

# Adventurous Journey



For the Adventurous Journey section you'll need a sense of adventure and discovery as you go on a team journey, expedition or exploration.

By getting out of your comfort zone, you'll have the opportunity to learn more about the wider environment, and develop self-confidence and team work skills. You'll never forget it, and you'll never regret it!



A group of young mothers went on a cycle ride on tandem bikes in the Netherlands, with their children in trailers for their Adventurous Journey. They have become more motivated and determined to be positive role models for their children and others.



## Example ideas

Here's a list of ideas that you could do for your Adventurous Journey, expedition or exploration, or use as a starting point to create a programme of your own.

### Adventurous Journey

- Explore the natural world: glaciations, erosion, geology, coastal studies, river valleys, plant studies, bird studies, animal studies or insect studies
- Explore historic land use
- Investigate the survival or extinction of a language
- Explore human impact: visitor pressure in national parks, monitor pollution, survey the numbers of walkers in remote areas
- Carry out health surveys or health education in remote areas
- Complete a particularly demanding journey by foot, cycle or canoe/kayak – with different requirements at each level
- Cycle an historic trail

At the Gold level, you may consider undertaking an even tougher challenge such as:

- Sailing across a sea or ocean
- Climbing a high mountainous peak

