

ADVENTUROUS JOURNEY REQUIREMENTS

EXPLANATION

1	All journeys must have a clearly defined aim.	An aim is to describe a purpose that has a desired outcome.
2	The group, for all journeys, must be no fewer than four and no more than seven members (eight for modes of travel which require tandem pairs).	A group must be unaccompanied and work independently of other groups. Group members must be peer group equals i.e. must be undertaking the same Award level. Groups can also include members who are not Award participants, however Award participants must constitute at least half of the group and non-Award participants should be of the appropriate Award age range for the level in question and be of similar experience.
3	All participants must have undergone suitable training to have the appropriate skills confidently to undertake their journeys.	Every participant must complete all 12 parts of the AJ training. The training must be conducted at each Award level.
4	All members of the group must be involved with the planning and preparation of their Practice and Qualifying Journeys.	This must, as a minimum, include suitable training in route planning and consideration of the risks; it is important that the participants take ownership of their journey. Non-Award participants within the group must also be involved with all training and planning. Length of the Qualifying Journey is defined by the Award level.
5	All participants must undertake a minimum of one Practice Journey per level.	All Practice Journeys must include, as a minimum, at least one day and one night in the chosen environment, using the same mode of travel, but not over the same route as the Qualifying Journey; a longer period may be required if the Adventurous Journey Assessor or Supervisor thinks that it is advisable to do so.
6	All journeys must take place on land or water; all team members must use a mode of travel that requires their own effort.	'Own effort' includes, for example, by foot, cycle, paddle/oar etc, by animal (such as horse or mule) or by other nonmotorised means e.g. sail. 'Own effort' includes individual effort or combined effort as a tandem pair. Exceptions exist for young people with health conditions or impairments e.g. motorised wheelchair.
7	The environment chosen must be unfamiliar to all participants.	For most participants living in an urban environment this means a natural and remote environment, which provides the appropriate conditions for the group to be self-sufficient and independent. There will be exceptions where the group actually live in a natural and remote area; such groups should consult with their Operator to decide on a suitable environment to journey in, such as an urban based journey.
8	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.	Distances are deliberately not stipulated at any Award level. What is important is that the number of hours of purposeful effort are met. This is because of the huge variety of types of adventurous journey, modes of travel and type of terrain and/or climate. Please note that purposeful effort is time spent journeying (or working towards the aim in an exploration). Setting up a camp site, sleeping, cooking and eating should not be included.
9	On an Expedition, at least two thirds of the purposeful effort requirement must be spent journeying with the remainder working towards the overall aim.	An Expedition is a journey with a purpose.
10	On an Exploration, at least one third of the purposeful effort requirement must be spent journeying with the remainder working towards the overall aim.	An Exploration is a purpose with a journey.
11	All journeys must be supervised and assessed by suitable and experienced adults.	Adventurous Journey Supervisors and Adventurous Journey Assessors must have completed the required training as stipulated by the licensing body (the Foundation or National Award Operator). Adventurous Journey Assessors, who are appointed at the initial stage of the preparations for this section and retain oversight for the section, are responsible for assessing whether the group meets all of the 15 requirements outlined in this table.
12	Accommodation must be in portable tents or simple self-catering accommodation such as hostels or huts.	This is to ensure that young people are taken out of their comfort zone, are self-sufficient and develop their team skills. Use of hostels or huts must involve participants carrying all of their own essentials i.e. they are properly self-sufficient.
13	All members of the group must carry sufficient equipment, food and water to be completely self-sufficient throughout their journey.	It is usual practice that when accommodated in tents, that the tents are carried by the participants. Participants also need to carry the equipment which they will use for cooking. This requirement needs to be adjusted for the given environment and climate. Water can be replenished from wells or other sources, it cannot be purchased. Similarly, adjustments for medical purposes is also warranted.
14	All participants must ensure that they prepare and consume a substantial meal each day.	This requirement supports the need to be self-sufficient as well as ensuring that participants remain healthy and able to continue their journey.
15	On completion of the Qualifying Journey, the team is required to deliver a report to their Assessor.	This report can be written, photographic, verbal or digital as agreed by the group and their Assessor prior to the commencement of their Qualifying Journey. The presentation is to include the involvement of all group members and must explain how they have achieved their aim.