

# Duke of Edinburgh Award

***An unforgettable experience encompassing breath taking and challenging terrain within the UKs National Parks***

Thank you for attending. Whilst you are waiting, please complete one of the yellow expression of interest forms to leave at the end of the session. This will allow us to estimate numbers who may wish to be involved in the awards.

# Premier Expeditions



L121327 / R2676



A group of people in winter gear, including hats and jackets, are gathered around a table at night, looking at a map or document. The scene is dimly lit, with a bright light source illuminating the map. The background is dark, suggesting an outdoor or expedition setting.

# Ethos & Mission Statement

To foster a spirit of Strength, Honour and Character in people of all walks of life, using the medium of expeditions and the outdoors. Whether it be to The South Pole or the local park.

Strength

Honour

Courage

Teamwork

Confidence

Belief

Respect

# Guiding Principles of DofE

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable







**WELCOME**  
to DofE



# What are the benefits of taking part?

- Self-belief
- Self-confidence
- A sense of identity
- Independence of thought and action
- Respect and understanding of people from different backgrounds, cultures and walks of life
- A sense of responsibility
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team



# The Sections

- **Volunteering:** undertaking service to individuals or the community
- **Physical:** improving in an area of sport, dance or fitness activities
- **Skills:** developing practical and social skills and personal interests
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad
- At Gold level, participants must do an additional fifth **Residential** section, which involves working and staying away from home doing a shared activity



# Volunteering

## Aim

“To inspire young people to make a difference within their communities or to an individual’s life and develop compassion by giving service to others”

## Categories

- ❖ Helping people
- ❖ Community action and raising awareness
- ❖ Coaching, teaching and leadership
- ❖ Working with the environment or animals
- ❖ Helping a charity or community organisation





# Physical

## Aim

“To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity”

## Categories

- ❖ Team sports
- ❖ Individual sports
- ❖ Water sports
- ❖ Racquet sports
- ❖ Dance
- ❖ Fitness
- ❖ Extreme sports
- ❖ Martial arts



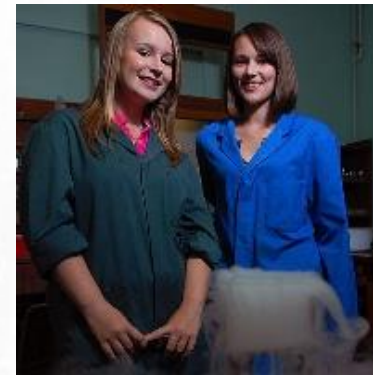
## Categories

# Skill

## Aim

“To inspire young people to develop practical and social skills and personal interests”

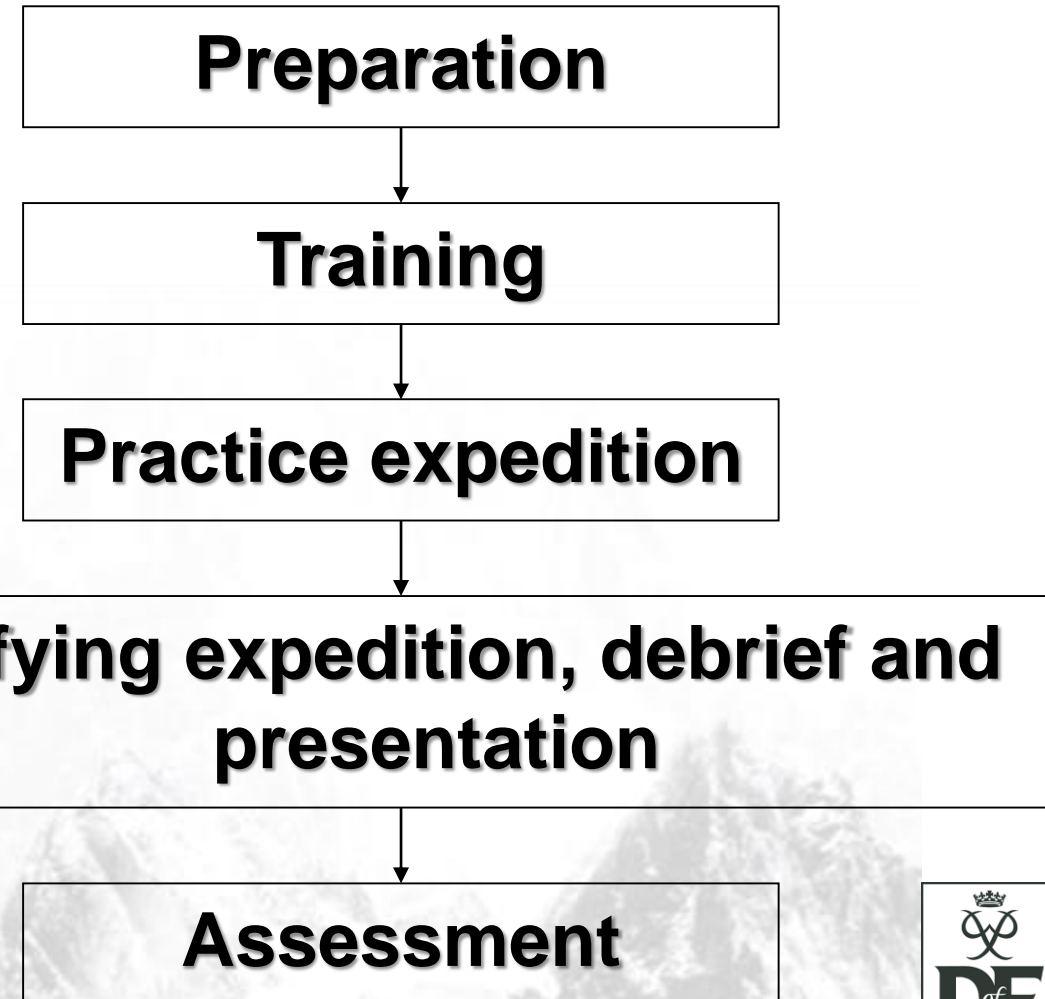
- ❖ Creative arts
- ❖ Performance arts
- ❖ Science and technology
- ❖ Care of animals
- ❖ Music
- ❖ Life skills
- ❖ Learning and collecting
- ❖ Media and communication
- ❖ Natural world
- ❖ Games and sports



# Expedition

## Aim

“To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team”





# Award Time Scales

Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
<b>Bronze</b>	<b>6 months</b>	<b>n/a</b>
<b>Silver</b>	<b>12 months</b>	<b>6 months</b>
<b>Gold</b>	<b>18 months</b>	<b>12 months</b>
<i>Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.</i>		

# Bronze Award

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>All participants must undertake a <b>further</b> 3 months in the Volunteering, Physical or Skills section.</i>			



# Bronze Expedition Section Structure

**Training** (2 Days 1 Night based at school)

**Practice** (Day 2 of Training)

**Qualifying** (2 Days 1 Night based in the White Peak)



# Silver Award



Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entrants must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i>			

# Silver Expedition Section Structure

**Training** (1 Days on school grounds)

**Practice** (2 Days 2 nights based within the White Peak)

**Qualifying** (3 Days 2 nights based within the White Peak & Lower Dark Peak )



# Expedition Requirements





**YOUTH  
WITHOUT  
LIMITS**

## Expedition Aim and Requirements

### The aim of the Expedition section:

To inspire young people to develop initiative and a spirit of adventure and discovery by planning, training for and completing an adventurous self-sufficient journey as part of a team. Participants choose where and how they want to do their expedition.

**Before an expedition** – DofE Supervisors/Assessors must ensure the appropriate parameters are in place:

All participants must be within the qualifying **age** of the programme level and at the same **Award level** (i.e., not have completed the same or higher level of expedition).

There must be **between four and seven participants** in a team (eight for modes of travel which can be used by two people at once e.g., tandem bikes, open canoes).

The expedition must be of the correct **duration** and meet the minimum **hours of planned activity**.

Bronze: A minimum of 2 days, 1 night; 6 hours of planned activity each day.

Silver: A minimum of 3 days, 2 nights; 7 hours of planned activity each day.

Gold: A minimum of 4 days, 3 nights; 8 hours of planned activity each day.

All expeditions must be supervised by an adult (the **Expedition Supervisor**) who is able to accept responsibility for the safety of the team.

Assessment must be by an **Accredited Assessor**. At Bronze level only, the Assessor may also be the Expedition Supervisor.

Participants must be adequately **trained** to safely complete an expedition in the environment in which they will be operating.

Bronze: Teams must complete the required training.

Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.

Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.



**YOUTH  
WITHOUT  
LIMITS**

**Planning an expedition** – participants must plan how they're going to do their expedition:

**Team Goal** Expeditions must have a clearly defined team goal – this could be researching an area of interest, contributing to a community action project, or developing soft skills.

**Environment** The environment chosen must become progressively more challenging through the award levels – environments could include rural, urban or restricted spaces.

**Accommodation** Accommodation should be by camping or other simple self-catering accommodation e.g., bunkhouses.

**Time of year** Expeditions will usually take place between the end of March and the end of October. There should be a reasonable gap between the practice and qualifying expeditions.

**Mode of travel** Participants must choose an appropriate mode of travel for the environment they'll be journeying through. Journeying must be by participants' own physical effort, although mobility aids may be used where appropriate to the needs of the participant.

**Food** Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).

**On expedition** – Supervisors/Assessors should ensure:

Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals, and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).

Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.

Participants must actively participate in a debrief with their Assessor at the end of the expedition and, at Silver and Gold level, a presentation must be delivered after the expedition.

# The Expedition Section



# Who will be looking after your Child?

**AAP Technical Staff**

**Pastoral Staff**





# Who will be looking after your Child?

International Mountain Leader (IML) MLT

Winter Mountain Leader (WML) MLT

Summer Mountain Leader (SML) MLT

Hill & Moorland Leader MLT

Lowland Leader Level 3 Sports Leaders UK / MLT

Assistant Lowland Leader Level 2 Sports Leaders UK / Lowland Leader MLT





# How many staff are on Expedition?

The amount of staff on expeditions are influenced by factors including:

- Minimum guidance ratios as set out in the DLC's Policies & Procedures
- Specific needs which have been risk assessed
- The type of terrain (Countryside, Moreland or Mountainous)
- The number of candidates
- The group make up (male vs female)
- The stage of the award (training or qualifying expedition)



# Levels of Supervision

There are 3 different levels of supervision which are employed over the awards:

## **DIRECT SUPERVISION**

During the training phase when teaching  
During cooking at the practice phase  
In areas of high Risk

## **IN - DIRECT SUPERVISION**

During the Practice phase  
During the Qualifying Phase

## **REMOTE SUPERVISION**

During the Qualifying Phase



# Safety Management on Expedition

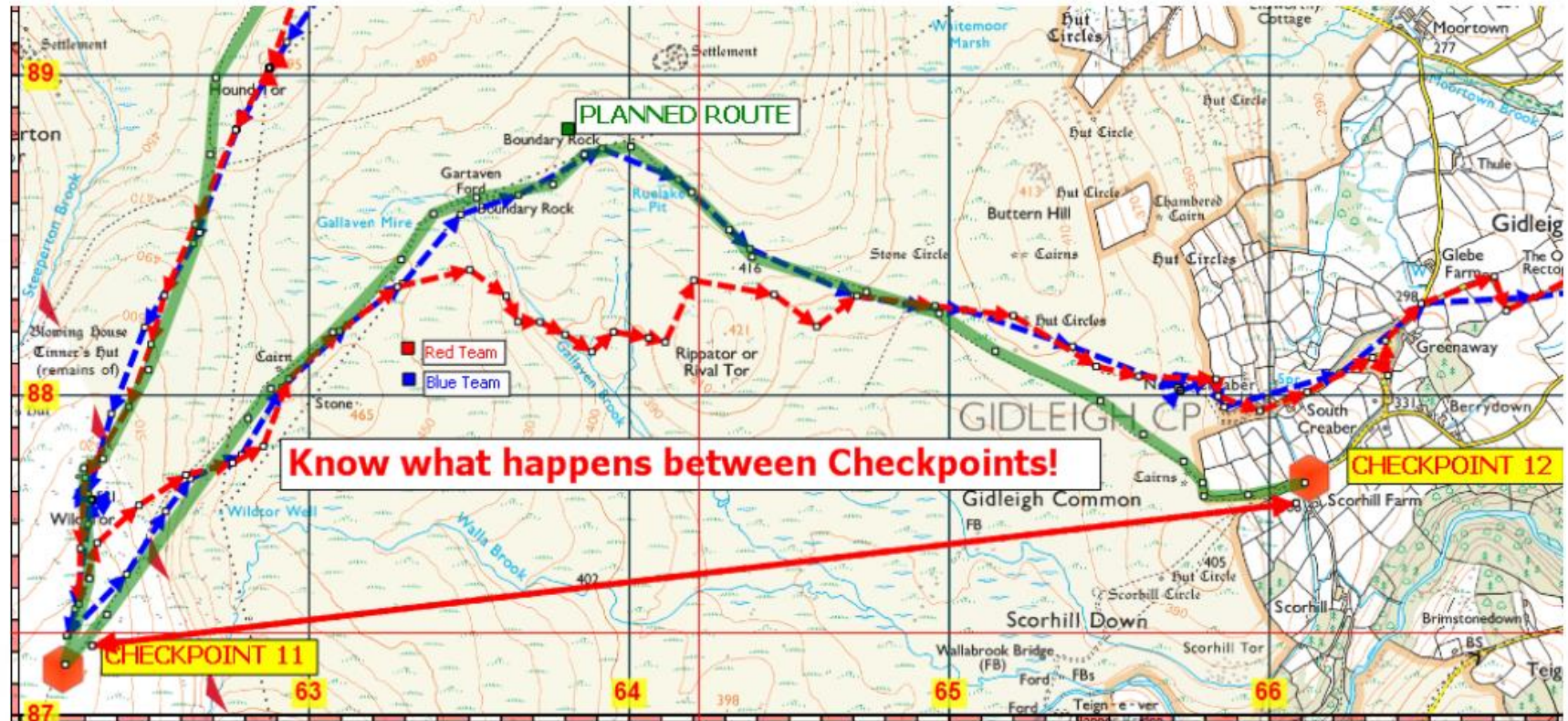
- When students are on expedition Technical Staff are responsible for all safety
- Route selection / route changes / camp locations / dynamic risk assessments
- All teams at Silver & Gold will carry Spot 4 satellite trackers
- 24 Hour – 365-day Emergency Back up





# SPOT 4 Trackers

- Position
- Timing & Speed
- Distance Travelled
- Bearing
- Email Messages
- Text Messages
- Screen Messages
- Support
- Peace of mind
- Knowledge
- Back-up systems
- Time Saving
- Improved Safety
- Emergency Back-up



# Mobile Phones on Expedition

- Mobile devices should not be used on expedition (School Policy)
- We want candidates to talk and interact!
- Social Media can cause safeguarding issues
- Mobiles are a safety device







Candidates  
will get  
“mis-placed”

➤ Candidates will be trained  
to relocate

Candidates  
will be put in  
difficult  
situations

➤ Candidates will need to be  
rational and methodical and  
work a problem

Candidates  
will be taken  
out of their  
comfort zones

➤ Candidates will need to be  
resilient when things go  
wrong

Candidates  
will need to  
operate as a  
team

➤ Everyone will have peaks  
and troughs



# Expedition Kit



# What do candidates need to provide?

**All candidate need to provide personal equipment. Before you panic consider:**

- ✓ What kit do you already have?
- ✓ Have you got any brother / sisters who have already done the award?
- ✓ Have you got any friends who have done the award?

**The main items which you need to provide are:**

**3 Season Rated  
Sleeping Bag**



**Waterproof Jacket  
& Trousers**



**Walking Boots with  
Ankle support**



**Food for each  
expedition**



**Gas canisters for  
cooking**



**A full information is available on our website & via School**

## Expedition Kit & Food

Students will need all of the following clothing & personal kit for the Qualifying.

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>1 pair of walking boots WITH ANKLE SUPPORT</b> (broken in)	Berghaus: Expedito Trek, Expedito Ridge and Explorer Trek and Explorer Ridge boots
		<b>2 pairs of walking socks</b>	Bridgedale: WoolFusion Trekker, WoolFusion Trail
		<b>2 pairs of sock liners</b> (optional)	Bridgedale: Coolmax Liner
		<b>2-3 t-shirts</b>	Craghoppers: Fusion and Vitalise Base T-shirt
		<b>Thermal t-shirt</b> (optional)	Craghoppers: Fusion and Vitalise Base T-shirt
		<b>2 fleece tops or similar</b>	Craghoppers: Fleece: Vector and Ionic Hooded Jackets, Vector and Ionic Half Zip Tops
		<b>2 walking trousers</b> (warm, NOT jeans)	Craghoppers: Traverse Trousers
		<b>Underwear</b>	
		<b>Nightwear</b>	
		<b>Flipflops/trainers/sandals etc</b> (optional for camp site use)	
		<b>Warm hat &amp;/or sunhat</b> (as appropriate)	
		<b>1 pair gloves</b>	
		<b>1 pair shorts</b> (if appropriate)	
		<b>Waterproof over-trousers</b>	Craghoppers: Ascent Overtrousers
		<b>Jacket/coat</b> (waterproof & windproof)	Craghoppers: Waterproof Shell: Reaction Lite and Apex Jackets
		<b>1 pair gaiters</b> (optional)	

### Personal Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Rucksack</b> (65 – 70L)	Vango: Contour, Sherpa, Pinnacle rucksacks
		<b>Rucksack liner</b>	Lifeventure: Dry Bags (2/5/10/15/25/35/55/70 litres)
		<b>Sleeping bag</b> (Minimum 3 Season)	Vango: Nitestar, Latitude, Venom, Ultralite, Ultralite Pro and Stratos (Cotswold Outdoor exclusive) sleeping bags
		<b>Sleeping mat</b>	Vango: Single Adventure and Trek mats
		<b>Waterproof bag</b>	Lifeventure: Dry Bags and Compression Bags
		<b>Sleeping bag liner</b> (optional)	Lifeventure: Polycotton sleeping bag liner
		<b>Survival bag</b>	Lifesystems: Light and Dry Survival Bivi
		<b>Whistle</b>	Lifesystems: Survival whistle, Safety whistle



Web: [www.premierexpeditions.co.uk](http://www.premierexpeditions.co.uk)

Email: [info@premierexpeditions.co.uk](mailto:info@premierexpeditions.co.uk)

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## Expedition Kit & Food

		<b>Torch</b> (head torch and spare batteries)	Lifesystems: Intensity 220 torch, Intensity 220 head torch
		<b>Personal first aid kit</b>	Lifesystems: Camping first aid kit, Trek first aid kit, Bliester first aid kit Visit <a href="http://DofEshopping.org/safety">DofEshopping.org/safety</a> for more information
		<b>Expedition food</b>	Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at <a href="http://DofEshopping.org/food">DofEshopping.org/food</a>
		<b>Water bottle</b> (2 x 1L)	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		<b>Knife, fork, spoon</b>	Lifeventure: Basic knife fork and spoon set, Folding knife fork and spoon set; Ellipse knife, fork and spoon set
		<b>Plate/bowl</b>	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		<b>Mug</b>	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse mug
		<b>Box of matches</b> (in waterproof container)	Lifesystems: Windproof matches
		<b>Wash kit/personal hygiene items</b> (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		<b>Sunblock</b> (if appropriate)	Lifesystems: Mountain Formula SPF50, Mountain Combi Stick SPF50
		<b>Towel</b>	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		<b>Small quantity of money</b> (optional)	
		<b>Notebook and pen/pencil</b>	
		<b>Watch</b>	
		<b>Gas Canister Self Sealing C100 / C250</b>	

### Group Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Tent(s)</b>	Provided by Premier
		<b>Camping stove</b>	Provided by Premier
		<b>Scourers</b>	(for cleaning stoves)
		<b>Tea towels</b>	
		<b>Food</b> (lightweight and including snacks)	Get advice at <a href="http://DofEshopping.org/food">DofEshopping.org/food</a>
		<b>Plastic bags</b> (for rubbish etc.)	
		<b>Toilet paper</b>	
		<b>Maps</b> (1:25 000/1:50 000)	Provided by Premier
		<b>Compass</b>	Provided by Premier
		<b>Map cases</b>	Provided by School



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# Where should I purchase the kit?

- ✓ As part of the award registration process you get a Rewards Card
- ✓ Go Outdoors offer a 10 – 15% discount with the card in store



 GO Outdoors GOoutdoors.co.uk	 Blacks Blacks.co.uk	 millets Millets.co.uk	 Ultimate Outdoors Ultimateoutdoors.com	 Tiso Geared up for the outdoors Tiso.co.uk
<b>Extra 10%</b> off the GO Outdoors Discount Card price.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the retail price.
Always show your DofE Card or Digital DofE Card. You'll get the best savings and help support young people to do their DofE.				

# What happens once I have a place?

- ✓ Organise your activities for your Volunteering, Physical and Skill sections.
- ✓ Everything must be recorded on eDofE as soon as possible.
- ✓ School will check and approve the plan for your activities.
- ✓ Without eDofE being filled in, and dates correct, no award!





# I've done my sections, now what?

- ✓ Assessor's Reports with correct date and duration are the minimum required
- ✓ Paper copy, scanned and uploaded
- ✓ Electronic submission also OK, links are all in eDofE!
- ✓ School deal with the expedition section except the presentation



## Assessor's Report

### Assessor's Reports

As an Assessor you can add your report directly into the participant's online eDofE account from here.

All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.

Please remember to keep your comments positive and encouraging. Thank you for supporting young people with their activities.


All fields marked \* are mandatory.

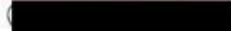

\* Participant's ID number:

\* Level:

\* Section you are assessing:



 Assessor's Report  
VOLUNTEERING

Participant:   
eDofE ID No:   
Level: Bronze

Activity: Brownies

Date started: 20/4/17 Completed: 20/7/17 (3 months)

Goals set by participant: Learn how to lead an activity, help young children and work as part of a team.

Assessor's comments: as part of a team.


Please enter as much as possible, talking about training, teamwork, qualities and achievements. What you write will help us to assess the achievement of the young person and will form part of their permanent record of their DofE programme.

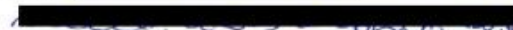
Carli has attended Brownies for 3 months. She has led small group activities and has helped girls in a one to one basis when they need a bit of additional support with sewing and cutting out. She is a clear communicator & will do anything when she is asked to.

Signature: [Signature] Date: 20/7/17

Assessor's first name: ALYCEA Last name: SMITH

Assessor's position/qualification: Leader

Assessor's phone number: 



























Assessor's email: 

Participants should scan or photograph the page and upload to eDofE as evidence. Please ensure it is saved the right way up.



# What happens when I complete my award?

- ✓ Award approval issued
- ✓ Badge and certificate awarded at our annual April presentation evening.  
[Awards can be collected earlier if required]
- ✓ Can start next level without having to do extra!

 Emily <a href="#">1462918</a>		Bronze 2017	B	 <a href="#">30/03/2017</a>	 <a href="#">06/12/2016</a>	 <a href="#">25/03/2017</a>	 <a href="#">View</a>	n/a	<input type="checkbox"/>
 Lily <a href="#">1462920</a>		Bronze 2017	B	 Award completed on 20/09/2017					<input type="checkbox"/>
 Samuel <a href="#">1463140</a>		Bronze 2017	B	 Award completed on 20/09/2017					<input type="checkbox"/>
 Milly <a href="#">1462922</a>		Bronze 2017	B	 <a href="#">06/03/2017</a>	 <a href="#">06/03/2017</a>	 <a href="#">06/03/2017</a>	 <a href="#">View</a>	n/a	<input type="checkbox"/>
 Oliver <a href="#">1463134</a>		Bronze 2017	B	 <a href="#">16/03/2017</a>	 <a href="#">05/01/2017</a>	 <a href="#">04/02/2017</a>	 <a href="#">View</a>	n/a	<input type="checkbox"/>
 Joe <a href="#">1462924</a>		Bronze 2017	B		 <a href="#">03/04/2017</a>	 <a href="#">01/12/2016</a>	 <a href="#">View</a>	n/a	<input type="checkbox"/>
 Chloe <a href="#">1462926</a>		Bronze 2017	B	 Award submitted to LO on 26/09/2017					<input type="checkbox"/>

# Costs

## Costs include:

- Registration & license fees
- Expedition costs
- Administration costs for award verification & tracking
- Costs do not include transport
- Final costs will depend on numbers involved

## Bronze:

- Maximum £245
- Non-refundable deposit £100
- 2 further installments of £75 & @£70

## Silver:

- Maximum £345
- Non-refundable deposit £150
- 2 further installments of £100 & @£95



# Next steps

Long-term vision:

- **Bronze** in Year 9
- **Silver** in Year 10
- **Gold** in Year 12 – from 2025/26

We can support engagement with Gold through being the awarding body from January 2025 but are not providing school facilitated expedition experience until Summer 2026