

## DofE Rules: The Aim of your Expedition

It is one of the 20 requirements of the expedition that it must have an aim.

Having an aim will hopefully:-

1. Give the expedition more purpose;
2. Help you to learn more about the landscape you are passing through;
3. Encourage you to look around you rather than spend 3 or 4 days looking at the next metre in front of you;
4. To help you prepare a more insightful and interesting **presentation**.

Time spent on your aim counts towards time (6,7, or 8 hours for bronze, silver and gold respectively) you need to spend out each day on your expedition. If you need time to research something then add the time needed to your route card.

As with anything you **HAVE** to do, the best thing to choose is something you are genuinely interested in. If you are stuck for ideas then talk to your supervisor for more ideas specific to the landscape you will be passing through or read on for some generic aims.

At Gold level choosing an aim that seeks out and interacts with people outside the team is not appropriate so on survey's or visits to museums.

### Some ideas for Aims

**Geography:** Learn about the geography / geology of an area before your expedition and then take photos / notes / sketches to give the practical element to your study.



**Use of land:** Old mine workings can be visually striking. Before you go out find out what was mined in the area and why then visit the sites of the mine workings. Other land use studies could focus on farms, field systems, tourism etc.

**Transport:** Many railway lines and canals have a long (and thanks to enthusiasts) well documented history that can be researched both at home and en-route.

**Leadership styles:** Take it in turn to lead the rest of the group (half a day or a day each). Discuss different leadership styles that each of you employed.

**Morale:** What affects morale? How can you anticipate a dip? What can you do to prevent your morale dropping?

**Historical:** Stone circles and standing stones, Old or derelict structures, churches and abbeys, roman roads.



## DofE Rules: Ensuring Success on your Expedition

The Duke of Edinburgh's Award Expedition can be an extremely tough challenge. You will probably be walking for long periods of time for 3 or 4 days. On top of this you have to carry everything you need in that time and camp out. Most people who do not complete the expedition first time drop out through illness or injury. This is unfortunate, and to a certain extent unavoidable. You can reduce the chances of injury through practice, if you are used to your kit and walking with it then there is less chance that you will suffer an injury.

One of the 20 conditions of the expedition section of the award is that 'Your expedition must be unaccompanied and self-sufficient'. If, due to group safety or to combat 'bad' behaviour, we feel that we cannot leave you unaccompanied then your expedition cannot count as a qualifying expedition and will be converted into another practice.

This really doesn't happen often, won't be an out of the blue decision, and isn't anything to worry about so long as you are courteous, considerate and safe. Here are some examples of what could go wrong and tips to get you through.

The issue	The details	Possible solutions
Damage to property	Any deliberate vandalism may result in us not trusting you to continue alone. Don't climb or remove stones from walls.	Accidental damage does occur and is often unavoidable. However, this is sometimes due to thoughtlessness or carelessness. If your behaviour causes damage to property then change your behaviour.
Complaints from the public	Please keep your disruption to others to a minimum both on your walk and especially at camp sites.	When you turn up at a campsite introduce yourselves to your new neighbours. People are less likely to be annoyed by any late night noise if they like you and feel able to approach you about it.
Deliberate littering	We will check your campsites and often your lunch sites.	Get a bag for litter sorted in your group immediately you start cooking. Never put any litter on the floor, put it straight in the bag. Make sure nothing is left outside your tent at night or when it is unattended. Always do a litter sweep after camping or having lunch.
Inability to navigate	If it is clear you cannot navigate safely then we will have to accompany you. We will give further instruction to help you prepare for another qualifying expedition.	Everyone gets lost every now and then, this is nothing to worry about. If you do find yourselves getting lost frequently then you need to get a grip of the situation and pay more attention to the task in hand.
Unsafe cooking procedure / fire hazards	Don't chuck stuff around while people are cooking.	Incidents around fire safety are rare but extremely serious when camping. If you are cooking then concentrate on the cooking. If others in your team are cooking don't fool around in that area.
Short cuts	Stick to your route (unless unsafe to do so)	Try and plan a route which is a straight forward A-B journey. If you do have to include a dog leg we will probably be watching you at that point so don't be tempted to take a short cut.



# 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. <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 33%; padding: 5px;"><b>Bronze:</b> Expeditions should be in normal rural countryside – familiar and local to groups.</td> <td style="width: 33%; padding: 5px;"><b>Silver:</b> Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups.</td> <td style="width: 33%; padding: 5px;"><b>Gold:</b> Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.</td> </tr> </table>	<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.
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	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. <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 33%; padding: 5px;"><b>Bronze:</b> A minimum of 2 days, 1 night; 6 hours planned activity each day.</td> <td style="width: 33%; padding: 5px;"><b>Silver:</b> A minimum of 3 days, 2 nights; 7 hours planned activity each day.</td> <td style="width: 33%; padding: 5px;"><b>Gold:</b> A minimum of 4 days, 3 nights; 8 hours planned activity each day.</td> </tr> </table>	<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.
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	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. <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 33%; padding: 5px;"><b>Bronze:</b> Teams must complete the required training.</td> <td style="width: 33%; padding: 5px;"><b>Silver:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.</td> <td style="width: 33%; padding: 5px;"><b>Gold:</b> Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights</td> </tr> </table>	<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
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During the expedition	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.			
	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.			