

# Duke of Edinburgh Award.

## Expedition Information Webinar

- Ian Coward - DofE Manager. (*Lionheart Educational Trust*)
- Lindy Smith - Programme Manager. (*Adventure Expeditions*)



# This Evening...



- Progressing your Award....
- The Expedition....

# The four sections of the Award

## *A reminder.....*



- Volunteering
- Skills
- Physical
- Expedition
  
- Residential
  - *(Gold Only)*

### BRONZE

Volunteering <b>3</b> months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical <b>3</b> months	
Skills <b>3</b> months	
Expedition <b>2</b> days <b>1</b> night	
	

### SILVER

Volunteering <b>6</b> months	<i>Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.</i>	
Physical		one section for 6 months, the other for 3 months
Skills		other for 3 months
Expedition <b>3</b> days <b>2</b> nights		
		

### GOLD

Volunteering <b>12</b> months	<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>	
Physical		one section for 12 months, the other for 6 months
Skills		other for 6 months
Expedition <b>4</b> days <b>3</b> nights		
		
Residential <b>5</b> days <b>4</b> nights		

# A Plan!



- Enrolment Date – *September/October 2024*
- Target Completion Dates
  - *BRONZE - July 2025*
  - *SILVER – September 2025*
  - *GOLD – March 2026*

Level	June/July 2025	September 2025	March 2026
BRONZE	Completed Sections: THREE <b>EXPEDITION</b>		
SILVER	Completed Sections: TWO <b>EXPEDITION</b>	Completed Sections: FOUR	
GOLD	Completed Sections: ONE <b>EXPEDITION</b>		Completed Sections: FIVE

# Behaviour Expectations



- The Expedition is *no different to school* and we expect the same standards of Student behavior. This means:
  - Respecting fellow Students across *all* schools.
  - Being sensible and responsible at the Campsites overnight.
  - *Students' Parents (Carers) will be contacted (at any time) and Students will be asked to leave if there are behavioral issues.*

# Help and Advice...



**...the options....24 x 7 x 365**

## Independent?

- **Information Pack** - FAQs
- **Visit** the DofE Website.
- **Visit** the School Webpage
- **View** You Tube “DofEUK” Channel.

## Face to Face?

- **Book** a One to One Session.

## .....Top Tip.....

**Email your ASSESSOR for the Report**

*How: Send your eDofE Participant Number and specify which **Level** and which **Section**...*



**ian.coward@lionhearttrust.org.uk**



# The Expedition...





# What does the DofE Expedition involve?

At all levels of the DofE award, participants must undertake:

- **Pre-expedition training and Practice expedition**
- **Qualifying expedition**

The time required for these elements varies across the three levels.





- **Pre-expedition training and Practice expedition:**

- Initial Training sessions with our instructors – covering the DofE syllabus, deciding where you would like to go and planning your route.
- The “Practice” involves camping and making a journey, putting the skills that you learnt at the pre-expedition training into practice

Expedition dates: *March to April*



- **Qualifying expedition:** unsupported journey checking in with supervisors and DofE assessors along the route. An amazing experience and great sense of achievement.

Expedition dates: *May to July*

# Expedition safety



- **Consent forms:** Please complete thoroughly with all medical details, injuries, mental health or more general concerns. This means we can help and support you;
- **Our instructors** supervise teams throughout. They are all DBS (CRB) checked and highly experienced. Camp with teams overnight;
- **Training:** Teams receive training on how to keep safe, what to do in an emergency, basic first aid & how to get help. Note: **mobile phones** form part of our safety system but these must be stored away during the expeditions. Only to be used in an emergency and to check in with instructors;
- **Remote supervision:** Enables teams to experience an unsupported and adventurous journey without compromising safety.



# What do I need?



We provide all **group kit** and pay for your accommodation.  
*(Tents, stoves & gas, group shelters, first aid kits, maps.)*

You just need to provide:

- Your own **personal kit**;
- The **food** that you would like to eat on expedition.



# Personal Kit



- We provide you with a comprehensive **kit list**;
- It doesn't have to be expensive kit – just kit that will keep you warm and dry;
- We have personal kit available for you to hire if you would rather not buy these: sleeping bags and sleeping bag liners, waterproof jackets, waterproof trousers and foam roll mats.
- **Walking boots:** Must have ankle support and Vibram type sole. **Approach shoes/ trainers are not suitable.**





# Expedition food (1)



- **Very important!**
- We don't provide food as everyone has such diverse tastes and requirements!
- Will provide food fact sheets so you can get your food ready.



Check out “Wafayer” packs on Amazon

# Expedition food (2)



## Ideas

- Breakfast (*Hot or Cold*)
  - Cereal, Porridge
  - Warm Drink
- Lunch & Snacks.
  - Sandwiches/Pitta.
  - Dried fruit.
  - Biscuits/Chocolate.
- Meal (*Hot*)
  - Soup.
  - Rice/Curry, Pasta/Noodles and Sauce,
  - Expedition ready meals in a bag.
  - Warm Drink – *Marshmallows*.

## Food Required.

- **Bronze**
  - Breakfast – ONE
  - Lunch – TWO
  - Meal - ONE
- **Silver**
  - Breakfast – TWO
  - Lunch – THREE
  - Meal - TWO
- **Gold**
  - Breakfast – THREE
  - Lunch – FOUR
  - Meal - THREE

**Water** – TWO 1 Litre Bottles and *please* no FIZZY DRINKS!



# Logistics...



## Students can borrow RUCKSACKS....



- Rucksacks are issued and collected at the beginning and end of each Expedition.
- Pack the recommended personal belongings in strong **Bin Liners**, sometimes called "**Rubble Sacks**" or a **60 Litre Dry Liner** (*Amazon £16.50*). Please label with your name and tutor group.



## Collection and Drop Offs....

- **BRONZE** – Locations will be communicated later.
- **SILVER & GOLD** – Everards Meadow, Fosse Park, Leicester.



# Expedition Information

*Please visit the website*

*[dukeofedinburgh.lionhearttrust.org.uk](http://dukeofedinburgh.lionhearttrust.org.uk)*

# OPEN FORUM



Questions.....