

## Information Sheet for Parents

### Training

Attendance for training is critical, to ensure your child is competent to complete the expedition.

The training programme runs from November until July and consists of;

- 5 day walks (Brecon Beacons)
- 5 training evenings
- 2 Expedition route planning evenings
- 2 pre-expedition kit checks
- Two practice expeditions - spring/early summer (2 nights & 2 days)

### Training Evenings (Wednesdays)

6.15pm – 8pm (except First Aid, 5.45pm – 8pm)

Bring map and compass to every session (and sharpie pen)

Navigation, cooking, first aid, emergency procedures, camp craft, kit etc.

Planning day walk routes & Expeditions

### Day Walks (Sundays)

We will meet at Llangatwg at 8am/8.15am

Minibus to venue

Be fully prepared (see kit list on website)

Bring full size rucksack (65 litres)

Bring map, compass & sharpie pen (Staedtler 318 0.6mm Lumocolor

Universal red or blue)

Finishing times for day walks are around 4pm (1 hours' notice)

### Kit Checks

These are essential before the first practice expedition and final expedition.

You will need to bring everything except for your food during the kit check.

### Route Planning

The final expedition will be planned by the participants over two sessions.

### Practice Expeditions X2

Meet 6pm – set up camp, cook, walk & navigate the next day, camp & cook and walk the next day, should be back in Llangatwg 4/5pm.

### Final Expedition

The final expedition is in wild country

A four day/four night's expedition in the Brecon Beacons in July

A Journey on foot of four days, and a distance of at least 80 Kilometres

Each team consisting of 4 - 7 members

Each expedition will have a purpose (aim), see website for ideas

All food and equipment is carried by participants

The route is planned by the team

The route will be over unfamiliar countryside

## **Residential**

4 nights (overnight) and 5 days

Shared activity with people you don't know

E.g. Summer camp, Adventure, Environmental projects, Tall ships etc.

Activity Approved Provider/own research

Enquire/identify who the Assessor will be

Inform Darren if not AAP (Activity Approved Provider)

## **Costs**

License - £52

Day walks (Sundays) – No cost

Camping for each practice expedition will cost approximately - £30 (there are two).

The final expedition cost will be approximately - £100

## **Sections**

**If you have done silver** – Volunteering for 12 months then of the skill and physical sections, you do one for 6 months and the other for 12 months, you choose which.

The final expedition is 3 nights and 4 days in a wild country area

**If you haven't done silver** - you have to do one section for 18 months, one for 12 and one for 6 months. The volunteering has to be the 18 or 12 months section

The Gold Expedition is a fantastic, and life changing experience, however it is far more advanced than Bronze or Silver. Therefore it is essential that all the group members have the necessary knowledge, experience and skills before they can undertake the expedition.

We cannot take you on the final expedition if you haven't attended sufficient training, this is a stipulation of the Duke of Edinburgh's Award scheme so please read through the training programme and ensure you can commit to the training. You have to attend all of the day walks and **BOTH** the practice expeditions; it is a big commitment but the rewards are fantastic which makes it all, so worthwhile!

## **EDofE & Completion**

- Identify activities & Assessors
- Participants to enter their activity details on EDofE (except Expedition)
- Darren to approve sections
- Start and continue activities (timescales)
- Complete Gold Award Celebration Form
- Complete all activities
- Give Assessors I.D. number & link to website
- DofE to approve Award

**Darren Clapham –  
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Development Officer.**

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