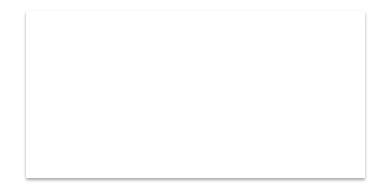
Duke of Edinburgh Award.



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)

SILVER

Volunteering 6 months Physical one section for 6 months, the Skills other for 3 months

Plus an extra 6

Expedition 🕄 days 🛛 2 nights

BRONZE



GOLD

Volunteering 12 months Physical one section for 12 months, the Skills other for 6 months Expedition 4. days nights

Residential 5 days

Plus an extra 6

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 EXPEDITION		
SILVER	Completed Sections: TWO EXPEDITION	Completed Sections: FOUR	
GOLD	Completed Sections: ONE EXPEDITION		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?	Face to Face?		
 Information Pack - FAQs Visit the DofE Website. Visit the School Webpage View You Tube <i>"DofEUK"</i> Channel. 	• Book a One to One Session.		
Ton Tin			

Email your ASSESSOR for the Report

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



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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 "Wafayrer" 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



OPEN FORUM



Questions.....