

SECTION NOTES

ADVENTUROUS JOURNEY



This leaflet provides you with a basic outline of the International

Award for Young People, with particular emphasis on the Adventurous Journey Section. It explains what is involved in acting as an Instructor, Supervisor, or Assessor for the Adventurous Journey Section of the Award.

More detailed information can be obtained from the International Handbook, from trained Award Leaders, and from the local or National Award Authority.

What is the Award?

The Award is a programme of personal development for young people aged between 14 and 25. It has three levels: **Bronze**, **Silver** and **Gold**; each of which takes an increasing commitment of time to achieve. Participants set themselves challenging personal goals in four different Sections:

- Service
- Skills
- Physical Recreation
- Adventurous Journey

With an additional requirement of a Residential Project at Gold.

Throughout the Programme participants can either develop existing interests or try something new. The Award is not a competition; it is based on personal improvement and achievement. Once participants have set their goals, striven to achieve them and shown improvement, they will achieve their Award.

The key elements of this Section are teamwork in planning and execution, against the background of the real challenges posed by an unfamiliar environment which should be challenging but within the team's capabilities.

Benefits:

The Adventurous Journey has some key benefits:

- Working as part of a team
- Understanding group dynamics
- Enhancing leadership skills
- Improving organisational ability and attention to detail
- Learning to make real decisions and accept real consequences
- Achievement and satisfaction by overcoming challenges
- Developing self-reliance
- Experiencing and appreciating the outdoors
- Gaining knowledge and skills to journey safely
- Exercising creativity by choosing their own journey
- Improving their research and presentation skills
- Enjoyment.

These notes are for guidance only; please refer to the national or International Award Handbook for full conditions and requirements.

ADVENTUROUS JOURNEY

The aim of the Adventurous Journey is to encourage a spirit of adventure and discovery. This Section seeks to provide participants with a unique, challenging and memorable experience. The journey, with an agreed purpose, should be undertaken in a small team in an unfamiliar environment, requiring determination, physical effort, perseverance and cooperation to complete.

Types of Adventurous Journey

There are three types of journey which qualify:

1. Exploration
2. Expedition
3. Other adventurous journey

All journeys must have a clearly stated purpose, which can be modified, to ensure that participants develop a connection to the journeying area, observing relevant facts and feelings, relating to their surroundings.

The difference between an exploration and an expedition is one of emphasis or degree although both require a purpose and journey.

An *exploration* is a purpose with a journey. In an exploration, the primary focus is to observe and collect information relevant to the purpose. More time and effort is spent on this, and consequently less time is devoted to getting from one place to another, although a minimum of one third of the activity hours should be spent on journeying.

An *expedition* is a journey with a purpose. In an expedition, the primary focus is on the journey.

An *other adventurous journey* is one that does not quite conform to the specific requirements of an exploration or an expedition, but is as demanding. Due to the extra innovation, and challenge involved, the minimum age to plan and undertake an other adventurous journey is 18 years and above.

Requirements

The following requirements are for explorations and expeditions only. Other adventurous journeys do not necessarily need to comply with all of them, although they must be at least as challenging.

All Adventurous Journeys need to have a clearly defined purpose.

Participants will usually need to undergo relevant training and will also need to undertake sufficient practice journeys to ensure they can be self-reliant and safe in their chosen environment.

On the qualifying journey, the team should comprise between four and seven young people, operating independently of others but all involved in its planning. Not all participants on the journey need to be completing their Award, but they should be peer group equals, making decisions together.

The qualifying journey should be supervised and assessed by experienced adults.

The journey can be on land or water; by a participant's own efforts, (foot, cycle, paddle, oar etc); by animal; or by other non-motorised assistance (sail etc.)

Accommodation should be in portable tents or simple self-catering accommodation.

On completion, participants should present a report to their assessor.

In an exploration, at least one third of the minimum hours of planned effort should be spent on journeying. The distance covered will depend on the speed of the team, as established in the practice journeys. For a physically able group travelling by foot, this would normally mean minimum total distances of 24, 48 and 80 km at Bronze, Silver, and Gold. Dense vegetation, very steep ground, or challenging terrain will reduce what could reasonably be accomplished in the minimum hours.

	Days	Nights	Minimum Hours of Purposeful Effort	Minimum Hours of Purposeful Effort per Day
Bronze	2	1	12	6
Silver	3	2	21	7
Gold	4	3	32	8

Purposeful effort means time spent towards accomplishing the purpose of the journey. Time associated with sleeping, cooking and eating is in addition to this time.

The Process

Initial Briefing: The team should be briefed on the concept and agree the purpose, environment and mode of travel.

Preparation and Training: Training will usually be required, unless they are already highly skilled in the necessary techniques. This training needs to be given by a suitably qualified and/or experienced adult (the Instructor).

It is worth emphasising that the Adventurous Journey contains an element of risk. It is important that this risk is properly managed to reduce the likelihood of an accident occurring or decrease its consequences. The safety of young people is a priority.

Necessary skills include:

- Understanding of the Adventurous Journey
- First aid and emergency procedures
- Necessary equipment and how to use it

- Route planning
- Navigation
- Camp craft, including cooking
- Team building and leadership training
- Technical skills in the mode of travel
- Observation and recording skills.

Practice Journeys: Even a highly skilled group of individuals should take part in at least one practice journey together to become familiar with each other's ways of working and maximise teamwork.

Practice journeys should take place in a similar environment, should use a similar mode of travel and should reflect the purpose of the qualifying journey but should take a different route to the qualifying journey.

Qualifying Journey: For the qualifying journey, the team is required to be self-sufficient and independent. In normal circumstances this will mean being unaccompanied.

The qualifying journey needs to be assessed by a suitably experienced person (the Assessor). The Assessor and the Supervisor may be the same

person, but it is better for the team's sense of achievement if the Assessor is independent of the group.

The Assessor should be looking to ensure that the minimum time requirements have been met; that participants have shown determination and effort and have worked as a team, sharing the responsibility for planning and execution; and the purpose of the journey has been achieved.

The Assessor should make contact with the group at least once a day to ensure the group is working according to plan and is safe. Once the entire journey is completed the Assessor should meet with the team and debrief.

Review and Presentation: After the debrief, all team members should work together on producing their report. The report can be written, photographic, verbal, or a video diary and should tell the story of their preparation for, and execution of, the qualifying journey. This will also provide a permanent record for their personal recollection.

Supervision

All journeys (practice and qualifying) must be supervised by a suitably qualified and/or experienced adult, known as the Supervisor. The Supervisor is responsible for the group's safety while on the journey and needs to be familiar with the Award and must be satisfied that the participants are properly trained and equipped to undertake the journey. The Supervisor and Instructor may be the same person. The Supervisor should make contact with the group at least once each day.

On the practice journeys the Supervisor should provide feedback on the team's strengths and weaknesses and what areas of concern need to be addressed.

Completing the Record Book

There is no such thing as failure in the Award – if a participant has not successfully completed their journey, the Record Book should be left blank and the participant encouraged to complete another qualifying journey.

When the agreed purposeful journey is successfully completed, and the team have presented their report, the Assessor can then sign the Record Book and fill in the relevant sections for positive comments.

Bronze Award: Adventurous Journey

Qualifying Journey

Type of journey: *Foot expedition*

Area: *Louavala*

Dates: *12-13 April 05*

Purpose: *To study Lohagad Fort*

Assessor's report: (of qualifying journey and participant's report)

Tazeen was an active member of a well-trained group. Their route finding was accurate and they covered a total of 18 miles in the two days. Their camp was well organised and the site left tidy. She produced a neat and accurate log of the expedition. It contained some beautiful sketches of the fort and made interesting and informative reading.

Signed: *A Mamode*

Date: *1/5/05*

Position: *Assessor - Gold Award holder*

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Further Guidance

The Adventurous Journey is often the part of the Award that attracts the most attention and leaves highly memorable experiences. By its nature, it also has the scope for a significant degree of risk and so will require a certain amount of technical skill to safely manage this risk. The technical skills are a means to an end and it is important that the broader aims and benefits of this Section are kept in mind.

These Notes contain guidance on the operation of the International Award for Young People. The International Secretariat is available to provide assistance in all such matters. Neither these Notes nor the Secretariat can assist in advising in connection with the legal obligations which an Award Authority may be required to comply with in order to operate the Award. Each Award Authority is advised to seek local legal advice as to matters of legal liability to participants in the Award and others, and as to compliance with all local legal requirements.



Over 500,000 young people in over 100 countries are currently

taking part in the Award.

They are only able to do so because of the support and encouragement of adult volunteers, who act as Instructors and Assessors for an impressive range of activities.

The Duke of Edinburgh's Award
International Association
Award House
7-11 St Matthew Street
London SW1P 2JT, UK
Tel: +44(0)20 7222 4242
Fax: +44(0)20 7222 4141
sect@intaward.org
www.intaward.org