

Virtual Adventurous Journey

Bronze & Silver Requirements

The Virtual Adventurous Journey (VAJ) Activity Packs and Assessment Booklets are available on the Duke of Ed [website](#) or by contacting the [Duke of Ed office](#) in your State/Territory.

	REQUIREMENTS	MIN. TIME BRONZE	MIN. TIME SILVER
1.	<p>The VAJ will have 5 stages:</p> <ul style="list-style-type: none"> • Stage 1: Preparation and training • Stage 2: Planning • Stage 3: Practice • Stage 4: Journey & Physical Activity • Stage 5: Research Project <ul style="list-style-type: none"> i. General requirements: to be completed within a 5-week period. ii. The VAJ to be facilitated and supervised by an AJ Assessor or AJ Supervisor approved by the Award Centre/Award Leader. iii. The VAJ must be logged on the ORB and all documentation to be uploaded onto the ORB. 		
2.	<p>2.1 Complete virtual/cyber training based on the four topics below and resource materials provided in the VAJ Activity Pack:</p> <ul style="list-style-type: none"> i. Team communication ii. Well-being and cyber responsibility – ‘Safe From Harm’. iii. Research skills and project management. iv. Physical preparation (minimum 2 x 20 min Cardio physical activities). 	1 hour	1 hour
	<p>2.2 Complete/refresh field-based AJ training on the following topics:</p> <ul style="list-style-type: none"> i. Trip planning ii. Equipment iii. Route planning, navigation, and mapping iv. First aid and risk management v. Campcraft. 	40 mins	40 mins
	<p>2.3 Complete a training assessment for each of the training topics</p>	1.5 hours	1.5 hours
3.	<p>Complete and document a detailed planning process to become familiar with:</p> <ul style="list-style-type: none"> i. The VAJ video format ii. The Pre-Viewing Tasks iii. The team challenges iv. Full day meal plans for the virtual journey and meal preparation (min. one cooked meal for Bronze, two meals for Silver) v. Physical activity selection vi. Research project selection and completion. 	1 hour	1 hour
4.	<p>Previewing and route preparation tasks: Allocated virtual journeys should be previewed by specified team members (documented in the planning template) and discussed by the team (20 mins per route plus discussion time).</p>	1.5 hours	1 hour

5.	<p>Bronze Practice: Complete a Virtual Practice Journey with the following minimum requirements:</p> <ul style="list-style-type: none"> i. 1x video journey (not to be used for the Qualifying Journey), ii. 1x team challenge, iii. 30 mins testing of the selected & agreed physical challenge, iv. Assessment of the research project. Minimum 1x team discussion and 1 hour of individual research. 	<p>Silver Practice: Complete a Virtual Practice Journey with the following minimum requirements:</p> <ul style="list-style-type: none"> i. 2x video journeys (not to be used for the QJ) ii. 2x team challenges, iii. 30 mins testing of the selected and agreed physical challenge, iv. Assessment of the research project. Minimum 1x team discussion and 1 hour of individual research. 	3.5 hours	4 hours
6.	<p>Bronze Qualifying: Complete a Virtual Qualifying Journey with the following minimum requirements:</p> <ul style="list-style-type: none"> i. 3x virtual journey videos with a minimum total of 2 hours of viewing, ii. Min 4x team challenges: 1 hour for discussion and write up, iii. 3x hours of physical activity with a benchmark of 15,000 steps or a similar challenge suitable for the group's capacity, iv. Complete feedback report after each video, of 250 words each v. Cook 1x 'joint' meal (lunch or dinner): 1 hour. 	<p>Silver Qualifying: Complete a Virtual Qualifying Journey with the following minimum requirements:</p> <ul style="list-style-type: none"> i. Min. 4x virtual journey videos with a minimum total of 3 hours of viewing, ii. Min 5x team challenges: 1.5 hrs for discussion and write up, iii. 5x hours of physical activity with a benchmark of 15,000 steps or a similar challenge suitable to the group's capacity, iv. Complete feedback report after each video, of 200 words each, v. Cook 2x 'joint' meals (lunch or dinner): 2 hr. 	8 hours	12.5 hours
7.	<p>Complete a team research project with the following minimum features:</p> <ul style="list-style-type: none"> i. Completed within 10 days of the Virtual Qualifying Journey ii. Preparation to include learning about Action Research iii. The topic to be familiar to all team members so that each can bring some experiential learning to the team discussions iv. Team members will undertake their own research (Bronze min. 2 hours, Silver min. 4 hours), v. The team will meet at least 3 times for at least: Bronze 30 minutes; Silver 60 minutes vi. A final report to be prepared as a team in a format agreed with the Virtual AJ Assessor. 		5 hours	7.5 hours

Total Hours (Practice and Qualifying):

23+ hours

31+ hours