

ALTERNATIVE ADVENTURE JOURNEY TEMPORARY MEASURES FOR BRONZE AND SILVER AWARD PARTICIPANTS

The Adventure Journey is an integral part of the Gaisce award for participants in terms of it being an important peer experience, helping to develop planning, independence and leadership skills, as well as learning about and exploring the great outdoors and getting out of comfort zones. Gaisce Award Partners and PALs who had planned Bronze and/or Silver adventure journeys during the Covid-19 restrictions period, in the first instance, seek to postpone to a later date. However, this may not be feasible, especially for PALs who are anxious to support their participants to complete their Gaisce Award before the start of the next academic year in September 2020. Therefore, we have developed Gaisce at Home Adventure Journey (AJ) alternatives as a temporary measure that: meet the principles and spirit of the Adventure Journey requirements; achieve many of the adventure journey key outcomes; and are suitable for participants to undertake whilst in self-isolation or are limited in their activities due to social-distancing and the travel limit of 2km.

Please note that the Adventure Journey Alternatives are **not applicable to Gold participants** given this is a temporary measure and older participants have more flexibility/time to complete and should be taking the experience to a highest level of challenge. However, we will monitor our approach based on how the COVID-19 situation progresses.

Covid-19 Adventure Journey Alternatives

1. Adventure Journey Exploration project - written/audio/visual presentation
2. The Backyard Adventure Journey - practical project

1. Adventure Journey Exploration Project

Bronze and Silver participants can plan and complete an exploration project as a group, where possible. Participants can document their project in written, audio or visual form - encourage lots of creativity and have fun! The idea is to create a project together but separately.

The Requirements:

- a) Agree a project - ideally centred around an exploration of the outdoors e.g. documenting the local area - landmarks, history, population, local walks/hike - documenting distance etc. - see more ideas below.
- b) There is no set time to complete the project, however, we suggest that it completed within a consecutive 7-day period by all participants.
- c) PALs should set and agree a more challenging project for Silver participants, and this should be discussed with the PAL's Development Officer in advance.
- d) Ideally every participant in a Gaisce group should be assigned a task but if this proves difficult - technology not being available, for example - then participants can just work on their own end of the theme with home support and find a way to share

by other means agreed with PAL. This is a lovely opportunity to get their family involved in the project too.

- e) The report on project can be as creative as possible using written, visual or audio means e.g. in paintings, photos, film/video, audio or written form or live presentation from each participant.
- f) Given the extraordinary times we are in all the above can be completed as an individual if it is not possible for participants to connect via on-line means with the rest of their Gaisce group. PALs should call their Gaisce Development Officer for support. If the participants can connect, it might be a good idea to break up into smaller groups to facilitate connecting together/dividing tasks (4-10). Participants can involve their family and siblings to their 'Gaisce group' experience at home.
- g) Take a virtual photo of your 'Adventure Journey group' when you have completed your Adventure Journey project and share with Gaisce (for example, through an online chat meet up) or if that isn't a possibility take a photo of you undertaking one of the activities - this is where family can help!
- h) Encourage participants to write a reflection of their experience.
- i) Share your team story with Gaisce and inspire other young people on their Gaisce journey during these extraordinary times!

Project Ideas include:

- How to plan and complete a brilliant Adventure Journey
- What would a virtual adventure journey look like?
- Implement the Sustainable Development Goals in your community (pick 1 or more of the goals) <https://sustainabledevelopment.un.org>
- Design an adventure journey route for a young person in a wheelchair
- Design a virtual adventure journey with an historic path e.g. interesting historic landmarks and history/stories from your own community
- Design a virtual adventure journey finding flora and fauna in an area (maybe local to your community so it can be a useful resource)
- Write a project on one of Ireland's Camino or Pilgrimage path.
- Write a project on Ireland's extinct animals, what is the most famous extinct Irish animal? Myth or legend?
- If you could go back in time and meet one of Ireland's most famous adventurers and travel along with them, who would you choose? Imagine your experience and tell us about it.

2. The Backyard Adventure Journey - practical team project

Bronze and Silver participants can plan and do a 1 night /2 Day (Bronze) or 2 night/3 Day (Silver) 'camping style' experience - garden, balcony, or inside their home.

The Requirements:

- Participants agree with their PAL on when the group will undertake the AJ **at the same time but separately!** Can the group meet virtually with the PAL to plan? If not, the PAL may need to share the plan with each participant individually and they can complete with their family.

- Draw up a check list of what participants would normally need to bring on an Adventure Journey when camping/or hostelling for 1 night/2 Days (Bronze) or 2 nights/3 Days (Silver). Gather the gear together and take a photo. If you don't have all the gear to hand, take a photo of the list too.
- Plan and draw up food list of what ingredients they need and prepare all the meals for the Adventure Journey themselves for example, cereal for breakfast, salads, sandwiches, or hot meal for lunch, and a main cooked dinner. If possible, it might be a good idea to encourage the group to prepare at least one identical meal for everyone and take photos. Keep it simple, easy to prepare and with low cost ingredients. This is a nice opportunity for participants to make a main meal for their families and have a 'separate but together' meal! It is no problem for siblings to help with meal preparation!
- Arrange a different place to sleep at home: camp in the backyard or garden; sleep on floor; sleep on the balcony - using sleeping bag or duvet. The main thing is you are finding a place to do a virtual camp inside your home or outside on your family property that is safe, supervised, and secure.
- Draw up a virtual route and with a step challenge rather than a distance e.g. 10,000 steps for Bronze and 15,000 steps for silver. Use your phone or other pedometer device and take a photo when challenge is complete. Try to complete over the same consecutive timeframe as your group. We suggest consecutive days as per the normal AJ time frame or agree to all complete within a 7-day period. Use a YouTube [virtual hike](#) if you have accessibility issues or you do not have enough space and walking on-the-spot in your bedroom works better.
- Plan and agree evening games/entertainment with the group that everyone can do at home involving their families or virtually with the group - online bingo, or a 'campsite' sing song/party piece. If a young person doesn't have anyone at home, they can agree with their PAL an appropriate recreational evening activity e.g. practice a party piece for when you all meet up again in person.
- Optional idea: Each AJ group could come up with 2 challenges for Bronze and 3 challenges for Silver (1 per AJ day being the general rule of thumb, or they can all be done on the same day) - e.g. an Adventure Journey Scavenger Hunt, agree (with you group or family) a list of objects found around the home, gather them and take photo when the challenge is complete. Have fun and see who can complete the fastest.
- Given the extraordinary times we are in, all the above can be completed as an individual if it is not possible for participants to connect via on-line means with the rest of their Gaisce group. PALs should call their Gaisce Development Officer for support. If the participants can connect, it might be a good idea to break up into smaller groups to facilitate connecting together/dividing tasks (4-10). Participants can involve their family and siblings to their 'Gaisce group' experience at home.
- Take a virtual photo of your 'Adventure Journey group' when you have completed your Backyard Adventure Journey and share with Gaisce (for example, zoom meet up) or if that isn't a possibility take a photo of you undertaking one of the activities - this is where family can help and be involved!

- Make sure all activities are health safety conscious e.g. if you are organising a campfire or a BBQ it must be in a place that is safe and supervised by parents/guardians; be aware of your surroundings when walking e.g. wear high vis clothing.
- Encourage participants to write a reflection of their experience.
- Share your team story with Gaisce and inspire other young people on their Gaisce journey during these extraordinary times!

Adventure Journey Outcomes

PALs, where possible, should remind participants of key outcomes of Adventure Journey:

- It is an opportunity to organise, plan for and complete an activity/project over a set period of time with a team (GAP peer group and/or family unit).
- Make a memorable experience.
- Create strong bonds between participants.
- Opportunity to develop self-sufficiency and leadership skills.
- Develop responsibility, trust, teamwork, and decision-making skills.
- Obtain a sense of achievement and satisfaction by overcoming challenges and obstacles, now more than ever.

Other Resources

Take Virtual AJ Exploration hikes and do a project on observations.

Virtual Hikes examples on YouTube - <https://www.youtube.com/watch?v=hld4uaO1MDE>;

Support

Before commencing an Alternative Adventure Journey, PALs should contact their Gaisce Development Officer for approval and advice to proceed. Development Officers are also ready to help with any other questions, concerns, or ideas PAL have for their participants adventure journey. *These alternative Adventure Journey activities will only be applicable for participants as temporary measure during the restrictions relating to Covid-19 period. The resumption of normal Gaisce Award requirements will revert when travel/social distancing restrictions are lifted in accordance with Government guidelines. Gaisce will advise PALs when this is the case and we will continue to be as flexible as possible until there is clarity on an end to this situation.*