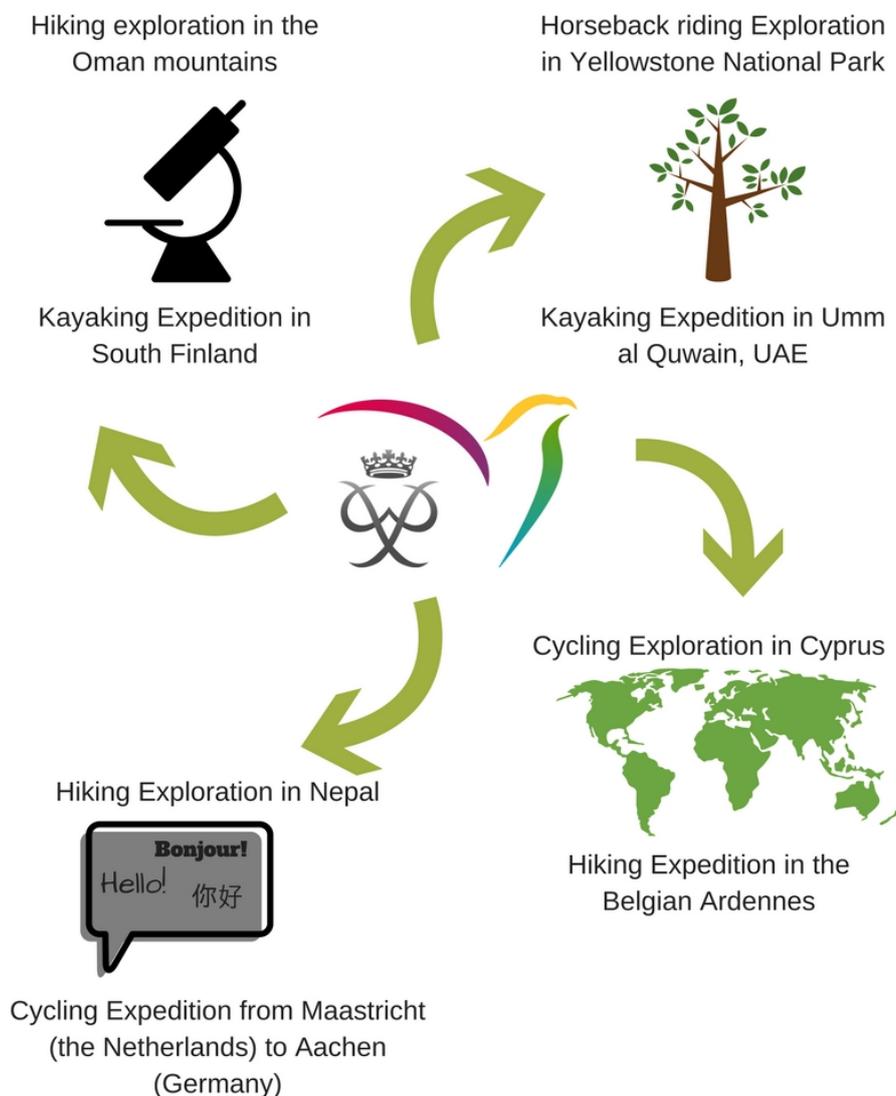


Sample AJ Aims

Time division	Bronze (6 hours per day)	Silver (7 hours per day)	Gold (8 hours per day)
Exploration: 1/3 on Journey 2/3 on Aim	- 2 hours Journey - 4 hours Aim	- 2h20min Journey - 4h40min Aim	- 2h40min Journey - 5h20min Aim
Expedition: 2/3 on Journey 1/3 on Aim	- 4 hours Journey - 2 hours Aim	- 4h40min Journey - 2h20min Aim	- 5h20min Journey - 2h40min Aim

Sample AJ Aims



The Adventurous Journey Aim is crucial to a successful Award Expedition or Exploration. The Journey itself does not fulfil the requirements of the Award, it is only a part of the outdoor experience. The Aim challenges young people to really engage with their environment and as such, it must relate to the chosen AJ area. Just like in the other sections of the Award, a well-chosen Aim will enable participants to benefit most from this type of experiential learning based on Kolb's cycle (Plan-Do-Review in short). Participants choose and work on their Aim as a team: they prepare as a team before they go, they test how 'SMART' their Aim is during their Practice Journey and, finally, they present the results after their qualifying journey in any way they choose (e.g. poster presentation, photographs, drama, a song, a multimedia presentation, etc.).

Science (Biology, Chemistry, Physics)

Hiking exploration in the Oman Mountains

Aim: To study the different types of vegetation at different altitudes and different environments.

Preparation: Collect pictures of flowers, bushes, trees and herbs with notes on where they can be found (e.g. different types of flowers in valleys vs. higher rocks, etc.); prepare tick list of most important species.

During the journey: Take pictures of vegetation compared with prepared notes, tick species off the prepared list, mark any unexpected things on the map.

Review: Check tick list and compare the photos taken in certain places to prepared collection.

Presentation: A video of different areas: valleys, oasis, desert and rocks higher up with pictures of the vegetation found on the right poster with short presentation on what was found where and why.

Kayaking Expedition in South Finland

Aim: To test the water quality in different lakes, streams and shallow sea water

Preparation: Ask science teacher to explain about what you expect in different samples and how to collect and preserve the samples.

During the journey: Collect sample tubes in different places, take a picture and mark places of collection on the map.

Review: Test the tubes and analyse findings (with help from science teacher).

Presentation: Show a map that indicates the water quality in different areas. Discuss methodology and what other things were found in the water samples.

Geography/History/Social Science/Architecture

Cycling Exploration in Cyprus

Aim: To investigate and compare the archeological sites on the route.

Preparation: Research the archeological sites and what materials, ruins, etc. you can expect to find and how they can be characterised (i.e. which time period: Greek, Roman, mixed, etc.)

During the journey: Cycle to different sites and collect information on the archeological history, take photographs of items that indicate specific time periods or building styles etc. (i.e. Corinthian columns vs. Ionic columns).

Review: Make a collage of information leaflets, floor plans, maps and photographs taken on each site

Presentation: Talk about each poster collage.

Hiking Expedition in the Belgian Ardennes

Aim: To explore and map the places that show the rich geological history of the Ardennes.

Preparation: Learn about geological history and how to recognise different bits (i.e. woods vs. marshlands, geologically late steep valleys vs. geologically old broad hills, different types of rocks associated with different geological eras), compare this to the Exploration route.

During the journey: Take photographs of the different features and mark them on the route.

Review: Compare photographs to what you hoped to find and try and explain why these geological features were found on that part of your route.

Presentation: PowerPoint presentation with a brief geological history of the area matched with photos that were taken during the journey.

Environment

Horseback riding Exploration in Yellowstone National Park

Aim: To explore the options and create a brochure for a 'Green Holiday Tour' in the National Park

Preparation: Research and brainstorm about ecologically friendly holiday options.

During the journey: Explore specific areas for 'green campsites' and ecologically friendly outdoor activities, take pictures and keep timings on the map.

Review: Look at all photographs and collected information and create a brochure for a 7-day ecologically friendly holiday in the park with a map with suggested routes, campsites and activities.

Presentation: Print and present the holiday brochures during a parents' evening.

Kayaking Expedition in Umm al Quwain, UAE

Aim: To investigate and map washed up waste materials and other forms of pollution on beaches and mangroves.

Preparation: Plan route in such a way there are many opportunities to come close to the shore and/or investigate other types of pollution.

During the journey: Take pictures and map different types of waste materials, clean areas wherever possible.

Review: Map highly polluted areas on the map and think of ways to counteract the effects on the environment.

Presentation: A slideshow with photos of different polluted areas and recommendation on how to keep it clean.

Language

Hiking Exploration in Nepal

Aim: To investigate the use of different languages in rural areas in Nepal.

Preparation: Research which languages are spoken in the Exploration area and learn how to make good quality video recordings.

During the journey: Interview people from different villages and ask them which languages they speak in which setting (e.g. Tibetan for Buddhist prayers, local dialect with family, Nepali when they go to the big city, etc.)

Review: Prepare and cut the video footage and add captions on locations and languages.

Presentation: Show the video at the Award presentation.

Cycling Expedition from Maastricht (the Netherlands) to Aachen (Germany)

Aim: To investigate dialectal variation from Dutch to German in the border area between The Netherlands and Germany.

Preparation: Plan the route to go through various villages and learn how to make good quality recordings. Prepare a set of 10 sentences in Standard Dutch. Learn about Dutch and German differences from language teacher.

During the journey: Ask people from various villages to say the 10 sentences in their own dialect. Record these and mark them on the map.

Review: Prepare and cut the video footage and indicate 'more Dutch' or 'more German' features in the recordings.

Presentation: Show the video at a regional conference.