colors of autumn.

<https://www.youtube.com/watch?v=W8J7hjJUqUE>

[Virtual Hike 12 - Mannlichen Mountains, Switzerland](#)

Video Duration - 1 hr

Walk Distance - 5.3 kms

Walk Notes & Features - We walk a popular mountain path from the Gondola that we take up from Wengen over to the train station and Klein Scheidegg. Below us we will see Grindelwald and above us we will see the Eiger, Monche, and Jungfrau peaks. This is a beautiful, easy walk, mostly down hill and the views are just stunning.

<https://www.youtube.com/watch?v=zsp2XG8IPyw>

[Virtual Hike 13 - Bruce Peninsula, Ontario Canada](#)

Video Duration - 42 mins

Walk Distance - 5 kms

Walk Notes & Features - The Bruce Peninsula National Park in Ontario, Canada is one of my favourite camping spots. A true Canadian gem. Come join me a run around Cyprus Lake to the rocky shores of Georgian Bay and the Niagara Escarpment. We'll stop at all the popular sights, including Indian Head Cove, the Grotto, and Halfway Rock Point.

<https://www.youtube.com/watch?v=P8JYgO9RdYQ>

Task 2B – Selection of Team Challenges

As a TEAM, review the list of TEAM Challenges in Task 4B and decide which 4 Team Challenges you will complete for your Qualifying Virtual Journey and which 1 challenge you will complete for your Practice Journey.

Record your decision in your Task Assessment Booklet.

Task 2C – Planning of Physical Activity Challenge

In Stage 4, each member of your TEAM must complete a Physical Activity Challenge where **each** member of the group must complete 3 hours of the same physical activity or 15,000 steps.

As a TEAM, discuss the type of physical activity you will all undertake for the Physical Activity Challenge.

Discuss the details of the plan as a TEAM and then record your decision in your Task Assessment Booklet.

Task 2D – Planning of meals

As a TEAM, discuss and design a meal plan for your 'Adventurous Journey', keeping in mind the type of equipment you would have to cook with. Discuss any dietary requirements and how these will be addressed.

Decide which meal you will cook as a TEAM (either lunch or dinner) and then plan when you will make this meal.

Task 2E – Planning of Research Project

1. As a TEAM, together you will undertake and document a team research project. It must be relevant to one of the following topics:
 - a. Covid-19 and its impacts on society;
 - b. The environment; and
 - c. The UN Sustainable Development Goals (please see support material below):
 - i. <https://www.un.org/sustainabledevelopment/youth/>
 - ii. <https://www.un.org/sustainabledevelopment/takeaction/>
2. As a TEAM, select a topic that you are interested in. It is important each of the team can share their own experience about the topic. This reflects the experiential component of the outcomes and benefits of the AJ Section.
3. As a TEAM, decide and plan how you will research the topic beyond any introductory resources provided here. You should conduct this research both as an individual and as a group. Research can include gathering information online, interviews, learning from your team's experience sharing and so forth. This will help you gain a greater understanding of the topic.
4. Earlier during this Virtual Bronze Exploration, you completed Stage 1 Preparation & Training. Part A involved research skills and project management. Key learning included:
 - a. reading material on "10-tips-to-improve-your-online-research" and on "The C.R.A.P." test for evaluating websites";
 - b. discussing as a team the 10 tips contained in the first link and the points referred to in the second link; and
 - c. writing about your key personal learning.
5. Document the results of the planning for your Team Research Project in your Task Assessment Booklet

Task 2F – Planning of Schedule

Discuss as a TEAM your schedule for completing your various tasks and activities.

Record your TEAM'S decisions in your Task Assessment Booklet.

STAGE 3 – PRACTICE

This stage is where you can test your TEAM'S plan, review it and, if needed, amend it.

Task 3A – Practice Virtual Journey

Select 1 virtual walk videos (approx. 30 minutes) from the videos listed in Stage 2. Please note, you must use different virtual walk videos for your Qualifying Virtual Journey. So, pick ones that you will just use for your Practice Virtual Journey.

Ensure that you have completed the pre-viewing tasks for the Practice Virtual Journey found at Task 2A of your Task Assessment Booklet.

Task 3B – Practice Team Challenge

Complete the Practice TEAM Challenge based on your Practice Virtual Journey.

Task 3C – Practice Physical Activity Challenge

Complete a short test of your proposed physical activity (30 – 60 minutes) and test different options to see what works best for the team.

STAGE 4 – VIRTUAL JOURNEY (EXPEDITION)

This stage involves two days of activity.

Task 4A – Qualifying Virtual Journey Videos

As stated in the planning (Stage 2), a total of 2 hours of journey viewing will have been selected by your team. You are now required to watch the videos selected for your Qualifying Virtual Journey. The viewing component can be undertaken jointly as a team or individually and coming together at the agreed time to review and undertake the TEAM Challenges. This must be a minimum of 3 videos. Prior to this stage your TEAM should have prepared the "routes".

The links to all videos can be found below.

During the video, your team is required to individually make observations and jointly complete a report using the "post-viewing" form for each video (approximately 250 words)

After each video, the team will undertake at least one TEAM Challenge per video.

The pre-viewing and post viewing form reports are to be recorded in your Task Assessment Booklet

Olympic National Forest -Washington State USA 18min

<https://www.youtube.com/watch?v=fYnA10VmUhA>

Redwood The Boy Scout Tree Trail - California USA 32 min

<https://www.youtube.com/watch?v=o-xoBW9NZNI>

Lake Samsonvale - Joyner, QLD Australia 38 min

<https://www.youtube.com/watch?v=Qu3t1gTKhWc>

Silver Falls State Park - Salem, Oregon USA 43 min

<https://www.youtube.com/watch?v=sGnTT5HgUIQ>

Amazing Bryce Canyon Virtual Hike - Utah USA 1.5 hrs

<https://www.youtube.com/watch?v=yWbR6N5tYaQ>

Autumn Forest Walk - Washington State USA 2.5 hrs

<https://www.youtube.com/watch?v=478TeAxm12g>

Baker River Trail & Chain Lake Trail - North Cascades, Washington USA 2hrs 45min

<https://www.youtube.com/watch?v=hld4uaO1MDE>

Snoqualmie River Middle Fork Trail - West Seattle Washington USA 3hrs

<https://www.youtube.com/watch?v=oSmUI3m2kLk>

Hike - Juan De Fuca - Coast Trail - Sooke 43 min

<https://www.youtube.com/watch?v=IPpb2y15GYI>

Path of the Gods Walking Tour: East to West - Amalfi Coast Italy 1hr

<https://www.youtube.com/watch?v=Ka0sobyX2nA>

Bow River, Banff National Park, Alberta, Canada 45 min

<https://www.youtube.com/watch?v=W8J7hjJUqUE>

Mannlichen Switzerland Mountains - 1 hr

<https://www.youtube.com/watch?v=zsp2XG8IPyw>

The Grotto, Bruce Peninsula National Park, Ontario Canada 42 min

<https://www.youtube.com/watch?v=P8JYgO9RdYQ>

Task 4B – Qualifying Team Challenges

- 1) At the conclusion of each Qualifying Virtual Journey Video, one or two TEAM Challenges will be carried out together by the team (your Team would have selected which Qualifying Team Challenges to complete in Stage 2). You must complete **five** in total.
- 2) All TEAM Challenges will be undertaken with all team members contributing to real time
- 3) For each TEAM Challenge the leadership of the discussion must rotate (e.g. have a different chair for the discussion, different scribe, etc.)
- 4) Your TEAM will need approximately 10–15 mins discussion time and 5 mins to make an agreed TEAM decision
- 5) Your TEAM will record the key points of your discussion and your TEAM decision using the form in the Task Assessment Booklet
- 6) The group answers are to be shared and each team member records this in their Task Assessment Booklet
- 7) All challenges assume an overnight 2 day journey on foot, you should use the virtual journey videos as context for your discussions ("What would it have been like if this had happened on that path on the last video?"), unless specified, the team size, team makeup and leadership will be based on your virtual TEAM.

Team Challenges (these are also listed in your Task Assessment Booklet):

1. Weather Change

The weather forecast was for a daytime temperature range of 18-20c for the duration of your Journey. However, it has unexpectedly turned out to be much hotter, and by 12pm on day one of an overnight walk, the temperature is 29-30c.

Your team are dressed for the more temperate/cooler weather and one of your team members is very much feeling the heat and rapidly using up their water.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

2. Lost Item

One of your team members has realised after the mid-morning first rest that their hat and one of their water bottles was left behind. You have been walking for about 45 minutes. No one is carrying a spare hat or cap and the next opportunity to refill water bottles is mid-afternoon.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

3. Medical Incident

It is about 12.30pm and you are looking for a place to have your lunch break. Your team comes across two walkers going the opposite direction. They appear to be in their late 20s and are walking slowly, and one is breathing very heavily with his face bright red.

You stop to ask if they are OK and if they need any help.

Your team is informed by one walker that the other had a nasty fall and was shaken by it and has hurt his right hand (you can see blood) and both knees.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

4. Tiredness & Some Injuries

The first day involved much more steep walking than you thought. This morning over breakfast one of your team members was complaining of a sore back and another said they had not slept at all and had blisters on both heels. The one with the sore back is the fittest and strongest in the team and was carrying a bit more of the group equipment than the rest of you.

You have 4 hours of walking today as well as undertaking at least 2 hours of field observations.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

5. Damaged Backpack

It is late afternoon; it has been lightly raining for a couple of hours and one of your team rolls their ankle slipping off a rock. They fall to the side and do not appear to be badly hurt other than some minor grazing on the forearm and their left ankle is a little sore.

When putting their pack back on, it is observed that one of the shoulder straps has the stitching torn off the top of pack - not completely, but clearly it will not last the trip and you are on day one of a three -day trip.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

6. The Big Personality Clash

It is mid-morning of Day 2. There are 6 in the team, and one of the team members has been getting on the nerves of at least 2 other team members.

He has been complaining constantly and when not complaining he just will not keep quiet/stop talking, having something to say about everything.

Two of the group want to walk ahead to avoid putting up with the complaints and the constant chatter. There have been some harsh words said as well.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

7. Gone Off Course

You have been looking for a track that veers to the left and you came across it much sooner than expected. After about 30 minutes on this track you realise that the track was much narrower than you thought and that you are climbing, but from your route planning you expected to be descending to a creek bed.

The suggestion put to the group is that the track would drop downwards after getting to the top of the rise (which appears to be another 30 minutes of walking).

Two of you have doubts and want to stop and check the map and take a compass bearing, while others suggest that this be best done at the top of the rise.

A third view is that it was the wrong turn and you need to all go back to the main track and continue.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

8. Washed Away

It has been a pleasant walk so far, much easier than you thought. Clear tracks, good signposting, not too steep and only about 2 more hours before you complete the walk. The weather starts to change with an unexpected cold front and dark clouds roll in. The wind picks up and without too much notice an extraordinarily strong head wind hits the party with a downpour of heavy rain.

The track has become water-logged and fast flowing water creates an instant creek in parts.

The team quickly puts on their wet weather gear and pushes on.

The track has been cut into the hillside and water flows across the track with increasing volume.

Within 15 minutes you come across a section of the track that has been washed away making it possibly unsafe to proceed. You are about 30 minutes away from your campsite down the hill. Identify the issues and discuss the options on how the team will manage this situation.

- ***Decide on your agreed action.***

9. Calling Home

It has been a long day and the team are not at all used to walking for so many hours, let alone whilst carrying a backpack. One of the team members is not happy and wanted to turn back from mid-morning. The team supported them through the day but after dinner the unhappy team member used their mobile phone to ring home and tell the parents how miserable they were, that they were being bullied to complete the walk and that the parents needed to come and get them now.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

10. Bossy Team Member and friend

One of your team members has done a lot of overnight walking and camping with their family and has dominated in the planning and arrangements. So far on the walk they have dominated from the front and no one else seems to have a say.

Another dominant team member has teamed up with her and everyone else is simply following the leader and not having any say in the navigation or problem solving encountered along the way.

A few of you have been talking amongst yourselves, highlighting that each team member should have a turn at leading, and have decided that you will say something after dinner.

- ***Identify the issues and discuss the options on how the team will manage this situation. Decide on your agreed action.***

Task 4C – Qualifying Physical Activity

As stated in the planning notes (Stage 2), the TEAM undertakes a challenging physical activity.

The benchmark is a three-hour walking activity. However, walking/stepping and possibly some other exercises are all acceptable.

1. As a TEAM, jointly set a team challenge that each team member can work toward e.g. 15,000 step challenge within the time limits. Remember, this challenge must be inclusive, challenging the entire team and catering for all ability levels.
2. Individually you must each write a brief personal reflective report of how you approached this challenge, what was challenging for you personally and what was done as a team to provide support during this challenge

Task 4D – Meal Challenge

As TEAM, you must jointly plan and prepare a team hot meal on the for the Qualifying Virtual Journey. Decide together whether this will be lunch or dinner. Each team member must prepare the same type of hot meal within 30 minutes maximum and then eat together (online) for 30 minutes maximum. Ensure that the type of meal selected caters for each team member's dietary requirements.

Individually, you must use cooking appliances typical when cooking outdoors. Use your imagination and replicate a hot meal you might prepare on a physical Adventurous Journey.

Ensure that you upload photographic evidence of this meal challenge to your Task Assessment Booklet.

STAGE 5 – RESEARCH PROJECT (EXPLORATION)

Task 5 – Team Research Project

1. As a TEAM, together you will undertake and document a TEAM research project with a minimum of 300 words. It must be relevant to one of the following topics:
 - a. Covid-19 and its impacts on society;
 - b. The environment; and
 - c. The UN Sustainable Development Goals (please see support material below):
 - i. <https://www.un.org/sustainabledevelopment/youth/>
 - ii. <https://www.un.org/sustainabledevelopment/takeaction/>
2. As a TEAM, select a topic that you are interested in. It is important each of the team can share their own experience about the topic. This reflects the experiential component of the outcomes and benefits of the AJ Section.
3. As a TEAM, decide and plan how you will research the topic beyond any introductory resources provided here. You should conduct this research both as an individual and as a group. Research can include gathering information online, interviews, learning from your team's experience sharing and so forth. This will help you gain a greater understanding of the topic.
4. Earlier during this Virtual Bronze Exploration, you completed Stage 1 Preparation & Training. Part A involved research skills and project management. Use these key learnings when compiling your report:
 - a. reading material on "10-tips-to-improve-your-online-research" and on "The C.R.A.P." test for evaluating websites";
 - b. discussing as a team the 10 tips contained in the first link and the points referred to in the second link; and
 - c. writing about your key personal learning.
5. Document the results of the planning for your Team Research Project in your Task Assessment Booklet.
6. As a TEAM, you must meet up together (online) at least 3 times, for at least 10 minutes each time to discuss your experiences and further understanding gained, the research each team member has undertaken, and to finalise your observations.
7. Individually, you must document your research project in a final report. This report can be in a format of your choosing. It must demonstrate the process you have undertaken, the roles played by each team member, the team's response to the research question set and any conclusions.
8. A copy of this final report must be included in your Task Assessment Booklet, uploaded to the ORB and submitted to your AJ supervisor/ Assessor within 10 days after the completion of your Virtual Journey.

Some tips

The Research Project (Exploration) as set out in this Virtual Bronze Exploration should be a form of “Action research”. This is simply a way of systematically thinking about what goes on in your classroom, school, or community, and how you might develop interventions or gather data that will help you improve the experiences of the individuals within those communities.

The following steps will help you design and present your research project:

1. Observation – Reflect on the events happening within your classroom, school, or community. Use these observations to help explain the need for this research. Work as a group to help identify the issue you plan to research and ensure all group members feel able to contribute some personal experience of some aspect of the topic e.g. Theme - Covid-19’s impact on society: Personal Experience - what has it meant to me as a young woman?
2. Research Question – Develop key questions based on your observations. Make sure they are specific and relevant. Start with multiple questions that your chosen topic throws up and then tailor them into one question that all of you would like to find out more about.
Example of a research question: What have been the impacts of the COVID-19 restrictions/lockdown on 15-year-old young women who lives in rural NSW?
3. Background research – Check the research. Is there enough online information to inform the whole group and to give you topics to discuss.
4. Hypothesis – Will you be testing a group theory or belief? Based on the research you did, what do you think the answer might be?
Did the research suggest any ways to answer your question?
Example of a hypothesis: The coronavirus outbreak increases existing inequalities for women and girls in rural NSW.
5. Data gathering – Develop a draft plan that will show where your group will gather information and either test your hypothesis or answer your question. What resources will you use to assist you with your project? Do you have reference books, any contacts you could interview (by phone or virtually), will you use any particular types of online resources e.g. using social media to engage others in debate, using any core materials
e.g. UN Sustainable Development Goals website.
6. Implementation – How will you collect your data? What is the timeframe, who is the target population, what controls will you use to protect yourself (see section on cyber security) and others, how will you fulfill your ethical responsibilities to anyone’s personal data?
E.g. Will you need anyone’s permission to share their story?
7. Analysis –How will you analyse your data? This is a group exercise and the groups discussion activities are intended as the primary means of discussing, sharing, and analysing what conclusions are to go into the final report. These discussions should be documented.
8. Dissemination – what is the format for your final report e.g. presentation, written report. Have you included an explanation of the steps you took and what each group member did and what conclusions you all reached?