



THE DUKE OF
EDINBURGH'S AWARD

at EPCHS



Introduction to the DofE

Mr Jones

Mrs Ford

...the world's leading achievement award
for young people.

Its balanced programme of activities develops the
mind, body and soul in an environment of social
interaction and team working.

It encourages young people to
live life as an adventure.

What the Award involves...

Bronze Award (14+ years old)

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

What the Award involves...

Silver Award (15+ years old)

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

Gold Award (16+ years old)

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

- 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

- An awareness of their potential
- New talents and abilities
- An understanding of strengths and weaknesses
- The ability to plan and use time effectively
- The ability to learn from and give to others in the community
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team

- **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

Choosing activities

There is a massive choice of activities that count towards DofE programmes. Participants can select practically any activity they wish – as long as it's legal and morally acceptable.

We will help them choose an appropriate activity that they will not only enjoy but also be able to commit to for the required amount of time

Volunteering 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 categories

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



Skills categories

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



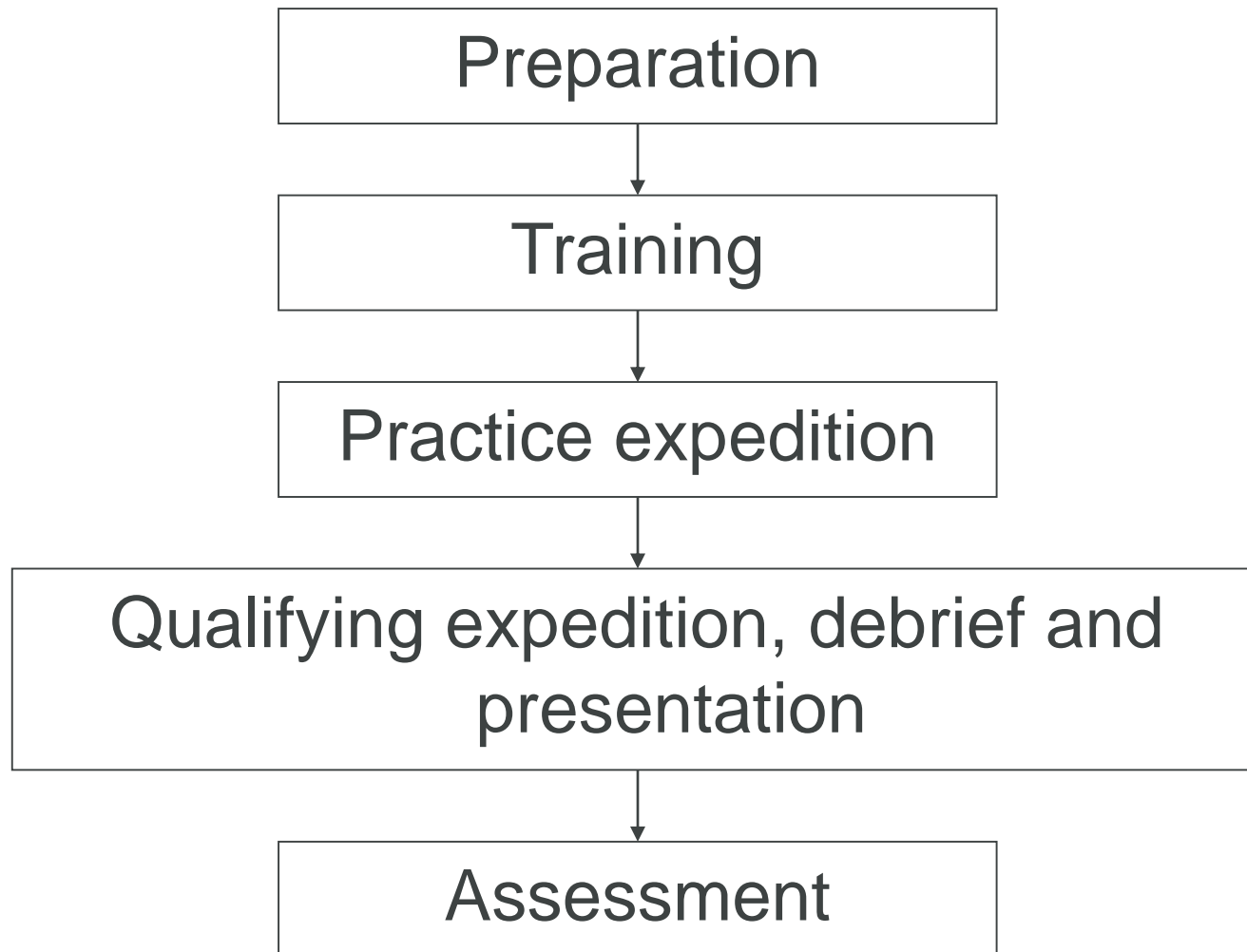
Expedition

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.



The expedition process



Kit requirements

Pupils will need their own walking clothes (boots/waterproof coat/rucksack)

We will provide tents and cooking equipment

We have some spare kit available for those who need it.

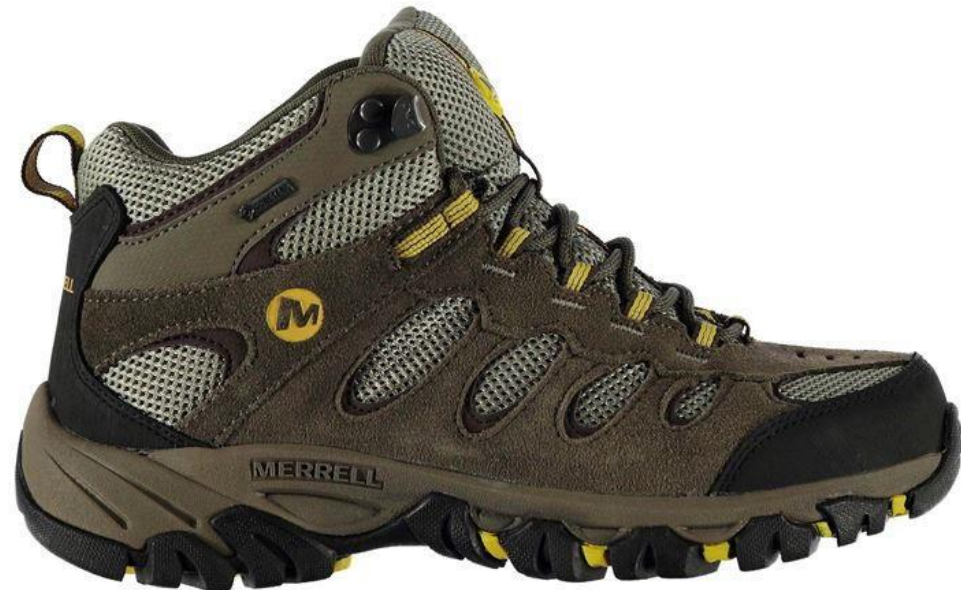
You don't need to buy everything! Try to borrow kit from other people.

Kit doesn't have to be top of the range. There are plenty of bargains in the Christmas sales and we're not walking up Everest!

You can collect kit lists tonight and they will be available from the school website/app.

Kit requirements - Boots

- Ankle Support.
- Waterproof.
- Break them in.



Kit requirements - Bag

- 65litre rucksack
- Chest & Waist Support.





FIRST AID KIT

Small essential items should be at the very top of your rucksack or any compartments your rucksack may feature
HELP FIRST AID KIT



FOOD

Food should also be stored nearer the top for easy retrieval.



TORCH

Keep a torch at the top in case of emergencies.

FLASHER HEADTORCH



SURVIVAL BAG

Stuff a survival bag in an empty space.
RADIATOR SURVIVAL BAG



RUCKSACK COVER

In the event of poor weather, make sure your rain cover is stored in an easy to reach spot.
SULCATA REFLECTIVE COVER

WATERPROOFS

Should be stored somewhere you can reach quickly when caught out in a sudden rain shower.

PINANGA MEN'S WATERPROOF JACKET



HAT AND GLOVES

Smaller, easy to fold items like these can be kept towards the top or in any outer pockets.
QUIRK SET



SPARE WATER

Store plenty of water and make sure it's easy to reach.

VATURA SPORTS WATER BOTTLE

TENT

Pack heavier items, like a tent, in the middle.

QIKTENT 2 MAN TENT



COOKWARE

Cookware along with your tent should be placed at your back and centre.

Make sure dry and clean before storing.
REHEAT CAMPING POT SET



SLEEPING BAG

Least used items should be at the bottom.

Wrap your sleeping bag in another waterproof bag.
ECHOTEC 4 SLEEPING BAG



CAMPING MAT

If carrying, keep non essential camping equipment at the very bottom.

RADIX CAMPING MAT



SPARE CLOTHES

Push spare clothes to the bottom.
MAMO QUICK DRY T-SHIRT



DofE Card



GO Outdoors **Blacks** **millets** Ultimate Outdoors **Tiso**
Sorted up for the outdoors

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The cost of the Bronze Award this year will be £85

This cost covers all campsite and insurance fees as well as the necessary DofE administration costs.

- £60 is a non-refundable deposit to cover the cost of the individual licence, as this stays with the participant.

Friday 16th November is the deadline to register by.

Expedition and training dates

Training Day – Saturday 30th March 2019

Will include; Cooking, Navigation / Map Symbols, Tents, Safety / Countryside Code & Kit.

After School Sessions will be run on how to complete Route Cards

Practice Expedition – Sat 18th – Sun 19th May 2019

Location: Broadoak Farm, Tattenhall

Final Expedition – Sat 13th – Sun 14th July 2019

Location: Broadoak Farm, Tattenhall

Participants have to have completed/be about to complete the Volunteering, Physical and Skills section in order to go on the Final Expedition

Thank You

Any questions?

