

Gwasanaeth  
Awyr Agored

# Duke of Edinburgh Bronze Expedition 2019

## Information booklet for participants and parents



@UrddAwyrAgored



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[www.awyragored.cymru](http://www.awyragored.cymru)

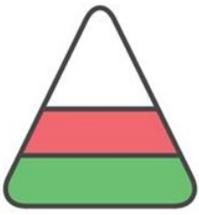
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## DofE Expedition

### What to expect?

You will be completing 2 expeditions where you will be self-sufficient for 2, 3 or 4 days, depending on the level of the Award. This means you will need to carry everything you need (e.g. tent, stove, sleeping bag and mat, clothes and food) for the whole expedition in an expedition rucksack. There will be toilets at the campsite and chance to refill water bottles. In extremely hot weather, Urdd staff will be able to provide more water when needed throughout the day.

You will be remotely supervised throughout the expeditions, where you may start off working with a member of staff but as the expeditions progress, your level of independence will increase, and you will only see staff at set locations or agreed times.

All Duke of Edinburgh expeditions require a good base level fitness. Your rucksack will weigh between 15-25kg, depending on what you need to carry, your size and length of expedition. This will rest on your shoulders and hips with the right rucksack. You will be walking in an area which will have uphill, downhill and a variety of terrain. You will be using different muscles than you will be used to. You will be journeying for approximately 6-8 hours a day.

Wearing appropriate footwear (walking boots) is a necessity as they will provide good grip and stability for various terrains. Blisters can occur with inappropriate or ill-fitting footwear, so by wearing good socks, preparing your feet and appropriately tying the boots for hiking can help prevent blisters or other injuries.

The weather in the UK can be unpredictable at times, but by using appropriate weather reports, we can prepare the right kit for an expedition. Full waterproofs are a necessity for all expeditions, which come in handy when the weather is wet, windy and cold. During your expedition, you will most likely experience some form of rain and cold weather. The temperature drops a lot during the night at all times of the year (even during the hottest days of summer) but can be very cold during October or March/ April expeditions. You will need to ensure you have enough layers of clothes or insulating clothes, hats and gloves to stay warm and waterproofs to stay as dry as possible. In extremely hot weather, Urdd staff will be able to provide more water when needed throughout the day along with sheltered locations.

[Please visit our website for more information](#)

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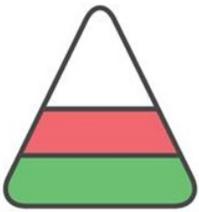
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# Hyfforddiant ac Alldeithiau Training and Expeditions

## Training Day

**19/05/2019**

**Timings:** 9:30am - 3:30pm

**Meeting location:** Cardiff High School

## Practice Expedition

**01 - 02/06/2019**

**Meeting time:** 10am

**Return time (approx):** 4-6pm

## Qualifying Expedition

**22 - 23/06/2019**

**Meeting time:** 9am

**Return time (approx):** 4-6pm

**Drop off and pick up location:** Cardiff High School

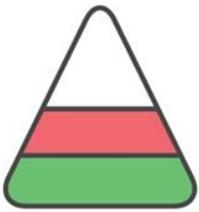
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# Expedition Information

## Practice Expedition

**Afan Valley**

**Campsite:**

*Bryn Bettws Mountain Lodge*

*Pontrhydyfen*

*Port Talbot*

*SA12 9SP*

## Qualifying Expedition

**Gower**

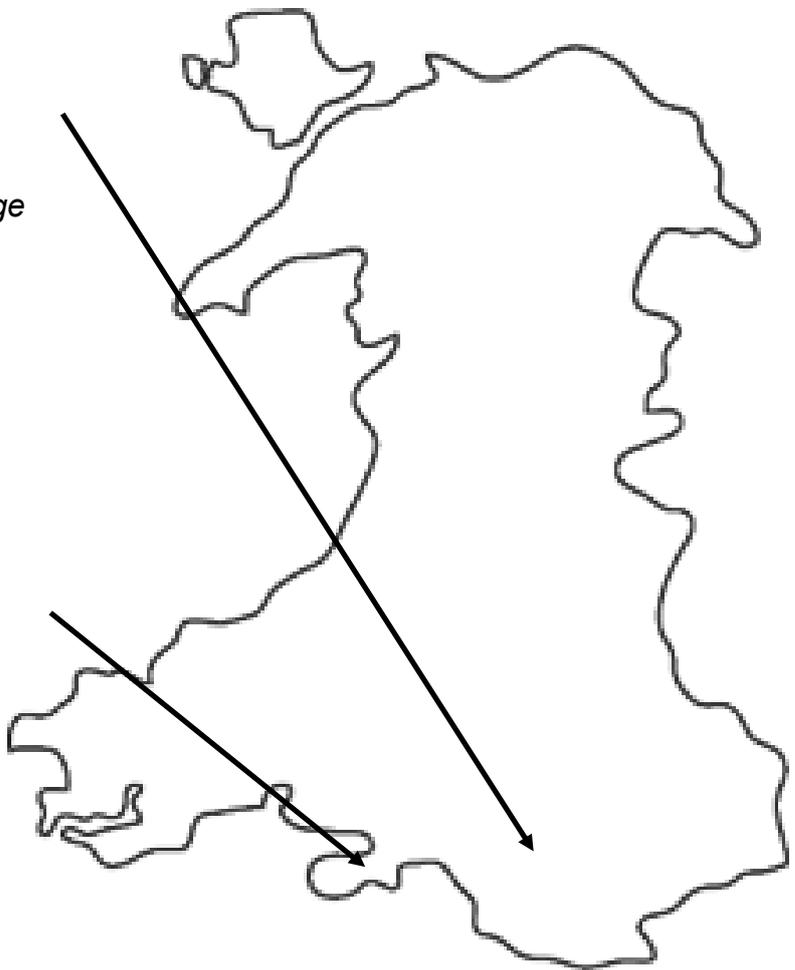
**Campsite:**

Bank Farm Leisure Park

Horton

Gower

SA3 1LL



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## The 20 Conditions of the Expedition section

DofE qualifying expedition conditions	
Planning the expedition	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. <b>Bronze:</b> Expeditions should be in normal rural countryside – familiar and local to groups. <b>Silver:</b> Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups. <b>Gold:</b> 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. <b>Bronze:</b> A minimum of 2 days, 1 night; 6 hours planned activity each day. <b>Silver:</b> A minimum of 3 days, 2 nights; 7 hours planned activity each day. <b>Gold:</b> 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 for the safety of the team.
	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 outside this period, if so, non-camping accommodation options should be considered.
Training and practice	11 Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating. <b>Bronze:</b> Teams must complete the required training. <b>Silver:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights. <b>Gold:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights
	12 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.
During the expedition	13 All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	14 Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	15 Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	16 Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	17 Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
	18 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.
Post expedition	19 Participants must actively participate in a debrief with their Assessor at the end of the expedition.
	20 At Silver and Gold level, a presentation must be prepared and delivered after the expedition.

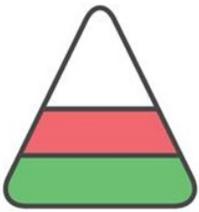
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## *Mobile Phone Policy*

The purpose of the Duke of Edinburgh Award expedition section is to offer opportunities for young people to spend time outdoors traveling and living independently, away from the stress of everyday life. The expedition is a great way for a young person to realize the importance of personal resilience and to work as part of a team. We have recently noticed that more and more young people come with personal phones with them on expeditions, and use them to keep in touch with friends and family, and for updating social media. In response to this we have decided to implement the policy below on each expedition.

Mobile phones are not permitted while on Duke of Edinburgh expeditions. It is possible to carry a phone within the group for emergency use, safely stored in the rucksack, to contact supervisors and trainers if necessary. Participants are not to contact parents directly whilst on expedition for any reason. If there is a situation where a parent / guardian needs to be contacted, this must be done through the supervisors / teachers.

If you would like to discuss our mobile phone policy further, please contact us.

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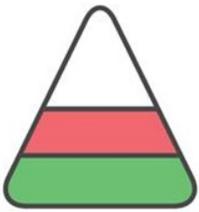
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## Follow us!

We regularly update our social media accounts with information about expeditions, pictures and videos. A great opportunity to see your child completing the Expedition Unit of the Award! We also share information about upcoming events and trips outside of the D of E



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