

Virtual Bronze Exploration (VBE)

ACTIVITY PACK

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 proved to have more applications than those needed in a pandemic, so it has become an option for young people who are unable to take part in a physical journey.

The Virtual Bronze AJ is not designed to be an easy alternative. It will still 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 FOUR STAGES BEFORE COMMENCING.

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 admin@dukeofed.com.au.

We know this will be different to trekking on the coast or in the mountains, but we know it will build the skills and understanding of teamwork for you to undertake physical journeys in the future.

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

The Virtual Bronze Exploration is completed in four stages:

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

The Preparation & Training stage will be useful and act as a base level of knowledge for your Adventurous Journey (AJ) at 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: 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 of the virtual journey finishes with 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 four-hour activity challenge.

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

Stage 4: 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 & Training

Preparation & 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 two 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:

- i. Team Communication
- ii. Online Wellbeing and Cyber Responsibility
- iii. Research Skills and Project Management
- iv. Physical Preparation

Part B: JOURNEY RELATED TRAINING

The purpose of Part B 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 Silver or Gold levels. The skills and knowledge covered in this part include:

- i. Trip Planning
- ii. Equipment
- iii. Route Planning, Navigation, and Mapping
- iv. First Aid and Risk management
- v. Campcraft

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 Booklet.

Please watch all 26 videos and answer the assessment questionnaires individually. Be sure to click through all the different pages/modules.

Part A of Preparation & Training relates to completing your Virtual Bronze Exploration online. Complete all four components of Part A individually and as 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 Booklet

Watch this video on Rowing & Teamwork: <https://www.youtube.com/watch?v=y0FtXhSu0JO>

- **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 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 observations from the team discussion. Include this in your Task Booklet.
- Use the template in your Task Booklet to write about your personal feedback for the tasks in this section.

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

Watch “Research Essentials for Secondary Students (episode 1-Top tips for online searching)

<https://www.youtube.com/watch?v=6I9he4D5bkY>

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

<https://www.youtube.com/watch?v=Wpir35uNnWE>

- **Task:** With your team discuss the 10 the 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 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 currently balancing screen time with physical activity.
- **Task:** Before and after each online team meeting, individually select and undertake 2 x 20-minute exercise sessions (cardio friendly).
- **Task:** Include photographs in the Task booklet and notes of your team discussion

Stage 1 Part B: Journey Related Training

Task 1Bi: Trip Planning

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

(Video 1) Plan Your Trip:

<https://www.youtube.com/watch?v=IQpa2QcNVQI&list=PLeLnplTcbKodTaLnO-53RmTNSCUHjIxa&index=2>

(Video 2) Tell Someone Your Plans:

https://www.youtube.com/watch?v=bqp2nt3_INo&list=PLeLnplTcbKodTaLnO-53RmTNSCUHjIxa&index=3

(Video 3) Be Aware of the Weather:

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

(Video 4) Know Your Limits:

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

Task 1Bii: Equipment

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

(Video 1) Take Sufficient Supplies – Equipment:

<https://www.youtube.com/watch?v=4nthRWKL8L8&list=PLeLnplTcbKodTaLnO-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 1Biii: Route Planning, Navigation & Mapping

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

(Video 1) Read a Map:

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

(Video 2) Use a Compass:

<https://www.youtube.com/watch?v=FfE3shVPyZs&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&index=15>

(Video 3) Give a Grid Reference:

<https://www.youtube.com/watch?v=H7S6EJLgTZg&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&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 1Biv: First Aid & Risk Management

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

(Video 1) Take Sufficient Supplies – First Aid:

<https://www.youtube.com/watch?v=wVFfDJJZDSY&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&index=8>

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

<https://www.youtube.com/watch?v=zHo5RrwLqE&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&index=16>

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

<https://www.youtube.com/watch?v=4Ynfvj-cdo&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&index=17>

(Video 4) Lost? Survive and be Found:

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

(Video 5) Travel as a Group:

<https://www.youtube.com/watch?v=GmbR9VOoIH0&list=PLeLnlpLtcKodTaLnO-53RmTNscUjHjIxa&index=20>

(Video 6) Cross a River Safely:

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

(Video 7) Predict Weather Changes:

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

(Video 8) Use Your First Aid Kit:

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

Task 1Bv: 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=pCCVwIjBs7M&list=PLeLnplTcbKodTaLnO-53RmTNscUjHjIxa&index=24>

(Video 2) Manage a Campsite:

<https://www.youtube.com/watch?v=6CoO4qDLd3M&list=PLeLnplTcbKodTaLnO-53RmTNscUjHjIxa&index=25>

(Video 3) Light a Fire:

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

(Video 4) Cook on a Stove:

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

(Video 5) Sleep Well:

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

(Video 6) Pack up Camp:

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

(Video 7) Leave No Trace:

<https://www.youtube.com/watch?v=8dpf4jDtmQ&list=PLeLnplTcbKodTaLnO-53RmTNscUjHjIxa&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 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 each 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 the Journey. You do not need to watch the videos in Stage 2.

You must choose the Virtual Journey videos for the Journey and complete the pre-viewing forms in your Task Booklet. As a team, pick a Virtual Journey video to watch for your Expedition (Stage 3).

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 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 Booklet.

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

<https://www.youtube.com/watch?v=lPpb2y15GYI>

Task 2B – Selection of Team Challenges

As a Team, review the list of Team Challenges in Task 3B and decide which 6 Team Challenges you will complete for your Virtual Journey.

Record your decision in your Task Booklet.

Task 2C – Planning of Physical Activity Challenge

As a Team, discuss the type of physical activity you will undertake for the Physical Activity Challenge and how you will distribute the workload for it.

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

Task 2D – Planning of meals

As a Team, discuss and plan a meal plan for an entire day during 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. Videos about online research tips and reliable sources;
 - b. discussing as a team the tips contained in the first video 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 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 Booklet.

STAGE 3 – Virtual Journey (Expedition)

This stage involves two days of activity.

Task 3A – Qualifying Virtual Journey Videos

As stated in the planning (Stage 2), a total of 3 hours of journey viewing will have been selected by your team. The viewing component may 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 (please see below).

The pre-viewing and post viewing form reports are to be recorded in your task booklet

Olympic National Forest, WA State/18min	https://www.youtube.com/watch?v=fYnA10VmUhA
Redwood The Boy Scout Tree Trail	https://www.youtube.com/watch?v=o-xoBW9NZNI
Lake Samsonvale Virtual Walk 40Mins HD	https://www.youtube.com/watch?v=Qu3t1gTKhWc
Silver Falls State Park 4k Virtual Hike	https://www.youtube.com/watch?v=sGnTT5HgUIQ
Amazing Bryce Canyon Virtual Hike 1.5HRS	https://www.youtube.com/watch?v=yWbR6N5tYaQ
Autumn Forest Walk 2.5 HRS	https://www.youtube.com/watch?v=478TeAxm12g
Baker River Trail & Chain Lake Trail	https://www.youtube.com/watch?v=hld4uaO1MDE
Middle Fork Trail at Snoqualmie region	https://www.youtube.com/watch?v=oSmUI3m2kLk
Hike - Juan De Fuca - Coast Trail	https://www.youtube.com/watch?v=IPpb2y15GYI
Path of the Gods Walking Tour	https://www.youtube.com/watch?v=Ka0sobyX2nA
Bow River, Banff National Park, Canada	https://www.youtube.com/watch?v=W8J7hjUqUE
Mannlichen Switzerland Mountains	https://www.youtube.com/watch?v=zsp2XG8IPyw
The Grotto, Bruce Peninsula, Canada	https://www.youtube.com/watch?v=P8JYgO9RdYQ

Task 3B – 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. You must complete six 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 booklet
- 6) The form answers are to be shared and each team member records this in their task 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 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 3-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 3C – Qualifying Physical Activity

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

The benchmark is a four-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. 20,000 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 3D – 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 booklet.

STAGE 4 – Research Project (Exploration)

Task 4 – Team Research Project

1. As a team, you must meet up together (online) at least 3 times, for at least 30 minutes each time to discuss your experiences and further understanding gained, the research each team member has undertaken, and to finalise your observations.
2. 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.
3. A copy of this final report must be included in your Task 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 live in rural Ontario?

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 Ontario.

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 group 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?