



How to create your Adventurous Journey Report

First, tell us about your Practice Journey

- Where did you go? When did you go?
- What did you do?
- How did this prepare you for the Qualifying Journey?
- Did you complete your Preliminary Training?

(Length guideline: 1-2 paragraphs)

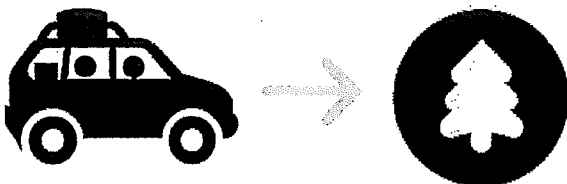


Next, write about your Qualifying Journey

- Where did you go? When did you go?
- Who went with you? Were they also working towards an Award?
- What did you do while you were on the trip?
- How far did you travel under your own power?
- What did you learn? What did you see?
- What was most challenging about this journey?
- What would you do differently next time?

(Length guideline 1-2 pages (Br), 2-3 pages (Si), 3-4 pages (G))

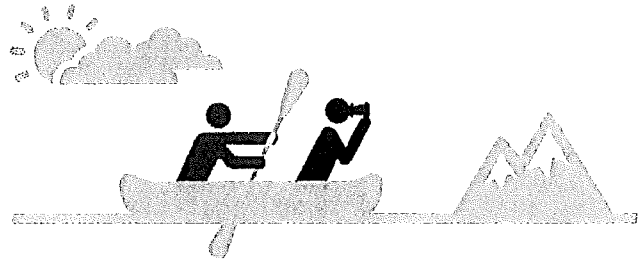
Many participants find recording their trip as a journal to be helpful.



Make sure you include:

- Personal equipment list
(what did you bring?)
- Group equipment list
(what did you share with others?)
- First-aid and safety equipment list
(what was in the first-aid kit?)
- A route map
(indicating your route, campsites and distances)
- Trip menu
(what did you eat?)

These materials should be the participants own and not one provided to them. Each participant must complete their own report.



The format for the report is flexible! Include pictures, make a PowerPoint or create a video. It doesn't have to be boring! Be Creative!

If you did an Exploration

Be sure to add:

- A summary of your pre-trip research
(how did you learn about your topic before the trip?)
- A description of your study
(how did you explore your topic while on the trip?)
- The findings of your study
(what did you discover as a result of your study?)

Example of Report:

Preparation and Practice Journey:

Our whole group got together on March 21st and 22nd to go over the preliminary training. We talked about first-aid and being safe while on our trip. I learned how to use a compass! We talked about where we would be going and planned out what food we wanted to bring.

For our Practice Journey we all met at Beautiful Lake on the morning of March 27th. Chris, our guide, showed us how to launch the canoes and get into them safely. We learned how to paddle properly and what to do if the canoe flipped over. We canoed for about 4km which took us around 2 hours. I didn't have any rain pants with me and ended up getting quite wet. They are definitely needed for a boating expedition. I also packed too many snacks in my bag. I was so busy paddling that I hardly ate any of them during the trip. For the Qualifying Journey I will pack lighter. I definitely felt more confident about going on the canoe trip after this training.

Qualifying Journey:

My group decided to do a canoeing and hiking trip because we wanted to try something we had never done before. We also wanted to see as much of the park as we could during our 2 days there, since there are a lot of native plant species and animals living in different parts of the park. We left the morning of April 6th 2012 and came back the next day in the evening, April 7th 2012. On the trip was our leader, Ima Leader, Max's Mom, Chris our guide, me, Charlie, Max, Peggy and Catherine. Charlie, Max, Peggy, Catherine and I are all working on our Bronze Award.

We went to Great Big Lake Park because it is a great lake for beginner canoeing and only an hour's drive from home. Once we got there we gathered all of our gear and left the car behind. We hiked for an hour to our campsite and started setting up (5 km). After lunch we headed for the lake and the canoes. There were two of us in each canoe, with Chris in a kayak just in case we needed help. We canoed to the far end of the lake. We stopped and took some pictures of the trees and plants and Catherine spotted a pair of deer in the trees. On the way back we were a bit tired so it took us a little longer. The whole trip was about 5 km. Once we were back at the campsite we had dinner which hit the spot! Then we roasted some marshmallows over the fire. Charlie brought a guitar so we played some songs. Then, before it got dark, we went for another short walk (2 km) and by the time we got back we were so tired we fell asleep.

The next morning we woke up early and had pancakes cooked over the fire for breakfast. We decided to try another trail and ended up at a small waterfall. We hiked for an hour and a half (6 km) and then came back to camp for some lunch. Afterwards, we were back at the lake for some more canoeing. This time we headed in the other direction and found some old dead trees sticking out of the lake. Chris told us that this area used to be solid land but that the lake had been growing due to the melting glaciers. My arms were a bit sore from the day before, but we canoed for four hours (8 km) and saw some very colourful birds and two bald eagles. I took a lot of pictures. When we got back to camp, we still had to pack up. We had a snack first and then put all the tents and equipment away. We made sure the fire was out and that we didn't leave any trace behind us. Then we hiked back to the car and were on our way home.

I really like canoeing and I would recommend it for others to try. It takes a lot of teamwork to paddle quickly and stay straight. At first it was quite tricky, but by the second day we were much better. I think the most challenging part was keeping up the pace once my arms started to get tired. If I was to go again I think I would take a few extra sweaters, since I was a little cold while we were out in the boats. It was really cool to see the bald eagles in the wild. I had only seen pictures of them before. I hope I will be able to do another trip like this soon.

PLEASE NOTE The example report included represents the bare minimum required at the Bronze Level. Participants are strongly encouraged to include more. At the Silver and Gold Level, more detail will be expected.

Reports do not have to be presented in this format. Participants are encouraged to be creative and are welcome to utilize photos, scrapbooking, PowerPoint or other means of conveying the information.