

Adventurous Journey requirements

1. All journeys need to have a clearly defined **Aim**.
2. All participants must have undergone **suitable training** to have the appropriate skills to undertake their journeys.
3. All participants must undertake a **minimum of one Practice Journey per level**.
4. The group, for all journeys, must be **no fewer than 4 and no more than seven** members.
5. All members of the group must be involved with the **planning and preparation** of their practice and qualifying journeys.
6. All journeys must be **supervised and assessed** by suitable and experienced adults.
7. All journeys must take place on land or water; all team members must use a **mode of travel** that requires their own effort.
8. **Accommodation** must be in portable tents or simple self-catering accommodation such as hostels or huts.
9. The **environment** chosen must be unfamiliar to all participants.
10. The distance covered on all journeys will depend on the terrain, weather conditions and ability of the group members. All group members must however undertake a minimum of 6 hours (for Bronze), 7 hours (for Silver) and 8 hours (for Gold) per day of **purposeful effort**.
11. On an **exploration**, at least one third of the purposeful effort requirement must be spent journeying with the remainder working towards the overall aim.
12. On an **expedition**, at least two thirds of the purposeful effort requirement must be spent journeying with the remainder working towards the overall aim.
13. All members of the group must carry sufficient equipment, food and water to be completely **self-sufficient** throughout their journey.
14. All members of the group must ensure that they prepare and consume a **full meal each day**.
15. On completion of the Qualifying Journey, the team is required to **deliver a report** to their Assessor.

BRONZE	2 days	1 night	6 hours purposeful activity per day
SILVER	3 days	2 nights	7 hours purposeful activity per day
GOLD	4 days	3 nights	8 hours purposeful activity per day



Adventurous Journey



Participants form a **team** of 4-7 young people
(max. 8 for tandem activities).



Team decides on their **aim** and type of journey (Expedition or Exploration), appropriate area and **mode** of travel.



Undertake necessary **training** according to the Handbook for Award Leaders, the mode of travel and aim of the journey.



Plan and prepare the **paperwork** of the journey:



- format of the presentation and to whom it will be presented
- tracings/outlines, route cards and other details
- insurance and other necessary paperwork (contact Assessor)



Team goes on a **Practice Journey** to show their Supervisor they have all necessary skills.



Plan and preparation for the Qualifying Journey with feedback from the Supervisor after the Practice.



Supervisor's check of final plans, focussing on risk assessment.



Assessor's check focussing on the 14 requirements.



Team goes on **Qualifying Journey** with Supervisor & Assessor present.



Assessor's **debrief** and confirmation of when & how presentation and report will be done.



Team **presentation** focussing on the aim of their journey.



Assessment of team report and sign off Assessor report for ORB.

