

Duke of Edinburgh Award.

Expedition Information Webinar

- Ian Coward - DofE Manager. (*Lionheart Educational Trust*)
- Jack Tanfield - 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	<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 3 days 2 nights	
	

BRONZE

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

GOLD

Volunteering 12 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 4 days 3 nights	
	
Residential 5 days 4 nights	

A Plan!



- Enrolment Date – *September/October 2025*
- Target Completion Dates
 - *BRONZE - July 2026*
 - *SILVER – September 2026*
 - *GOLD – March 2027*

Level	June/July 2026	September 2026	March 2027
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?

- **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**...*



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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 June*

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

OPEN FORUM



Questions.....