The Ten Requirements for an Adventurous Journey

1. The Journey

a.	The Adventurous Journey must be a minimum of: Two days and one night at Bronze level. Three days and two nights at Silver level. Four days and three nights at Gold level.
b.	All Adventurous Journeys must comprise of two elements: a Journey and a clearly defined Team Goal.
c.	The emphasis of the Journey element vs the Team Goal element should be discussed and agreed with the Adventurous Journey Supervisor during the planning stage.
d.	The Team Goal must be in the SMART format and should describe an overall purpose for the journey. This can be in the form of, for example, a research project, investigation, or something the group will aim to achieve for the duration of the Adventurous Journey.

2. The Group

a.	The group, for all journeys, must contain no fewer than four and no more than seven members (eight for modes of travel which require tandem pairs).
b.	Groups must be allowed to make independent decisions throughout, and must work separately from any other groups.
c.	Group members do not all need to be undertaking the same Award level. However, the challenge must be at an appropriate level for all group members.
d.	Groups may include members who are not Award participants. Non-Award participants should be of a similar ability and experience to the group they are joining.
e.	All participants must be involved in the planning of their journey, including the route, logistics and any equipment required for the journey or the Team Goal. It is important that participants take ownership of their journey.

3. Training and Practice

a.	Suitable training must, as a minimum, ensure group competency in the activities being undertaken (e.g. navigation, kayaking, cycling etc), route planning and consideration of risks. Any non-Award participants within the group must also be involved in training.
b.	Participants at all levels (Bronze, Silver, Gold) must undertake a minimum of one Practice Journey per level.
c.	Practice Journeys must include, as a minimum, at least one day and one night in the chosen environment. A longer period may be required if the Adventurous Journey Supervisor deems it advisable to do so. At national level, we recommend that Practice Journeys will include 1 day for Bronze, 2 days and one night for Silver and 3 days and 2 nights for Gold.
d.	The number of Practice events (journeys or training sessions) required will depend upon the ability of the group. This is a decision for the Adventurous Journey Supervisor.
e.	Groups may use the same location for both the Practice and Qualifying journeys, but must complete different routes.
f.	Modes of transport used in the Practice Journey, must match those planned to be used in the Qualifying Journey.

4. Modes of transport

a.	Teams must use modes of travel which require their own effort.
b.	'Own effort' includes any form of non-motorised or animal-based transport. This includes individual effort or combined effort as a team or pair. Flexibility exists for young people with health conditions or impairments.
c.	Multiple modes of transport within one Adventurous Journey are permitted, provided all logistics have been planned by the group, while remaining as self-sufficient as practical.
d.	Modes of transport used in the Qualifying Journey, must match those used in the Practice Journey.

5. Location

a.	Adventurous Journeys may take place in all locations. including areas known to the participants.
b.	Groups may use the same location for both the Practice and Qualifying journeys, but must complete different routes.
c.	The environment or terrain must present a sufficient challenge, as appropriate for the Award level and ability of the group.

6. Purposeful Activity

a.	Groups must aim to undertake a minimum of 6 hours (for Bronze), 7 hours (for Silver) and 8 hours (for Gold) per day of purposeful activity.
b.	Purposeful activity is defined as time spent journeying, working towards the Team Goal and activities such as setting up/clearing campsites and cooking.
c.	The weighting of the Journey element vs the Team Goal element should be discussed and agreed with the Adventurous Journey Supervisor. This will determine the correct number of hours of purposeful activity to assign to each activity.
d.	Distances are deliberately not stipulated at any Award level due to the huge variety of Adventurous Journeys, modes of travel and type of terrain and/or climate, coupled with the group's Team Goal.

7. Adults

a.	The number of adults present on an Adventurous Journey will depend on the location and type of activities being undertaken.
b.	All Adventurous Journeys must be Supervised and Assessed by suitable and experienced adults.
c.	Adventurous Journey Supervisors and Adventurous Journey Assessors are appointed by the Award Centre and must have completed any requirements, such as training or registration, required by the Foundation or National Award Operator (as applicable).
d.	Adventurous Journey Supervisors are appointed by the Award Centre and have overall responsibility for the group whilst training and undertaking their Adventurous Journeys.
e.	Adventurous Journey Assessors may be supplied by the Award Centre, or externally sourced. They are responsible for assessing whether the group meets all of the requirements outlined in this table.
f.	Award Centres must source suitably qualified activity instructors, as appropriate for the location and type of activities being undertaken.

8. Accommodation

a.	Accommodation must be in tents or other simple self-catering accommodation, including hostels, huts and school facilities.
b.	Participants' accommodation may be physically separated in different rooms, tents or buildings.
c.	If using tents, these must be transported by the group.

9. Self-sufficiency

a.	The group must carry all necessary equipment and supplies, split appropriately between all participants. Equipment must not be transported separately from the group.
b.	Participants must consume at least one substantial cooked meal each day. Groups must carry the relevant equipment and ingredients for cooking and preparing meals.
c.	There is flexibility for medical and cultural purposes, as well as for environments and climates where total self-sufficiency is difficult.

10. The Report

a.	Throughout the Qualifying Journey, the group should work towards achieving their Team Goal.
b.	Individuals should also record personal reflections throughout their experience.
c.	On completion of the Qualifying Journey, the group is required to deliver a report to their Assessor.
d.	The report can be delivered in any form, as agreed by the group and their Assessor prior to the start of their Qualifying Journey.
e.	The report must include the involvement of all group members and should outline their experiences and how they have achieved their Team Goal.
f.	If the Adventurous Journey Assessor is unable to be present for the report, the Adventurous Journey Supervisor may fulfil this role.