



Duke of Edinburgh's Award



Bronze Information Evening

About the Award



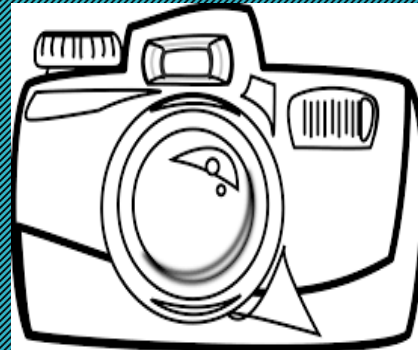
2 x 3 month sections
1 x 6 month section

Collecting Evidence

1



2



3

 **Assessor's Report**
VOLUNTEERING

Participant: _____
Adult: _____
Level: Blue

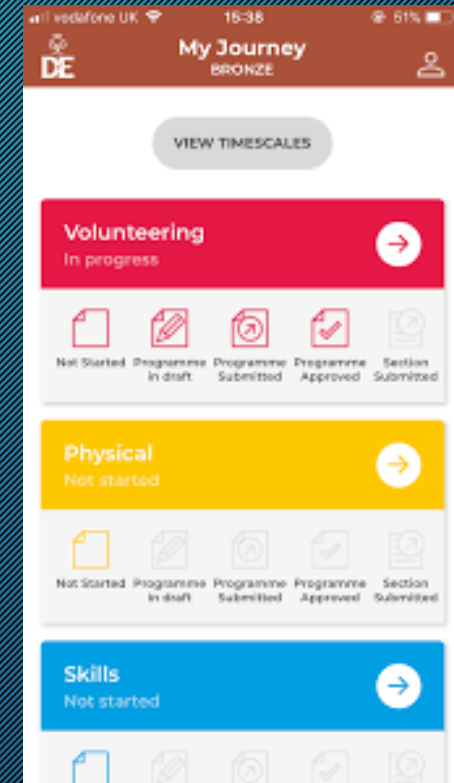
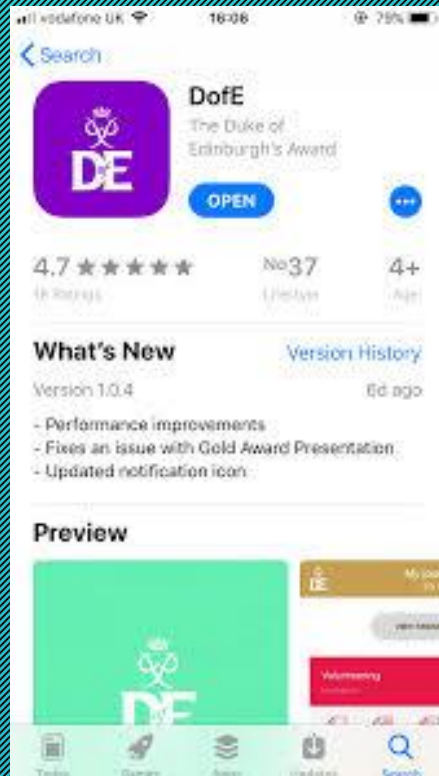
Activity: _____
Date started: ____/____/____ Completed: ____/____/____ (months)
Goals set by participant: _____

Assessor's comments:
Please add as much as possible, using good form, to provide a detailed assessment of the participant's performance and progress. This should be done in the form of a report of the assessor's observations and comments.

Signature: _____ Date: ____/____/____
Assessor's first name: _____ Last name: _____
Assessor's position/qualification: _____
Assessor's phone number: _____
Assessor's email: _____

Please do not write on this form. Please use the back of the page for additional comments. If you need more space, please use a separate sheet of paper.

E DofE App



Expedition Section



Aspen Outdoors Ltd

Expedition Requirements

All young people must meet the following requirements:

- Be self sufficient - carry all that you need.
- Work together as a team.
- Cook a hot meal at the campsite.
- Meet the 20 conditions of the expedition.
- Be responsible and respectful to countryside.
- Complete research for a project en-route.
- Follow all instructions given by staff.



Practice Expedition

- 2 Days and 1 Night.
- In groups of 7.
- Accompanied by Qualified Instructor at all times.
- Learn and revise Navigation skills.
- Develop confidence.
- Practise campcraft and teamwork skills.
- Lomonds of Fife - Pillars of Hercules.



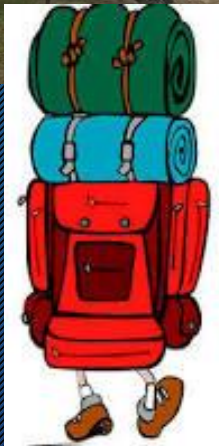
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Qualifying Expedition

- 2 Days and 1 Night.
- In groups of 7.
- Remotely supervised by Qualified Instructor.
- Use and display Navigation skills.
- Show skills and competences.
- Display Campcraft and teamwork skills.
- Glenshee - Kindrogan.



Arrangements

GROUP	PRACTICE	QUALIFYING
A	31 ST MARCH / 1 ST APRIL	2 ND AND 3 RD MAY
B	21 ST AND 22 ND APRIL	9 TH AND 10 TH MAY
C	28 TH AND 29 TH APRIL	16 TH AND 17 TH MAY

Arrangements

- Paperwork returned as soon as possible, if not already done so.
- Groups allocated.
- Letter to parents/carers with details of groups.
- Drop-off / pick-up information included in letter.
- All payments must be made in full by 6th March.



Kit and Equipment

- Must bring everything you need.
- Must be able to carry it.
- Rucksacks - max 25% of bodyweight.
- Tent - 2-3 person - supplied.
- Stove and gas - 2 per group - supplied.
- Rucksack covers - supplied.
- Map, map case and compass - supplied.
- Emergency phone and GPS - supplied.



Kit and Equipment

- Rucksack - approx. 60 litre, and waterproof inner liner.
- Boots (not trainers) and proper socks.
- Waterproof jacket and waterproof trousers.
- Clothes, including warm hat and gloves, and spare socks.
- Sleeping bag with liner and sleeping mat.
- Torch / head torch and spare batteries.
- First Aid Kit
- Matches for lighting stoves.
- Plate, mug, water bottles, cutlery, washing up sponge and liquid.
- Food for the duration of the expedition.



Kit and Equipment

- Borrow rather than buy.
- Most people can access the majority of kit from family & friends.
- School can hire out some items.
- Ancrum Road Outdoor Centre also hire out items.
- Important to have own boots that are broken in.
- Most prefer own sleeping bag.
- ITEMS MUST BE RETURNED DAY AFTER EXPEDITION



Clothing

- Appropriate outdoor clothing - layers work best.
- No jeans or thick cotton tracksuits and hoodies - won't dry if wet.
- Walking trousers / leggings. Avoid shorts.
- Well fitting underwear.
- Proper socks - not trainer socks or bare feet.
- T-shirts then fleece jumpers and jacket.
- Waterproof outer layer - not ski jacket.
- Gloves and hats necessary - sun and winter!
- Extra layer in bag for warmth.



Food and Nutrition

- Training on food and safe cooking will take place soon.
- Information leaflet will be sent home.
- Must cook and eat a hot meal at campsite.
- Food should be filling, nutritious and enjoyable.
- Non perishable and robust.
- No raw meat or glass jars and bottles.
- Avoid heavy tins.
- Appropriate snacks.
- Not too many sweets - no nutritional value.
- No knives - ie penknives.



Rucksacks

- Training on how to pack a rucksack and what to bring will take place in school.
- Kit list will be sent home.
- Only bring essentials - share within group.
- Don't bring valuables or breakables.
- No sharps.
- Drybags to keep things organised and safe from the elements should be used inside rucksack
- Nothing should be hanging from rucksack.



Communication

- No mobile phones, ipads, ipods, computers or other valuables.
- Emergency phone supplied.
- Staff will carry phones and emergency radios.
- Parents / carers will be given emergency contact numbers for staff.
- Twitter feed will be updated when I have signal.



- Young people should bring cameras.
- Cards, games a good idea for in tent at night.




Conduct

- Safety is paramount for everyone.
- Poor behaviour and lack of attention /effort in class will result in young people not being permitted to take part in the expedition section this year.
- Parents / carers will be called and asked to collect young people if behaviour is poor or dangerous on expedition.



Next Steps

- Follow us on Twitter -  @DofeMhs
- Return dates and groups paperwork.
- Payment by 6th March.
- Letter to be sent home about dates, times, kit list, food etc.
- Return kit hire request form asap.
- Collect kit 2 days before expedition.
- Return borrowed kit day after expedition.
- Dry but do not wash borrowed items.



Thank you

