THE DUKE OF EDINBURGH'S AWARD

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In Association with…

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Inspired Expeditions

THE DUKE OF EDINBURGH'S AWARD

- The Award comprises 3 levels:

Bronze

Silver

Gold

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What does DofE Involve?

- By taking part in the sections, you will find yourselves helping people or the community. Getting fitter, developing skills, going on expeditions.

- An Award is achieved by ***completing*** a ***personal programme*** of activities in 4 sections.

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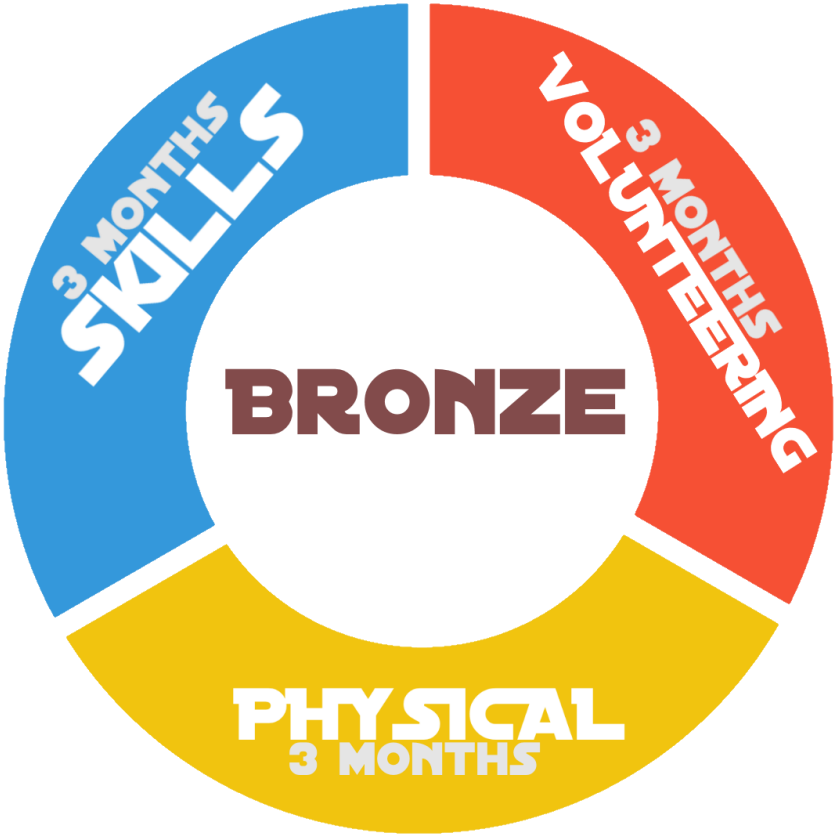
Award Requirements



+ 3 months in section of your choice.

+ 2 day (1 night) Expedition.

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Award Requirements

+ 3 months in Skills or Physical.

+ 3 day (2 night) Expedition.

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Example Section Options:

Skill

- Playing a musical instrument
- Keeping of pets
- Dog training & handling
- Performing Arts
- Cooking
- Writing
- First Aid

Physical

- Golf
- Running
- Diving
- Rowing
- Football
- Tennis
- Hockey
- Netball
- Swimming

Volunteering

- Fundraising
- Animal welfare
- Girlguiding UK
- Scout Association
- Sports leadership
- Mentoring
- Music tuition
- Youth work

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Skill, Volunteering & Physical Recreation

- Minimum 1 hour per week per activity.
- A shorter, more intensive period does not count.
- Signing up and not turning up also does not count!
- Report in your logbook will be written upon completion.

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Skill, Volunteering & Physical Recreation

What Counts?

– Any activities that are ***non compulsory.***

If you normally play for a team you may wish to consider making your Physical Recreation the longer section.

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Expedition Section

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

  Expedition Training

  A Practice Expedition

  An Assessed Expedition

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Expedition Section - Bronze

Training

- Navigation & Route Planning.
- Equipment.
- Food.
- Camp Craft.
- Country Code.
- First Aid & Emergency Procedures.

Practice Expedition

- 2 Days & 1 Night.

Assessed Expedition

- 2 Days & 1 Night.
- Overseen by an Assessor.

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Expedition Section - Bronze

- Groups of 6 or 7 participants
- 2 Days Training – April 28th & 29th
  - Marlow
- 2 Days Practice – May 19th & 20th
  - Chilterns Hills
- 2 Days Assessed – June 30th & July 1st
  - Bradfield

Tents, Navigation Equipment, Emergency Phones & Trangia's Included

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Expedition Section - Silver

- Groups sizes up to 8.

- 4 Days Training & Practice: May 3rd – 6th
  - River Thames
- 4 Days Assessed: July 12th – 15th
  - Norfolk Broads

Tents, Navigation Equipment, Emergency Equipment, Canoes, Dry Bags, Buoyancy Aids, Paddles, & Trangia's Included

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Thanks for Listening

Matt Couling – Inspired Expeditions

Mr Laurie-Pile – Edgbarrow School