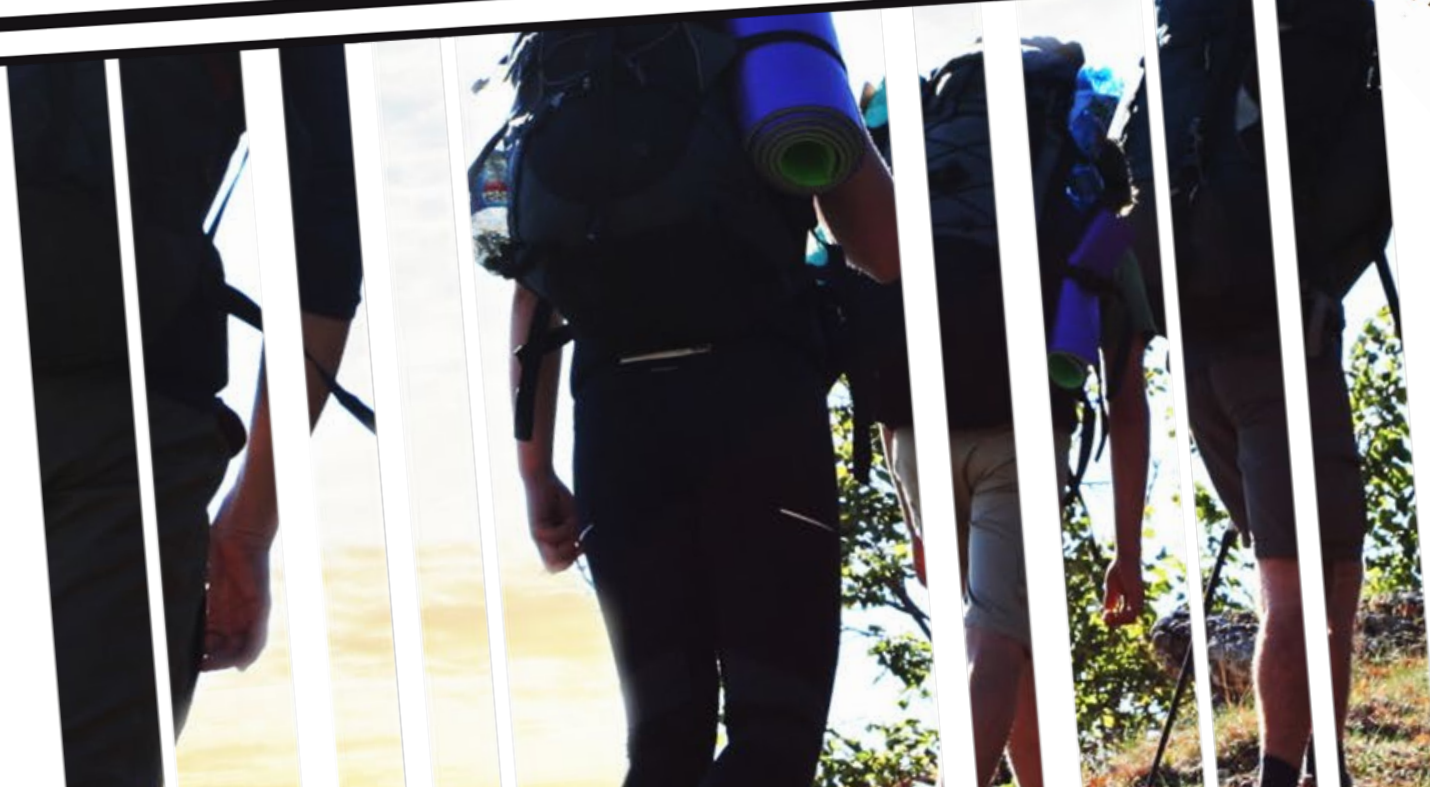


The Duke of Edinburgh's Award Discover You





What is the Duke of Edinburgh's Award?

To put it shortly, DofE is a life-changing adventure you don't want to miss out on!

It's about going the extra mile, whilst learning new skills for work & life, getting fitter, helping others and exploring the countryside.

Millions of young people in the UK have already done their DofE.

Now it's your turn!



D^{of}E

THE DUKE OF
EDINBURGH'S AWARD





What will I do as part of my DofE?

There are tons of different ideas for activities that you can do.

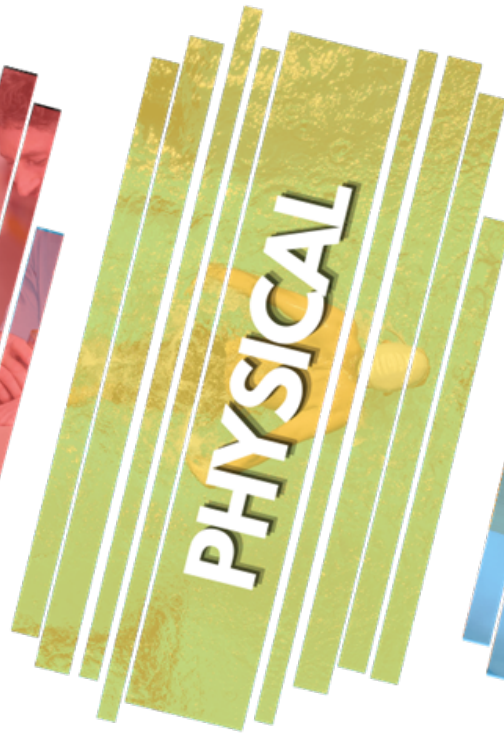
You will also be trained through various days and weekends for the expedition.

Within DofE you will be able to choose an activity within 4 different areas.





**3 Months
of Activity**



**3 Months
of Activity**



**3 Months
of Activity**



**4 weekend
overnights**

**1 day, 1 night
Familiarisation**



**2 day, 2 night
Training**



**2 day, 1 night
Practice**



**2 day, 1 night
Final**

**Plus a further 3 months of either
Volunteer, Physical or Skill**

What is the volunteering section?

Volunteering is all about making a difference to others' lives.

It's extremely rewarding — and it can give you the chance to experience the world of work.

Volunteering will last 3-6 months, where you dedicate at least 1 hour per week to helping others.

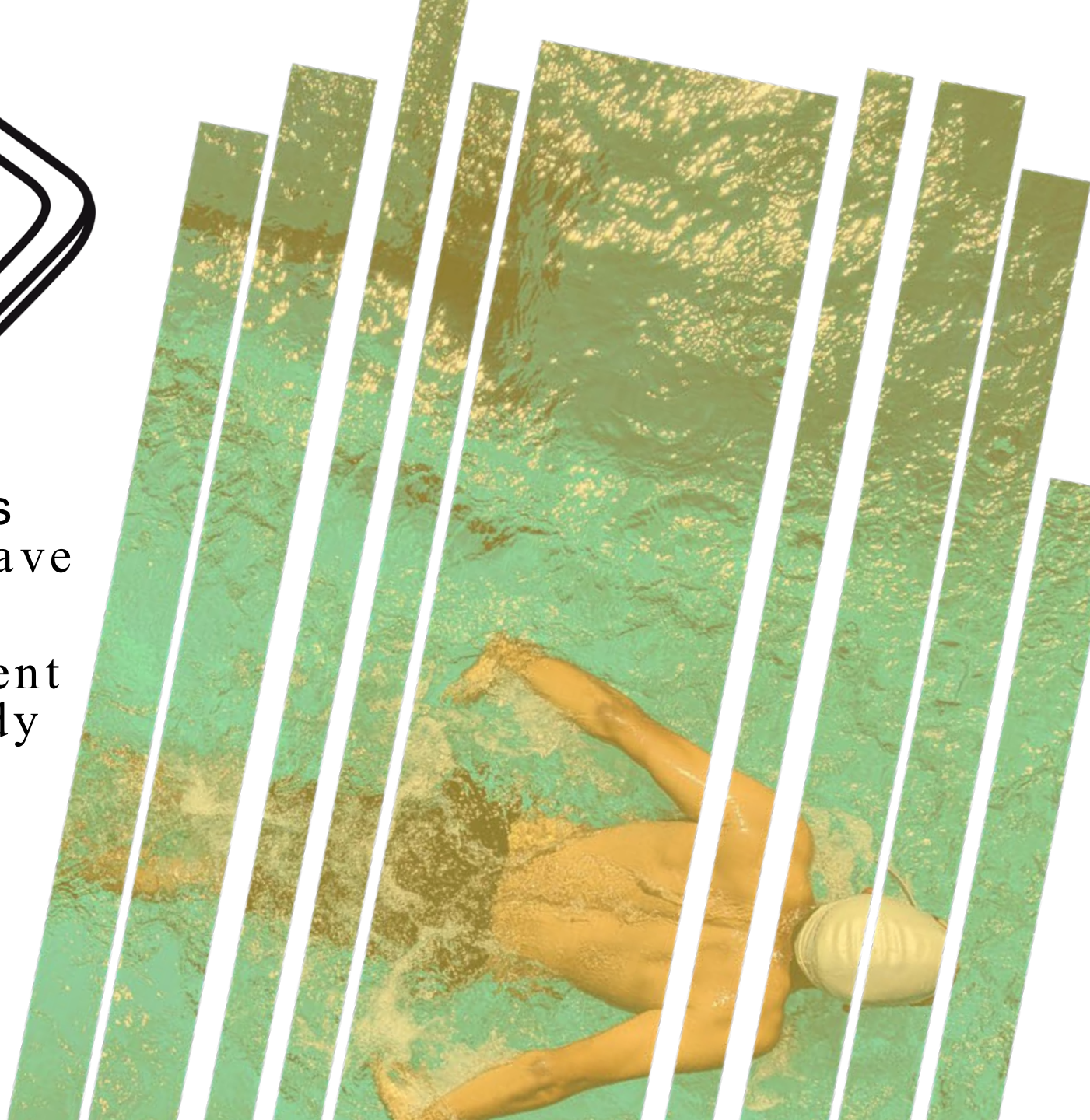


What is the physical section?

Physical is a chance for you to focus on your health and fitness and have fun along the way.

Try something completely different or focus on something you already do, as long as it requires a continuous level of energy and physical activity.

Physical will last 3-6 months, where you dedicate at least 1 hour per week to your health.



What is the skills section?

The skills section will help you to learn a new talent, develop existing skills and find something you enjoy.

You'll be able to find a skill where you can grow your confidence and develop practical and social skills while learning how to rise to a challenge.

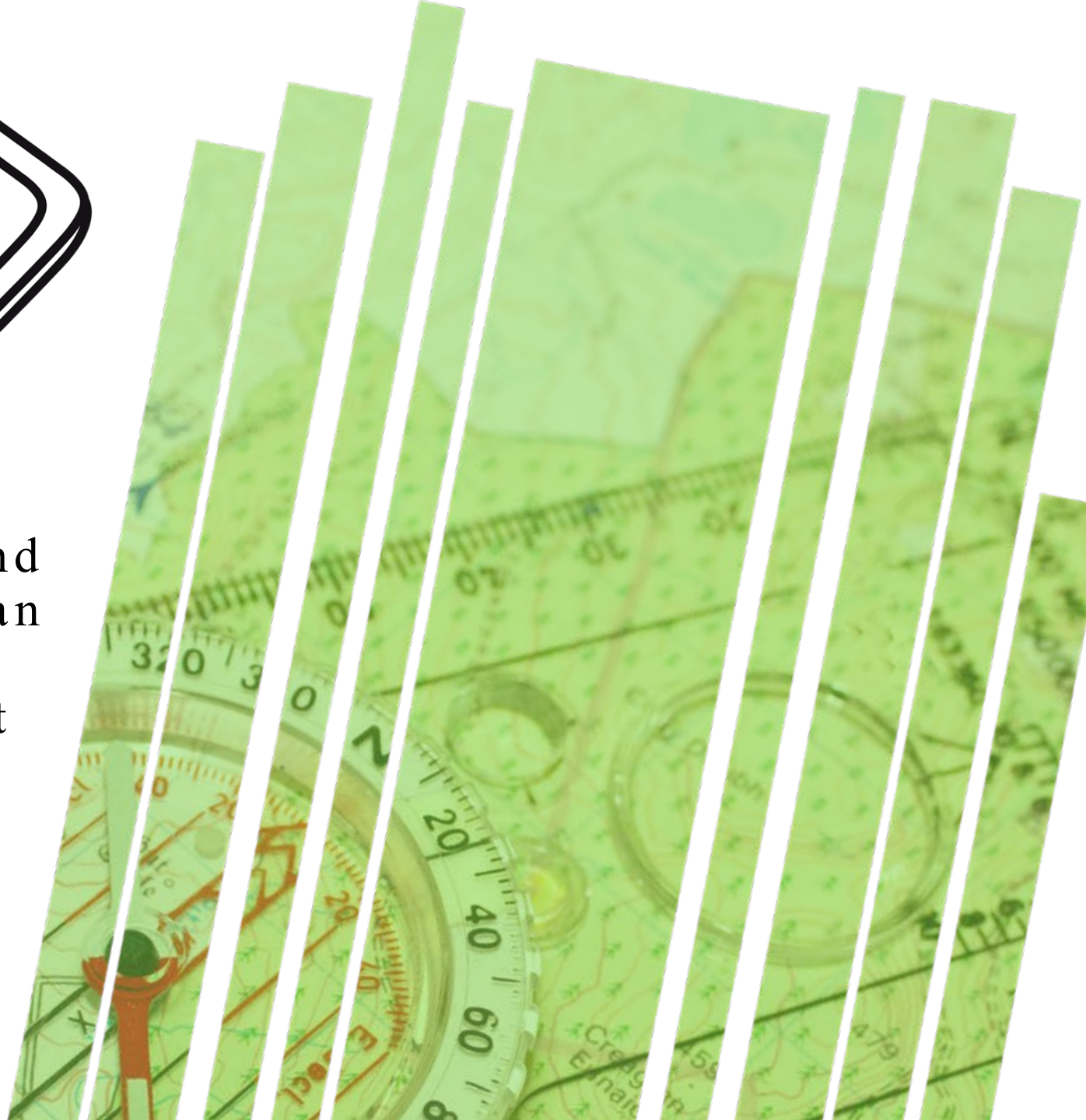
Skill will last 3-6 months, where you dedicate at least 1 hour per week to develop that skill.



What is the Expedition section?

As part of a small team you'll be trained up on 2 Familiarisation and Training weekends, then you'll plan and complete a 2 day, 1 night Practice and Final expedition that will truly stretch your horizons.

You'll improve your communication and leadership skills and take a rucksack full of memories home with you.



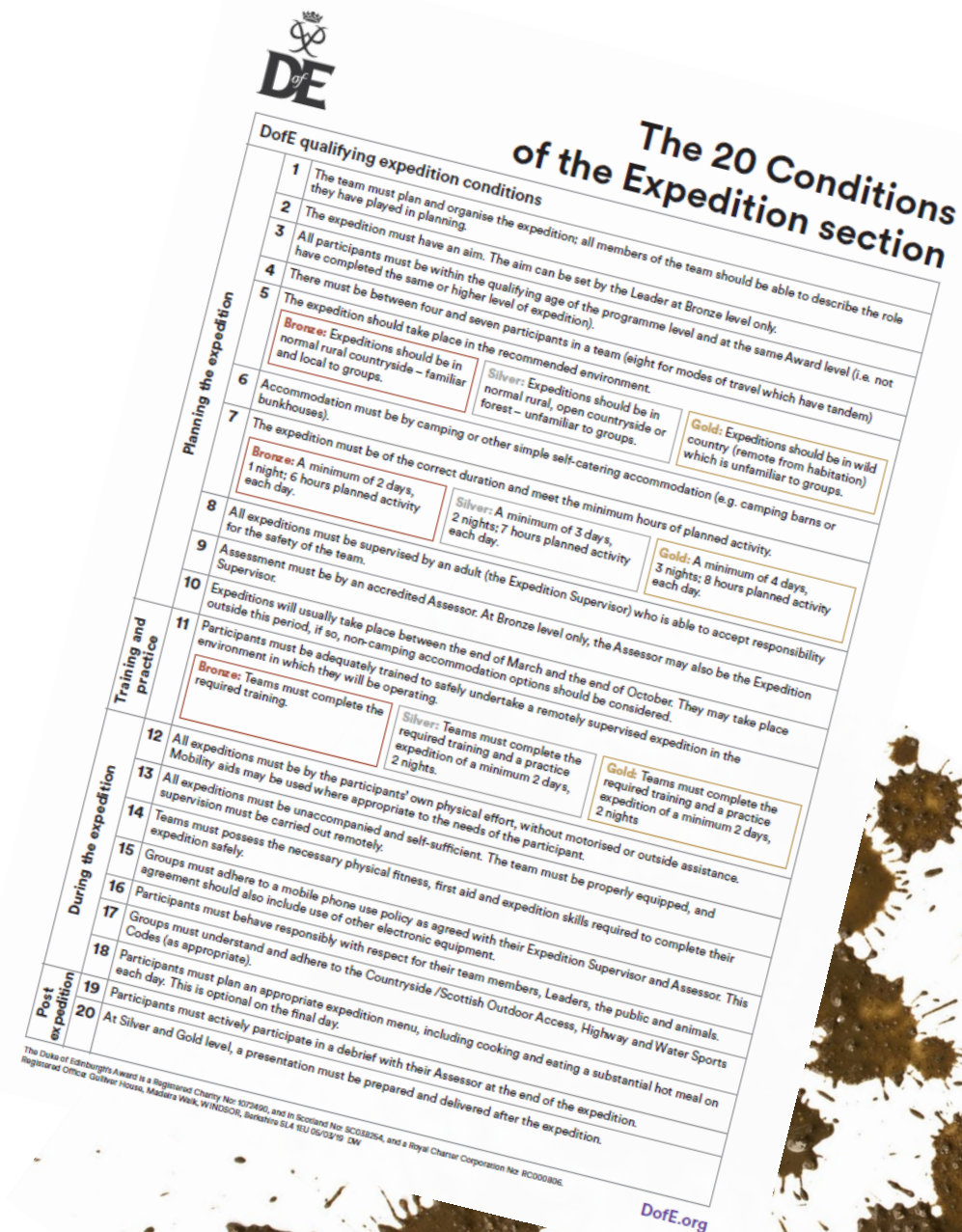
What training will I do for the expedition?

To be able to complete an expedition, you must be able to meet all 20 conditions of the DofE.

These are super easy to do if you follow them in the right way, the key to those conditions is the training.

You'll be expected to attend all training (without the training you won't be able to attend the practice or main expeditions.)

The training is there to keep you safe.



DofE qualifying expedition conditions	
1	The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
2	The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
3	All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).
4	There must be between four and seven participants in a team (eight for modes of travel which have tandem).
5	The expedition should take place in the recommended environment. Bronze: Expeditions should be in normal rural countryside - familiar and local to groups. Silver: Expeditions should be in normal rural, open countryside or forest - unfamiliar to groups. Gold: Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
7	The expedition must be of the correct duration and meet the minimum hours of planned activity. Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day. Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day. Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day.
8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility outside this period, if so, non-camping accommodation options should be considered.
9	Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.
10	Expeditions will usually take place between the end of March and the end of October. They may take place in an environment in which they will be operating. Bronze: Teams must complete the required training. Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights. Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.
11	All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
12	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and agreement should also include use of other electronic equipment.
13	Groups must behave responsibly with respect for their team members, Leaders, the public and animals. Codes (as appropriate).
14	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
15	Participants must actively participate in a debrief with their Assessor at the end of the expedition. At Silver and Gold level, a presentation must be prepared and delivered after the expedition.
16	
17	
18	
19	
20	

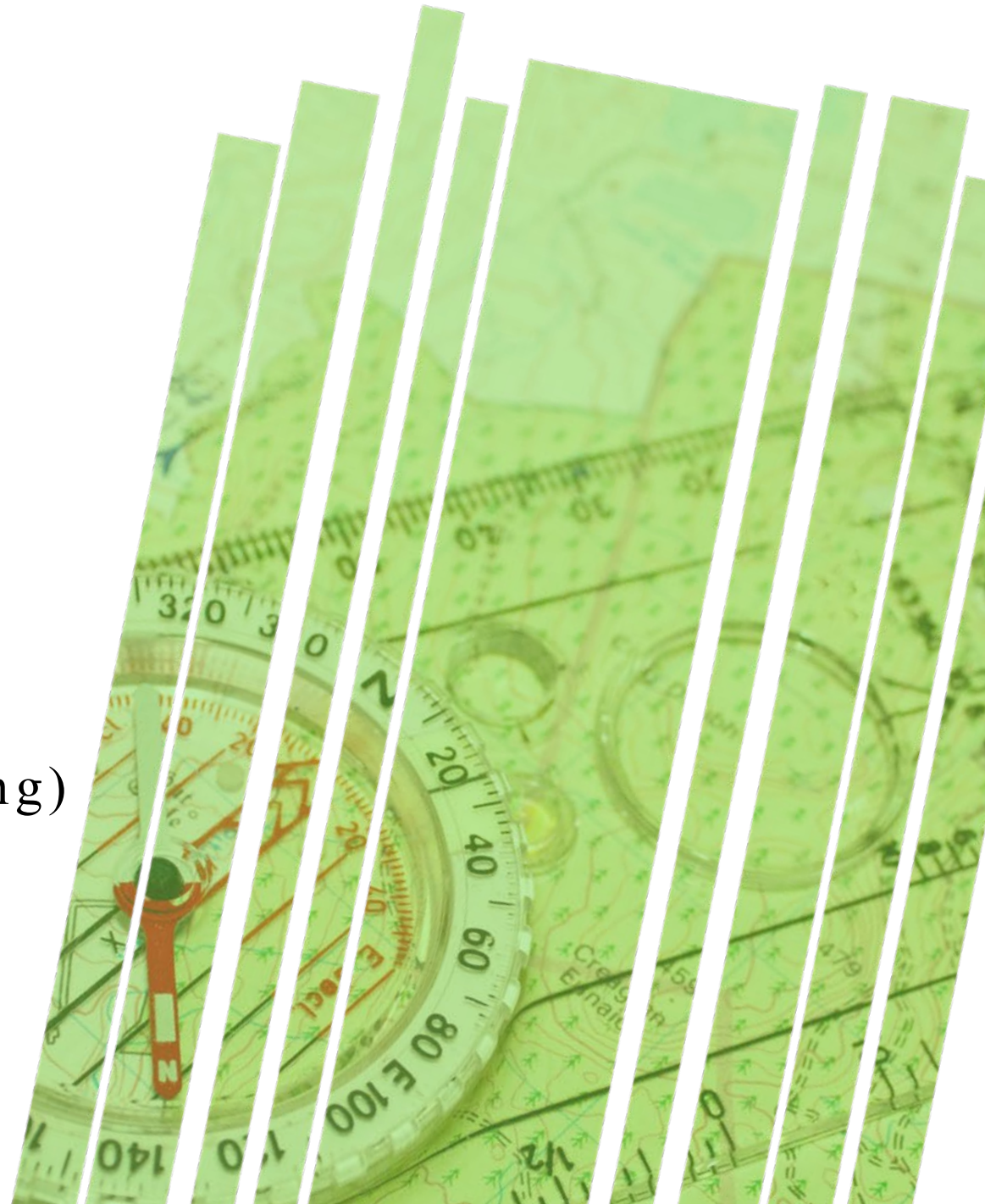
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Registered Office: Gulliver House, Malara Walk, WINDSOR, Berkshire SL4 1EU 05/09/19 DW

DofE.org

What training will I do for the expedition?

You'll learn how to:

- Plan a route
- Read a map and use a compass
- Put a tent up (when the wind is blowing)
- Set up a campsite
- Cook outside
- Pack a rucksack
- Give basic first aid

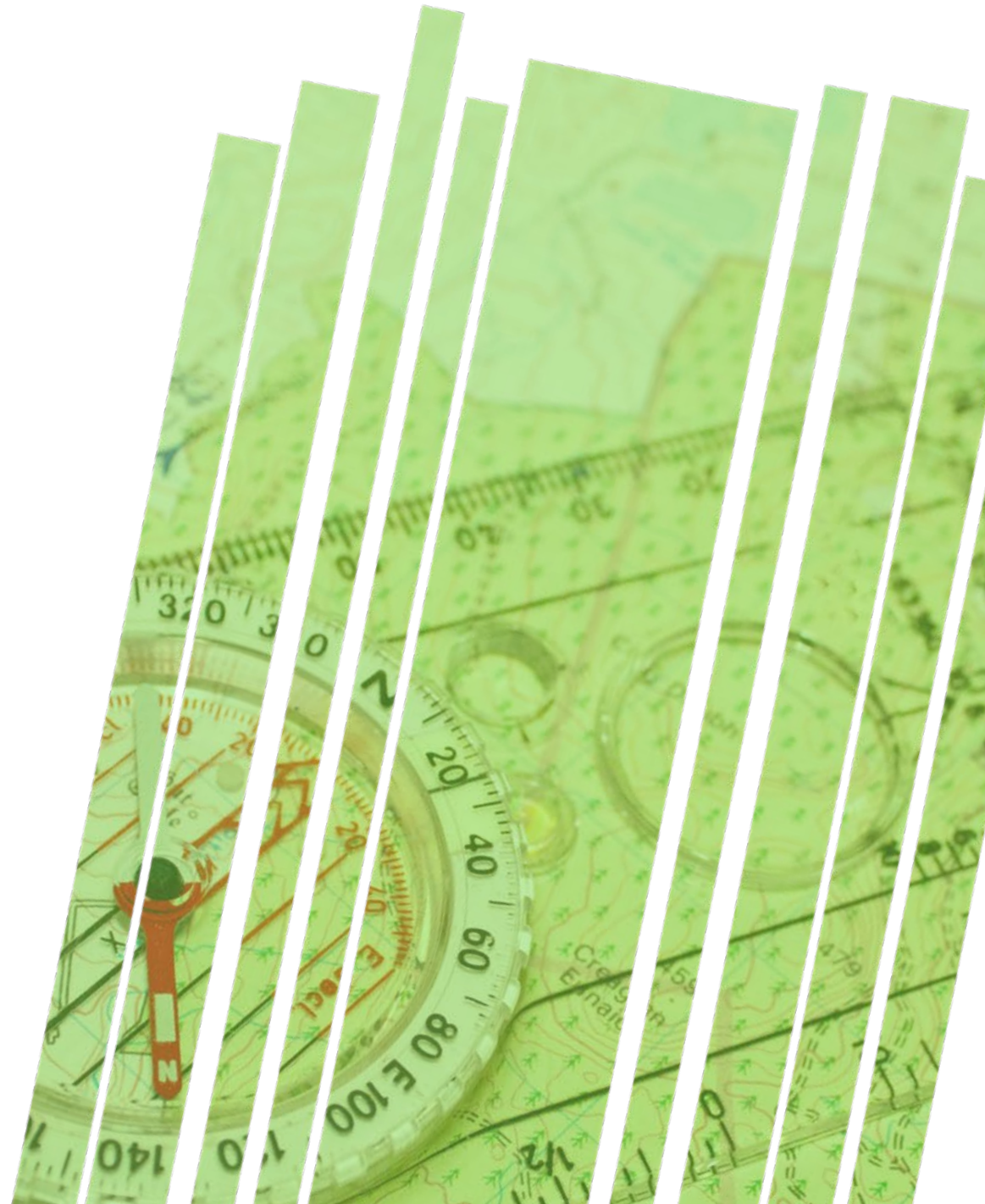


What training will I do for the expedition?

- Look after each other
- Work as a team
- Plan an expedition
- Budget for food / meals
- Explore our amazing countryside sustainably

And most importantly

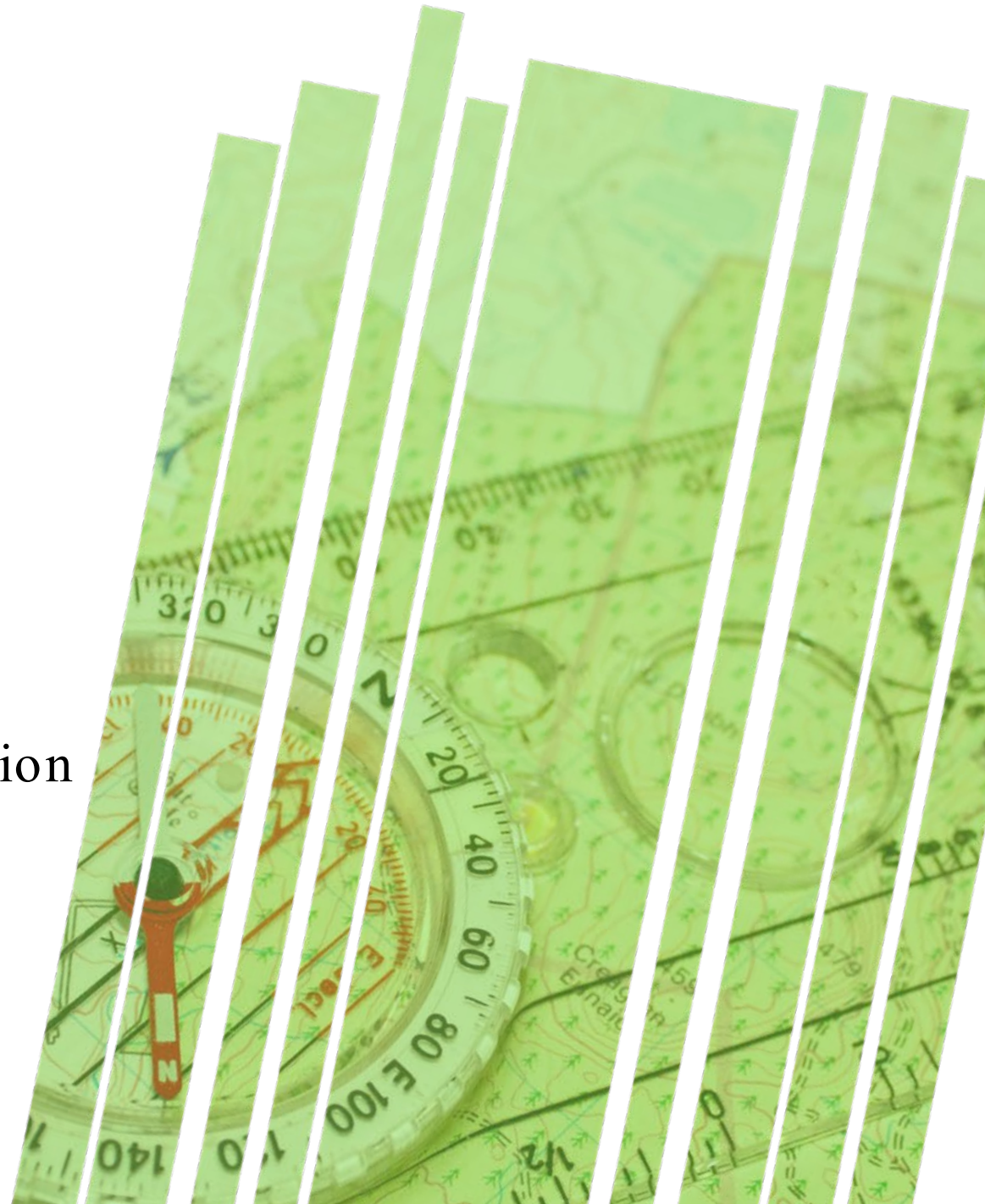
- How to keep safe and have fun whilst you are doing it all!



What can I expect from the final expedition?

As a team you will plan and organise your final expedition, with each team member playing a part, including -

- Coming up with an aim for your expedition
- Planning a route
- Creating a meal plan
- Preparing and checking your equipment
- Checking you have everything you need to stay safe (eg first aid kit)

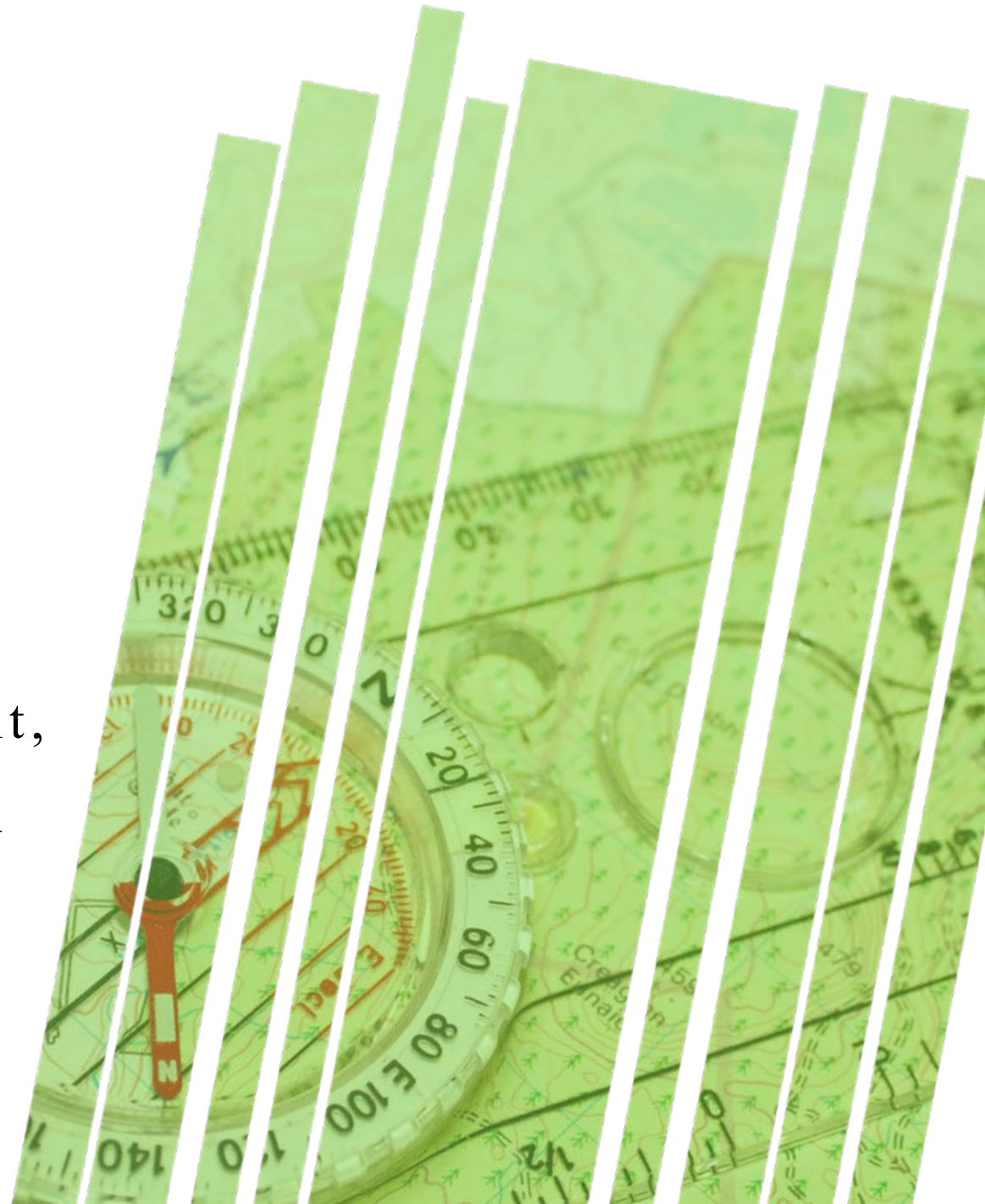


What can I expect from the final expedition?

The expedition will be by your own physical effort, without any outside assistance – so no hopping on a bus!

On your expedition you will be independent, unaccompanied and self sufficient. Don't worry, you will still be supervised remotely and safely, but the expedition should feel like you are off exploring on your own.

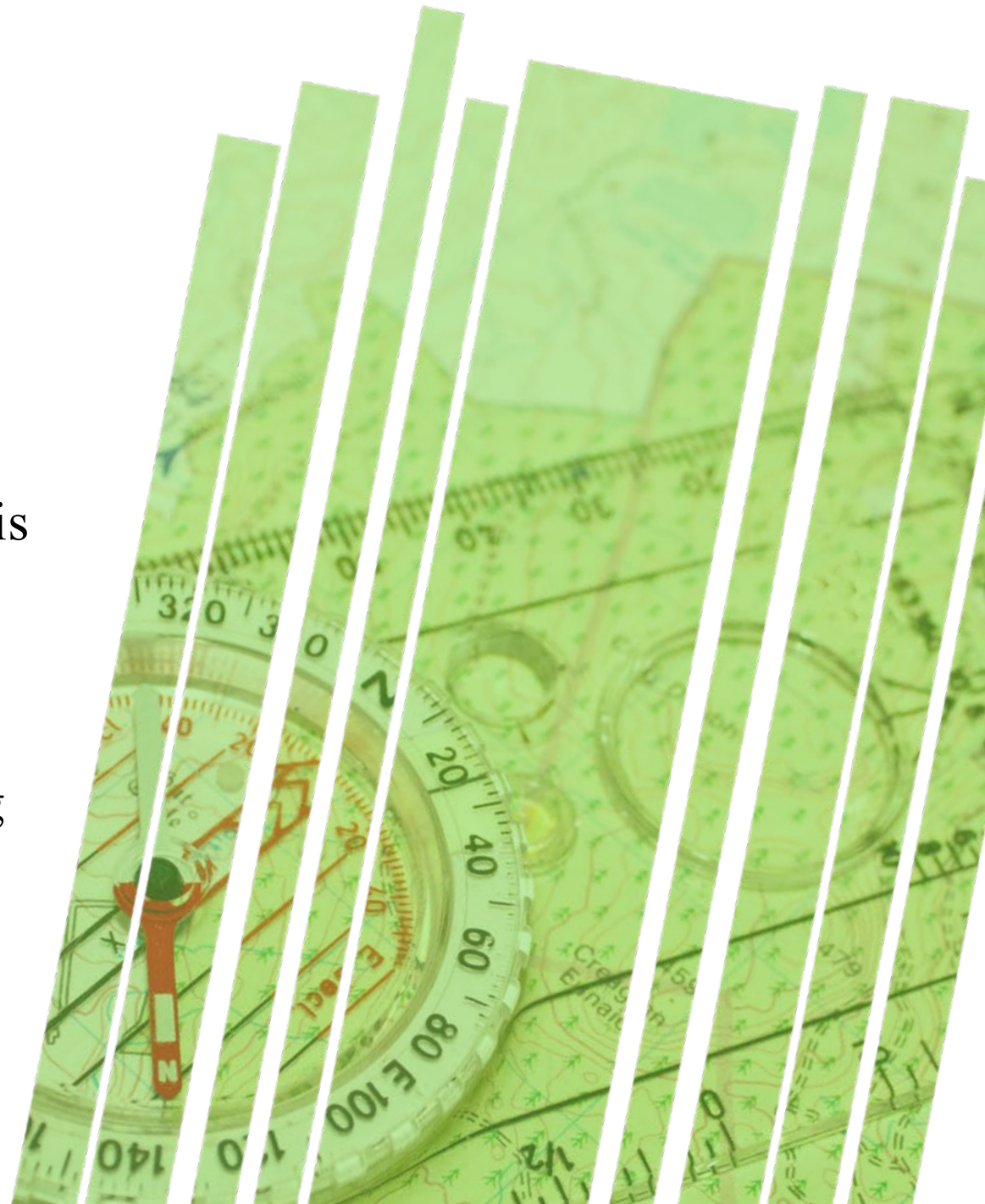
Together you will walk, navigate, carry equipment, cook, eat, set up camp, clear up camp, and more – all as a team.



What is an expedition “aim”?

A DofE expedition must have an aim. This can be almost anything, for example :

- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route and create a signpost selfie guide.
- Drawing all the different star constellations you can see.



What type of campsites will we be using?

For both expeditions you will be camping outside in a tent.

The locations will at least have a toilet and facilities to wash in (showers are a luxury on DofE).


The campsites are likely to be Girl Guiding, Scout or activity sites (usually with the opportunity to have a fire at night).



What will an expedition weekend look like? – Day 1

7.30am	Meet together for pre-expedition check
9.30am	Drop off at starting location and begin expedition
Various	Meet with/bump into leaders throughout the expedition time
4.00pm	Arrive at campsite and set up tent
6.00pm	Make dinner
7.00pm	Wash up
8.00pm	Plan for next day/relax (and if possible sit around campfire)
9.00pm	Think about getting into bed

What will an expedition weekend look like? – Day 2



7.00am	Rise and shine
7.30am	Grab breakfast/get ready for the day
8.00am	Pack up and check route
8.30am	Leave campsite and start hiking
Various	Meet with/bump into leaders throughout the expedition time
4.00pm	Arrive at finish location and have expedition debrief
4.30pm	Jump on the mini bus/car home

****Throughout the practice weekend there will also be time for exam studying if required**** (You won't need to carry your books)

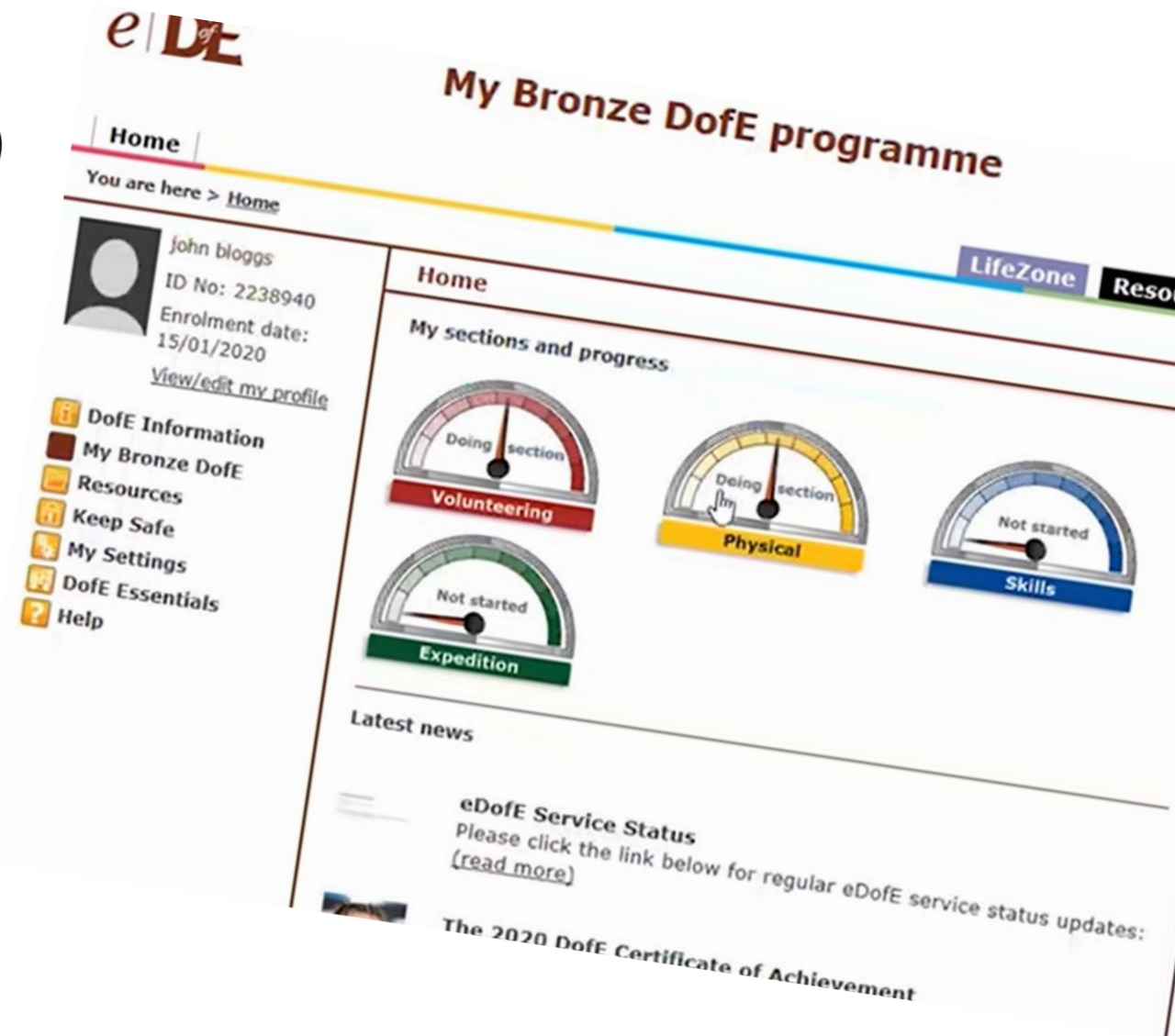
What is eDofE?

eDofE is where you will record all of your sections.

You'll be able to say what activity you are planning to do and review your progress and message your DofE leaders too.

Once everything is completed online your DofE leader will then approve your award.

(Oh..and there's a handy discount voucher too!)



Why should I do my DofE?

There's a ton of reasons why you should do DofE, but here are just a few:

- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



What is the Diocese of Chichester planning?

We are planning to run the DofE within the Diocese of Chichester.

This is a brand new group which is opening up for young people to come together.

When we have our training sessions you'll be able to meet people from across Sussex and grow your friendship group.

We will also be using some of the time to come together and grow in your faith.



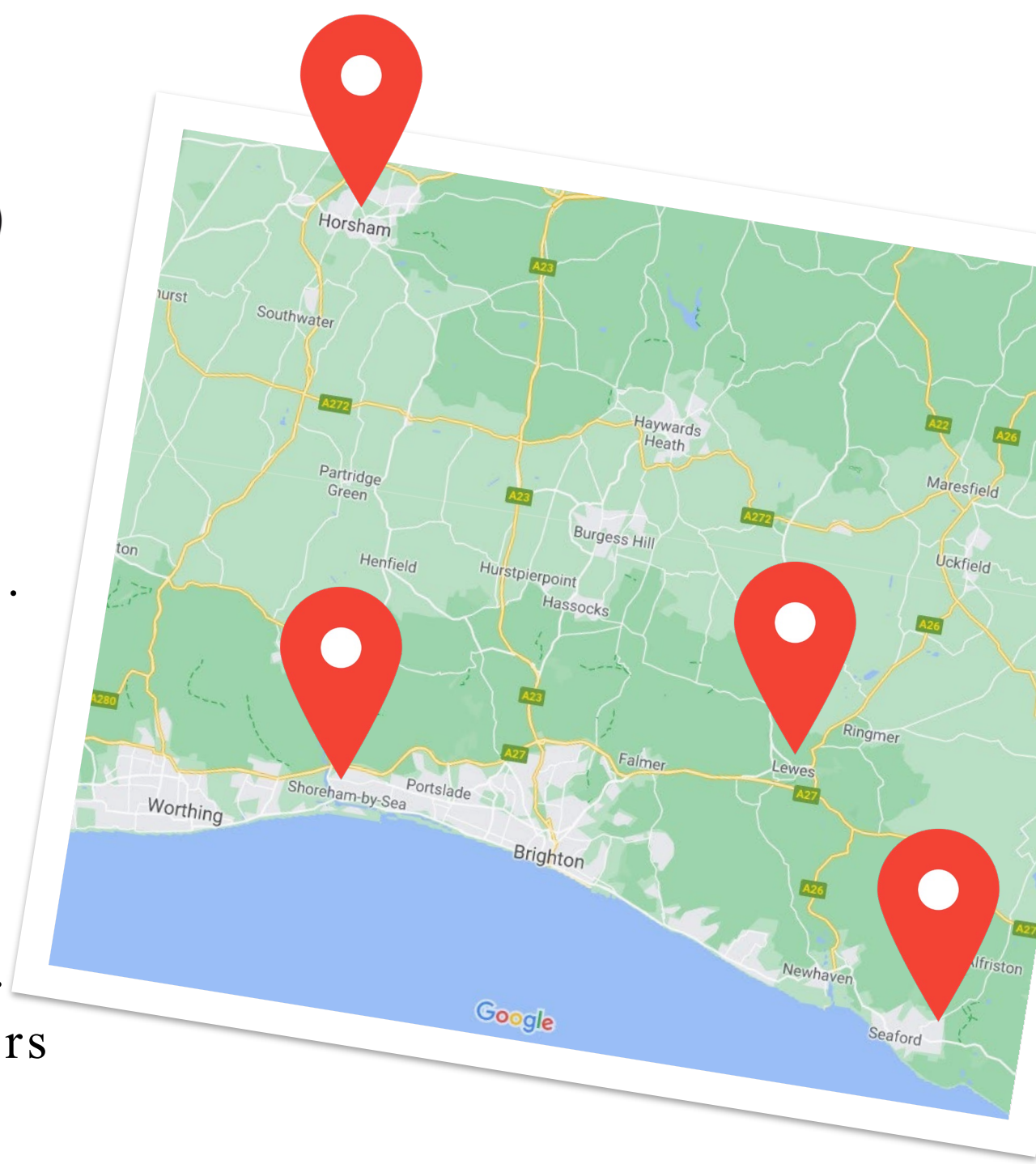
Who is our team & how are we going to work?

There will be 4 different centres:
Horsham, Lewes, Seaford & Shoreham.

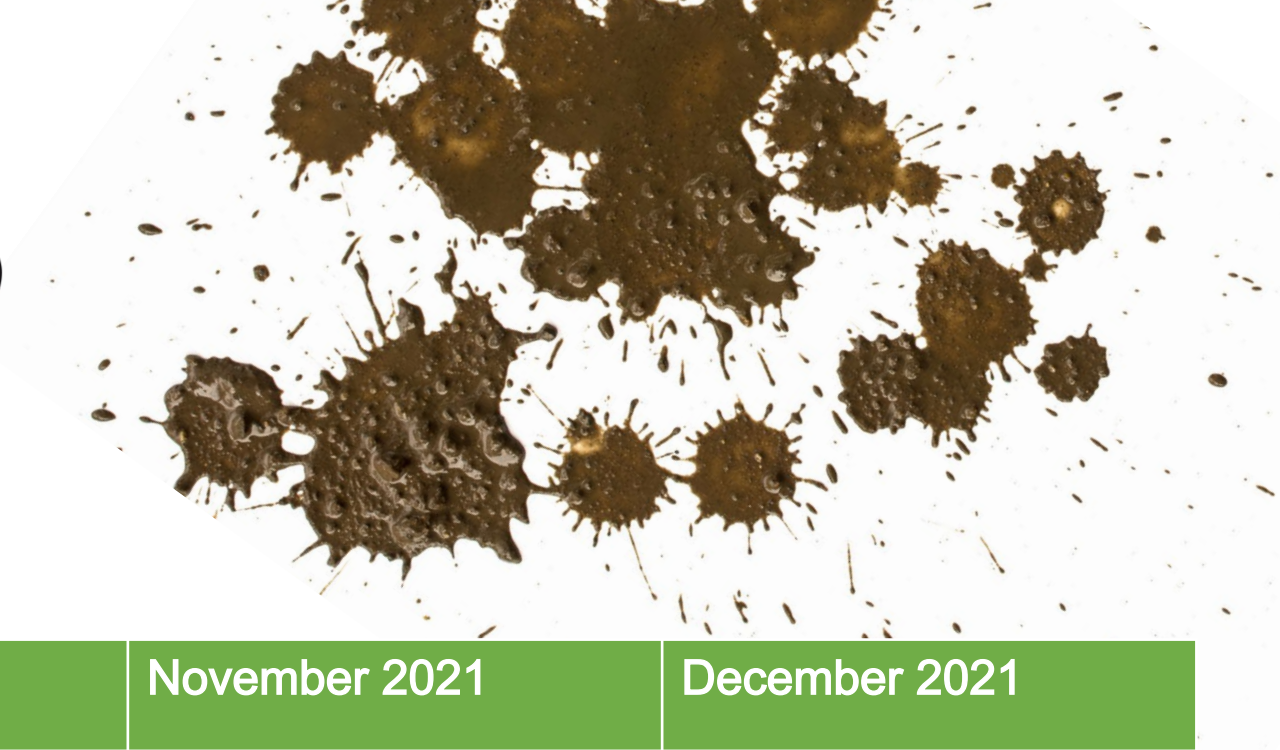
These centres will come together
regularly for training (some local and
some across the diocese).

From each location we have trained
members of staff to help with the
running of DofE, the leaders being:
Dan, Stefan, Dave, Steven, John & Lee.

We also have some fantastic volunteers
on board to assist too.

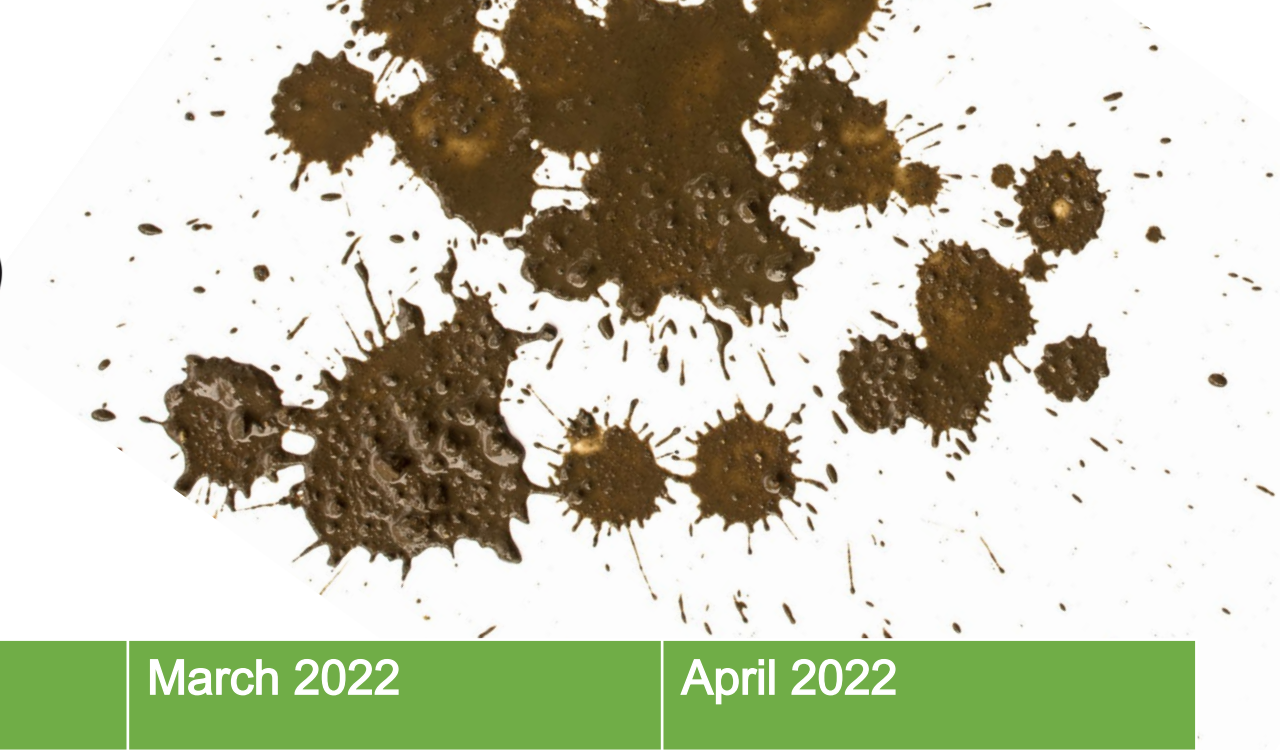


What dates will I need to attend?



	September 2021	October 2021	November 2021	December 2021
Session	Introduction to eDofE.	Overnight training and introduction walk.	(Local) Training afternoon.	eDofE catch up and Christmas Dinner
Location	Church House, Hove.	TBA	TBA	TBA
Date	26 th Sep 2021	9 th – 10 th Oct 2021	TBA	TBA
Time	14.00 – 16.00	TBA	TBA	TBA

What dates will I need to attend?



	January 2022	February 2022	March 2022	April 2022
Session	(Local) Training afternoon – If required	(Local) Training afternoon.	Overnight training weekend.	(Local) Training afternoon.
Location	TBA	TBA	TBA	TBA
Date	TBA	TBA	26 th – 27 th Mar 2022	TBA
Time	TBA	TBA	TBA	TBA

What dates will
I need to attend?



	May 2022	June 2022	July 2022
Session	Practice expedition	(Local) Training afternoon.	Assessed Final Expedition.
Location	TBA	TBA	TBA
Date	7 th – 8 th May 2022	TBA	16 th – 17 th July 2022
Time	TBA	TBA	TBA

How much will DofE cost me?

The cost for the diocese to run DofE will be **£60 per person**. This will include:

- DofE Registration
- Campsite Fees
- Cooking & First Aid equipment
- Transportation
- DofE help & management
- Training Days
- Training weekends
- 1 Practice expedition
- 1 Final expedition



How much will DofE cost me?

We are determined not to let cost be a barrier. If you feel you will struggle to pay for parts of DofE, please speak to a member of staff or your group leader for discreet support.

We will also have a limited supply of personal equipment (eg rucksacks) that can be borrowed

*Top tip - buy equipment out of season (it's a lot cheaper)



What equipment will I require?

(This list is of key equipment, a full kit list will be given out in due course)

- 60L Hiking Rucksack
- Walking Boots (Broken In)
- Walking Socks
- Waterproofs
- Sleeping Bag
- Sleeping Mat
- Tent (per team)
- Food (agreed in teams)
- Mess Tin (or bowl)
- Hydration Pack/Water Bottle

****Don't buy anything yet!!****



Q & A

