

8.7 The 12 steps

The table below outlines the 12 steps required from a group, their training, preparation, and completion of practice and qualifying journeys:

- 1** Participants form a group of 4-7 young people. (max. 8 for tandem activities).
- 2** The group decides on their aim and type of journey (Expedition or Exploration), appropriate area and mode of travel.
- 3** The group undertakes necessary training.
- 4** The group plans and prepares the paperwork for their Practice Journey including tracings/outlines/route cards etc.
- 5** The group goes on a Practice Journey to show their **Adventurous Journey** Supervisor that they have all the necessary skills to proceed on a Qualifying Journey.
- 6** The group plans and prepares for the Qualifying Journey with feedback from the **Adventurous Journey** Supervisor after the Practice Journey.
- 7** **Adventurous Journey** Supervisor's check of final plans (focusing on risk) including final discussions with the **Adventurous Journey** Assessor.
- 8** **Adventurous Journey** Assessor's check focusing on the 15 requirements.
- 9** The group goes on their Qualifying Journey with their **Adventurous Journey** Supervisor & **Adventurous Journey** Assessor present.
- 10** **Adventurous Journey** Assessor's debrief and confirmation of when & how the presentation and report will be done.
- 11** Group presentation focusing on the aim of their Qualifying Journey.
- 12** Assessment of group report and **Adventurous Journey** section sign off.

8.8 Adventurous Journey 15 requirements

All practice and qualifying **Adventurous Journeys** must comply with all of the following 15 requirements:

1. All journeys must have a clearly defined aim.	An aim is to describe a purpose that has a desired outcome (please refer to paragraph 8.6).
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.	See paragraph 8.10 for a full explanation of the minimum training to be completed by all participants before the commencement of the Practice Journey.
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.
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. The number of Practice Journeys required will depend upon the ability of the group; this, again, is a decision for the Adventurous Journey Assessor or Supervisor.

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 non-motorised 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. To assist in determining purposeful effort, NAOs sometimes stipulate distances that reflect the particular terrain within that country. 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. Please refer to the table immediately below for Expedition time requirements.
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. Please refer to the table immediately below for Exploration time requirements.
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. Both need to be appointed by the participant's Award Centre or Leader.

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 in environments and climates where total self-sufficiency will be difficult e.g. the carrying of sufficient water in a jungle or desert. 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.

To reinforce requirements 9 and 10, the accumulated minimum periods of purposeful effort required during Qualifying **Adventurous Journeys** are shown in the table below:

	Day	Night	Minimum hours of purposeful effort	Average minimum hours of purposeful effort per day
Bronze	2	1	12	6
Silver	3	2	21	7
Gold	4	3	32	8