

# THE DUKE OF EDINBURGH'S AWARD In Association with...



Off Grid Adventures



# What does DofE Involve?

- The Award is achieved by **completing** a **personal programme** of activities in 4 sections.  
~Volunteering, Physical, Skill and Expedition~
- By taking part in the four sections, you will find yourselves volunteering to help others, getting fitter, developing new skills *and* going on expeditions.



# What does the DofE Expedition section Involve?

The Expedition Section is split into 3 parts, each of which must be *successfully* completed.

We start with training sessions...

Followed by a multi-day practice expedition...

And finally the assessed expedition!



# Training

Gaining skills including:

- Appropriate food and cooking safely
- Introduction to map reading
- First aid and emergency procedures
- The DofE 20 conditions
- Putting up and taking down tents
- Countryside and Highway codes
- What to take on the expedition
- Rucksack packing



# Practice

- Held at a campsite in the Chilterns...
- Building on your recently acquired new skills
- A single night camping
- Cooking your own food in your groups
- Two days walking or paddling and learning how to navigate safely.



# Assessment

- Utilising all those skills learnt during the training and the practice sessions
- Cooking your own food in your groups
- Two days walking or three days paddling alone as well as you will now be remotely supervised.
- You will also work on your project/aim



# Expedition Section

## Bronze walking

Groups of 6 or 7 people

2 Days Training – 9-10 March  
School based

2 Days Practice (+1 night) – 27-28 April  
Chilterns

2 Days Assessed (+1 night) – 22-23 June  
Bucklebury

## Silver Paddling

Groups sizes of 6 or 8

2 Days Training (+1 night): 2-3 May  
River Thames – Marlow

2 Days Practice (+2 nights): 4-5 May  
River Thames – Marlow

3 Days Assessed (+3 nights): 11-14 July  
River Wye





# DofE 20 conditions

- 1: Your own physical effort
- 2: Unaccompanied and self-sufficient
- 3: Supervised by an adult
- 4: Must have an aim
- 5: Properly equipped for your expedition
- 6: Completed training and practice expeditions
- 7: One practice expedition in similar setting
- 8: Your team plan and organise your expedition
- 9: Be assessed by an approved accredited Assessor
- 10: Four to seven people in your team
- 11: You must be within the qualifying age
- 12: Participants to be at the same level of assessment
- 13: Team members at the same level of the award
- 14: Overnight accommodation should be camping
- 15: Expedition to be the minimum number of days
- 16: Expedition between March and October
- 17: Recommended environment for your DofE level
- 18: You must do the minimum hours of daily activity
- 19: Cook and eat a substantial meal each day.
- 20: You must create and deliver a presentation

**Don't forget that all your team must meet these conditions!**





# What is remote supervision and self sufficiency?

It 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 – personal phones are not allowed



# What is Included?

- Training
- Practice
- Assessment
- All registration and DofE costs
- Equipment included:
  - Trangia
  - Tent
  - Drybags for canoeing
  - Navigation Equipment
  - Canoes





Thanks for Listening

Tony and Fidelma - Off Grid Adventures

Matt - Inspired Expeditions

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