

# CHINA Virtual Bronze Exploration (VBE) Checklist

## 中国铜奖线上探索-执行清单

### **STAGE 1 PREPARATION & TRAINING**

#### **第一节 准备和培训**

##### **Part A: Online Exploration Skills 线上探索技能**

- ☐ Please note that your group needs to meet online to work through the Part A section.

##### **1) Team Communication**

- ☐ Watch “Inspirational Video on Rowing and Teamwork”
- ☐ Read “Teamwork Skill-Being an Effective Group Member”
- ☐ Complete the “Team Checklist” worksheet and upload to your ORB
- ☐ Complete the “Maximizing Team Traits” worksheet and upload to your ORB

##### **2) Online Well-Being and Cyber Responsibility**

- ☐ Read “eSafety resource portal for Young People”
- ☐ Watch “Internet Safety Tips for Teens”
- ☐ Complete the “Well-being & Cyber Responsibility” worksheet and upload to your ORB

##### **3) Research Skills & Project Management**

- ☐ Read “10 Tips to Improve Your Online Research”
- ☐ Watch “The C.R.A.P. Test for Evaluating Websites”
- ☐ Complete the “Research Skills Feedback” worksheet and upload to your ORB

##### **4) Physical Preparation**

- ☐ Complete the “Physical Recreation” feedback worksheet and upload to your ORB

##### **Part B: Journey-Related Training 旅程培训**

- ☐ Please note that you may complete Part B individually on your own time.

##### **1) Trip Planning**

- ☐ Watch the 4 videos
- ☐ Complete the “Training Assessment - Trip Planning” worksheet and upload to your ORB
- ☐ Check out the other listed resources for your learning

## 2) Equipment

- ☐ Watch the 4 videos
- ☐ Complete the “Training Assessment - Equipment” worksheet and upload to your ORB

## 3) Route Planning, Navigation, & Mapping

- ☐ Watch the 3 videos
- ☐ Complete the “Training Assessment - Map & Compass” worksheet and upload to your ORB
- ☐ Practice skills with other listed resources for your learning

## 4) First-aid & Risk Management

- ☐ Watch the 8 videos
- ☐ Complete the “Training Assessment - First-aid & Risk Management” worksheet and upload to your ORB
- ☐ Check out the other listed resources for your learning

## 5) Camp Craft

- ☐ Watch the 7 videos
- ☐ Complete the “Training Assessment - Campcraft” worksheet and upload to your ORB
- ☐ Check out the other listed resources for your learning

## **STAGE 2 GROUP PLANNING**

### **第二节 团队计划**

#### **Group Preparation & Planning 团队准备和计划**

- ☐ Prior to meeting online to work through the Planning Template worksheet, please complete your 20 minutes of cardio physical activity.
- ☐ Complete the “Planning Template” worksheet and upload to your ORB
- ☐ After you’ve finished meeting online please complete your 20 minutes of cardio physical activity.
- ☐ Complete the “Pre-Viewing Tasks” worksheets for your chosen videos as detailed in your plan (practice & qualifying)
- ☐ Do a quick online search of information about your research project

## **STAGE 3 PRACTICE**

### **第三节 训练**

#### **Test Your Plan 计划测试**

- ☐ Prior to meeting online to test your group plan, please complete your 20 minutes of cardio physical activity.
- ☐ Watch your chosen virtual walk practice videos (approx 30 mins)

- ☐ Complete the pre-tasks, observations, and Team Challenges for those videos. (30 minutes)
- ☐ Complete a short test of your proposed physical activity (30-60 minutes) and test different options to see what works best for the whole group.
- ☐ Assess research project ideas and methodologies (2 hours). Refer to Stage 5 for more information.
- ☐ Complete all the record keeping and reporting (using the form) related to the observations, Team Challenges, and Research Project considerations, noting any learning and changes to the plan.
- ☐ Upload all forms and documents to your ORB
- ☐ After you've finished meeting online to test your group plan, please complete your 20 minutes of cardio physical activity.

## **STAGE 4 VIRTUAL JOURNEY**

### **第四节 线上探索旅程**

#### **1) Journey Videos**

- ☐ Watch your chosen virtual walk qualifying videos (2 hours)
- ☐ Complete the "Post-Viewing Form" worksheet for each chosen video
- ☐ Upload the completed "Post-Viewing Forms" to your ORB. Please note these will be mailed to the email address given at the top of the form for circulation to other group members.

#### **2) Team Challenges**

- ☐ Complete and document four "Team Challenges"
- ☐ Upload the completed form to your ORB

#### **3) Meal Challenge**

- ☐ Prepare your hot meal as a group within a 30 minute time frame
- ☐ Eat your hot meal as a group within a 30 minute time frame
- ☐ Upload a picture of you and your group during your meal to your ORB

#### **4) Physical Activity Challenge**

- ☐ Complete your 3 hour physical activity
- ☐ Complete the "Physical Activity Challenge Report" and upload to your ORB

## **STAGE 5 RESEARCH PROJECT**

### **第五节 调研项目**

- ☐ Prior to meeting online to work on your research project, please complete your 20 minutes of cardio physical activity.
- ☐ Meet with group for 1st online meeting

- ☐ Meet with group for 2nd online meeting
- ☐ Meet with group for 3rd online meeting
- ☐ Write your “Action Research Proposal”
- ☐ Upload to your completed research to ORB
- ☐ After you've finished writing your Action Research Proposal, please complete your 20 minutes of cardio physical activity.

Once all activities are completed by the group and uploaded to ORB you can send a note to your assessor to let them know you believe your group are ready for final assessment.

一旦所有活动完成，请参与者将所有资料报告上传到 ORB，并通知您的审核员迎接最后检查。

The Duke of Edinburgh's International Award China

爱丁堡公爵国际奖中国

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2020 年 8 月