





**YOUTH  
WITHOUT  
LIMITS**

**START  
YOUR BRONZE  
DOFE**



# What is the DofE?

**The DofE is a life-changing adventure.**

**You make it: The DofE is as unique as you are**

**Millions of young people in the UK have already done their DofE.**

**Now it's your turn.**



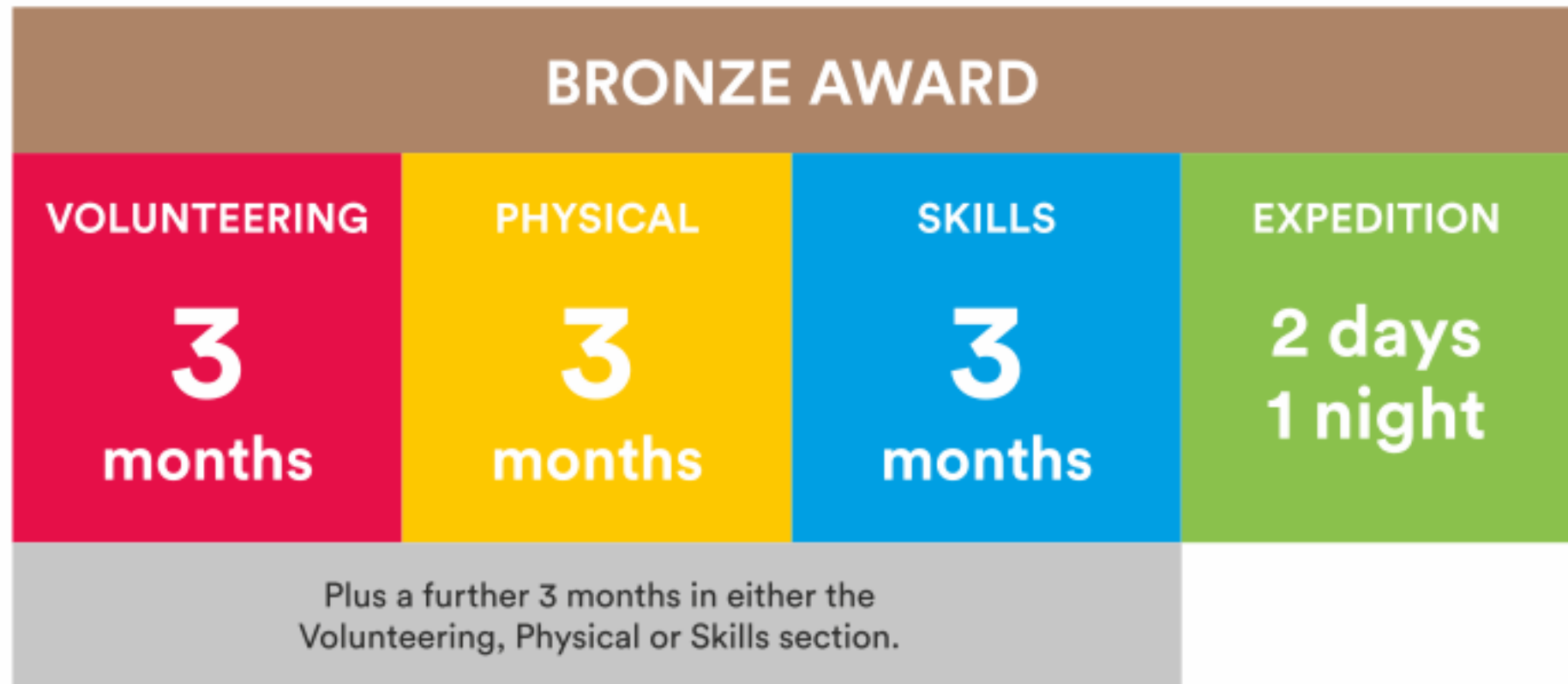
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# What will I do?





# Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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# Physical section

Take part in **whatever**  
dance, sport or fitness  
activity you would like

Get fitter and have fun  
along the way!



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# Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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# Expedition

Explore the great outdoors  
and spend a night away  
from home

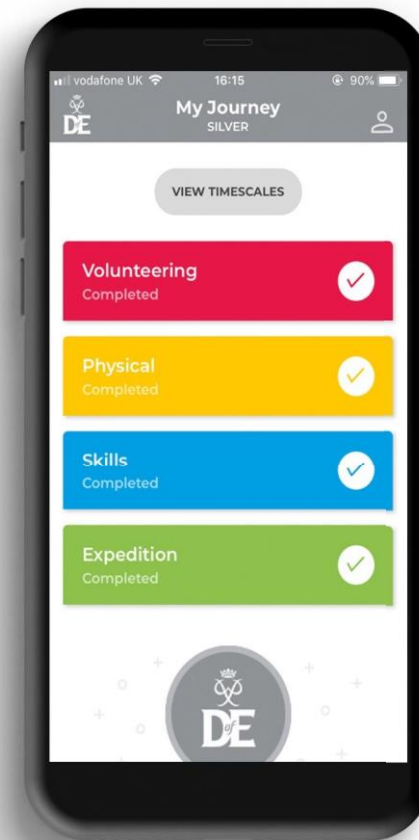
Create memories that  
will last a lifetime



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# Your Welcome Pack and eDofE







# Edgbarrow School

## A guide to your DofE Expeditions



Off  
GRID  
ADVENTURES





# Off Grid Adventures: Expedition Provider

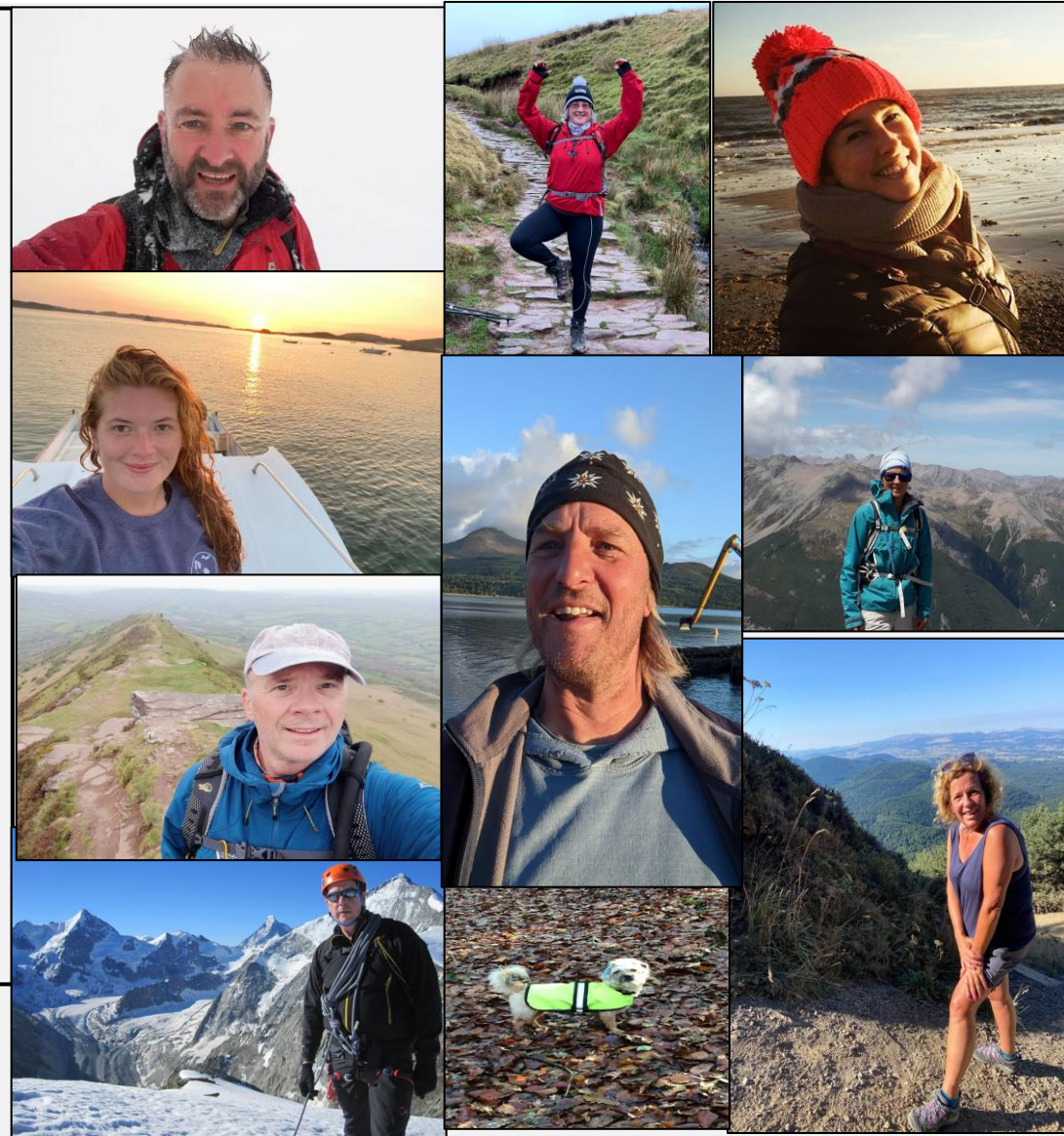


## What we offer:

- ✓ Experience in delivering and managing DofE programmes
- ✓ A quality experience for young people
- ✓ Appropriately qualified instructors
- ✓ Appropriate safeguarding checks on all those we employ as instructors and assessors
- ✓ Knowledge of the areas used for expeditions alongside dynamic risk assessments
- ✓ Appropriate licenses to carry out expeditions across the UK

Please have a look at our website to find out more:

[www.offgridadventures.co.uk](http://www.offgridadventures.co.uk)





# What does the Bronze Expedition Section involve?



## Bronze Walking

- ✓ 23rd March: training in school.
- ✓ 20th-21st April: two days' training and an overnight camp in the South Bucks area.
- ✓ 29th-30<sup>th</sup> June: two days' qualifying expedition with one overnight camp in the Chilterns.



# What do we cover on the Training Day in school?



- ✓ Kit list
- ✓ Rucksack packing
- ✓ Basic First Aid and DRSABC
- ✓ Qualifying route planning
- ✓ Menu planning

Participants also receive a Bronze Expedition Guide which has lots of useful information and help with preparing for the expeditions. Speak to Mrs Rice if you don't receive yours.





# What do we cover on the Practice Expedition?



- ✓ Emergency Procedures
- ✓ Putting up/taking down tents
- ✓ Cooking food on Trangia stoves in teams
- ✓ Two days practising navigation skills
- ✓ Working on the group's goal
- ✓ Practising walking in a self-directed team leading to being remotely supervised.





# What happens during the Qualifying Expedition?



A DofE Qualified Assessor will assess how the teams combine all the skills learnt during the training and the practice expedition including:

- ✓ Campcraft
- ✓ Working as a team
- ✓ Two days walking as a team– whilst being remotely supervised
- ✓ Work on the team's goal
- ✓ DofE's Expedition Requirements





# What is remote supervision?



Remote Supervision is when the safety and well-being of a group is monitored from a distance, with limited direct contact with the group

- We train the groups to be self sufficient
- We are confident in the ability of each group
- We will have current knowledge of the expedition area
- We carry out area risk assessments in advance and dynamically
- We have the ability to move fast and efficiently to reach the participants
- We supply a mobile phone to each group – no personal phones are allowed





The DofE Award is an amazing adventure people never forget.

To find out more about the expedition and the whole Award, please speak to

**Vicky Rice**

**[Vicky.rice@edgbarrowschool.co.uk](mailto:Vicky.rice@edgbarrowschool.co.uk)**

Thank you

**[www.offgridadventures.co.uk](http://www.offgridadventures.co.uk)**





# Next Steps...



## How much does it cost?

Full Award approx. £300  
Certificate of Achievement £50  
(there maybe financial support available)

## How Long does it take?

You should aim to complete it in Year 9,  
but you can do it until you are 25

## What do I need for the expedition?

Sleeping bag, roll-mat, rucksack, walking boots, waterproofs

We do have a few bits in school that we can lend out.  
Everything else is provided – tents, cooking equipment, transport.

## PLEASE NOTE DATE CHANGE:

**EXPEDITION QUALIFIER 29<sup>th</sup> / 30<sup>th</sup> June due to assessment week**

**(Training day 23<sup>rd</sup> March, Expedition practice 20<sup>th</sup> / 21<sup>st</sup> April)**

- A letter will be sent out tomorrow to register your child's interest – Deadline Friday 13<sup>th</sup> October
- A further letter confirming their place on the trip and requesting an initial deposit – Payment due Friday 3<sup>rd</sup> November.

# Any Questions?

A photograph of four people (two adults and two children) standing on a grassy hill, looking out over a landscape at sunset. The sun is low on the horizon, creating a warm, orange glow. The people are silhouetted against the bright light. The person on the far left is a woman with long dark hair, wearing a light-colored jacket and dark trousers. Next to her is a man with short hair, wearing a light-colored shirt and dark shorts. Then is a child with short hair, wearing a light-colored shirt and dark shorts. On the far right is another child with short hair, wearing a light-colored shirt and dark shorts. They are all standing close together, looking out over the landscape.

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