



**DE**  
*of*

THE DUKE  
OF EDINBURGH'S  
AWARD

**SOUTHLANDS  
HIGH SCHOOL**



Information for students new to  
the award  
&  
Expedition Programme

*March 2016*

# What is the DofE?

A DofE programme is a real adventure from beginning to end. It doesn't matter who you are or where you're from. You just need to be aged between 13 and 24 and realise there's more to life than sitting on a sofa watching life pass you by.

## Levels

You can do programmes at three levels, which when completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

## Sections

You achieve your Award by completing a personal programme of activities in four sections - Volunteering, Physical, Skills and Expedition.

You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).


The best bit is - you get to choose what you do!

Your programme can be full of activities and projects that get you buzzing, and along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

If you need any further information, talk to any of the DofE leaders in school. The leaders at Southlands are: **Mr McGurk, Miss Malone, Mrs Lang, Mr Worth, Miss Howden, Mrs Harley and Mr Thronberry**

## What is the benefit?

- Achieving an Award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.
- You're getting recognised for doing things you want to do (and may even be doing already).
- You'll make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.
- And above all, it's a great laugh - the question should really be why wouldn't you bother!



**Over 80% of employers and universities use the DofE as their main way of choosing between candidates with the same qualifications.**

## What do I need to do?

The time scales for the sections below are for the Bronze Award Programme only, for other award levels the duration of each section and the expedition would be longer.

### Physical

Participants must take part in some form of physical activity over a period of 3 or 6 months.\* This can be anything from taking part in team sports to individual fitness training.

### Volunteering

Participants must choose to help a person or organisation without taking payment over a period of 3 or 6 months.\* This can be anything from fundraising, to working in a charity shop or even helping an elderly neighbour do their shopping.

### Skill

Participants must attempt to improve a personal skill over a period of 3 or 6 months.\* This can be anything from learning to play an instrument, to improving your golf swing or even learning how to make apps!

### Expedition

Participants must take part in an adventurous activity over 2 days and 1 night for which they should be self sufficient and navigate as a team.

For the sections above participants are expected to take part in each activity for the equivalent of one hour a week over the 3/6 months. This might be 2 half hour sessions each week or one 2 hour session each fortnight. However it is done it should be seen that it is completed over a period of time to show that the participant has committed to the activity, the sections are not to be done in one go, for example volunteering as a first aider for a weekend long event (2 x 6 hour shifts) would not show on going commitment.

For the expedition section the information above relates to their qualifying expedition, before they can go and do this they must do a number of training events and a practice overnight camp. Further details of this can be found later in this booklet.

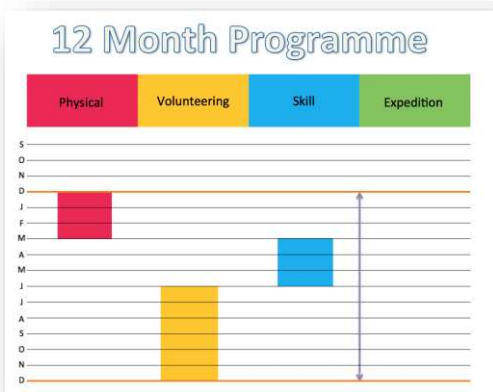
*\* Participants must choose one of either the Physical, Volunteering or Skill sections to do for 6 months, the remaining two sections are to be done for three months.*

# How long will it take?

The time scale for completing an award is entirely up to the individual. The minimum amount of time to do everything would be 3 months, however it is rare that a participant completes the award so quickly. There are a few things to consider:

- The expedition section will be completed according to the time frame set out by the school (this can be found on page 5)
- Participants must choose one of either the Physical, Volunteering or Skill section to complete over 6 months. The other two would be completed over 3 months.
- If you are choosing an activity that you already do, you can backdate up to 3 months from the day you are enrolled onto the award; you can only do this for **ONE** of the three sections.

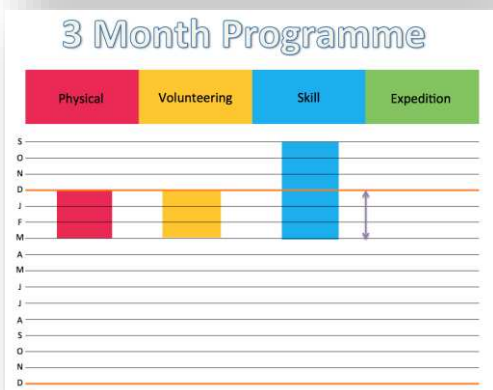
Below are some examples of how a participant might plan out their award.



In this example the participant has started completing their section on their enrolment date.

They have chosen to do one hour per week of activity, firstly for their Physical, secondly for their Skill and thirdly for their Volunteering.

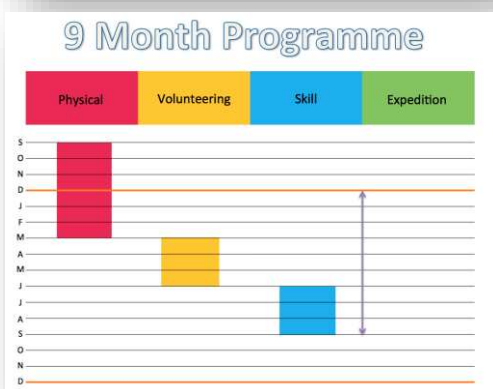
They have chosen to complete their volunteering for 6 months.



In this example the participant has started completing 2 sections on their enrolment date, but has backdated their skill section for 3 months prior to enrolment.

This participant has chosen to do all 3 sections simultaneously and will therefore be doing 3 hours each week on their various activities.

They have backdated the first 3 months of their '6 month' section.



In this example the participant has again backdated one section for three months.

They have chosen to do one hour per week of activity, firstly for their Physical, secondly Volunteering and thirdly for their Skill.

They have backdated the first 3 months of their '6 month' section.

## Expedition Training Programme 2016

In order to complete their expedition section students must complete a 2 day and 1 night qualifying expedition. They cannot complete this unless they have first completed a training programme that ensures they have the necessary skills to complete the unaccompanied expedition.

Date	Venue	Activity
7 <sup>th</sup> May 16' (Year 9) 8 <sup>th</sup> May 16' (Year 10)	School	<b>Expedition Work Shop</b> <i>This will be a full day of workshops starting at 9.30am ending at 4pm. Participants will need to wear comfortable clothes and bring a packed lunch.</i>
21 <sup>st</sup> May 16' (Year 9) 22 <sup>nd</sup> May 16' (Year 10)	School	<b>First Aid Training</b> <i>This will be a full day of workshops starting at 9.30am ending at 4pm. Participants will need to wear comfortable clothes and bring a packed lunch.</i>
11 <sup>th</sup> June 16' <b>OR</b> 12 <sup>th</sup> June 16' <b>OR</b> 19 <sup>th</sup> June 16'	<b>Rivington</b>  <i>The public carpark between Rivington Lower barn and Rivington and Balckrod school.</i>	<b>Navigation Training Day</b> <i>Students will need to arrive at the car park before 10am to be ready to set off walking at 10am. They will need to have appropriate footwear (walking boots) and waterproofs. They will also need a packed lunch for the day. The end time of day walks is determined by how quickly the groups walk, however this walk ususally is completed by 3pm.</i>  <b>Students only need to attend ONE of these three days.</b>
26 <sup>th</sup> – 27 <sup>th</sup> June 16' (Year 9)  3 <sup>rd</sup> – 4 <sup>th</sup> June 16' (Year 10)	Bowley Scout Camp –Great Harwood (BB6 7UN)	<b>Practice Expedition</b> <i>This will be a 2 day one night camping expedition. Students will need to have appropriate footwear, waterproofs, a rucksack and tent. They will also need to bring food, cloths and any other overnight supplies they might need.</i>  <i>We ask parents to drop students off and collect students from the camp site. We will being the expedition at 10am on the Sunday.</i>  <i>Students will be directly supervised by staff for the majority of this weekends.</i>
10 <sup>th</sup> – 11 <sup>th</sup> July 16' (Year 9)  17 <sup>th</sup> – 18 <sup>th</sup> July 16' (Year 10)	Tawd Vale Scout Camp – Latham (L40 5UL)	<b>Qualifying Expedition</b> <i>As above regarding kit.</i>  <i>We ask parents to drop students off and collect students from the camp site. We will being the expedition at 10am on the Sunday.</i>  <i>Students will be remotly supervised for this expedition, meeting staff at pre-arranged check points.</i>

## How much will it cost?

There are a number of costs that need to be covered for each participant these cover:

- The charge from Lancashire County Council for enrolment (including the cost of the participants welcome pack).
- The campsite fees.
- On going replacement of Southlands DofE kit.
- Resources required for running workshops.
- Supply of maps for expeditions.

To cover all of the above costs we charge **£65** per participant to complete the Award at Southlands. The school will not ask for any further contributions.

For this £65 fee your son/daughter will receive their welcome pack, will be entitled to attend 2 weekend workshops, 1 training day walk and 2 weekend expeditions.

As part of this cost school will also be able to provide a limited amount of group kit for students who do not have access to their own tent or camping stove. This kit will be available on a first come first served basis.

### Does this cover everything?

The £65 charge gives your son/daughter access to all of the activities they will need to complete the award, but does not include personal kit. In order to complete their award each participant will need at the very least a good pair of walking boots and a good waterproof jacket. In order support parents with the cost of kit, each welcome pack comes with a discount card for 15% off marked prices on all goods at Cotswolds (the closest store to Southlands is in Preston). Expeditions are also designed to be self-sufficient, as such participants are challenged to arrive with everything they will need to get through the weekend and should therefore not need to visit a shop during their weekend. This does mean that they are expected to provide their own food for their expedition.

There are a number of activities that are provided in school that will allow participants to complete the three section of their award (Physical, Skill, Volunteering) for free. However participants may choose to complete one or more of their sections outside of school. If this is the case then any cost incurred by taking part in these activities are at the parents' discretion.



# Typical Kit list

## Personal Clothing

- Walking boots\*
- Thick socks
- Sensible trousers (not jeans)\*
- Light weight t-shirt
- Warm jacket
- Waterproof jacket\*
- Waterproof trousers
- Hat/Gloves
- Underwear

## Overnight equipment

- Wash kit (personal preference, deodorant, toothbrush/paste, soap etc..)
- Towel
- Toilet Roll
- Footwear for campsite
- Sleeping bag\*
- Warm cloths to sleep in.

## Food

- Snacks and water for the day walks
- Food to make for an evening meal (substantial)
- Food for breakfast

*REMEMBER YOU WILL HAVE TO CARRY THIS SO THINK ABOUT WEIGHT*

## Other

- First aid kit – Essential – Personal requirements, plasters. \*
- Tent – Can be borrowed from school.
- Camping stove – Can be borrowed from school.

*\* Items that are essential*

## Contact Details



Students can keep up to date with their progress and contact their DofE Leader using their own eDofE account, go to <https://www.edofe.org/Login> to log in.



Email: [dofe@southlands.lancs.sch.uk](mailto:dofe@southlands.lancs.sch.uk)



Follow us on: @Shsdofe



Call: 01257 414 455







# APPLICATION FORM

If you wish to participate in the Duke of Edinburgh's Award Scheme at Bronze Level through Southlands High School please complete the form below:

## Participant Details

Name: \_\_\_\_\_ Form: \_\_\_\_\_

D.O.B.: \_\_\_\_\_

Student's Mobile Phone Number: \_\_\_\_\_

Student's Contact email address: \_\_\_\_\_

Any Medical conditions we should know about (*Allergies, Asthma, injuries, hayfever etc...*)

Please be aware that the school will not supply painkillers and we need to have parental consent to allow students to take painkillers. Please ensure that your son/daughter brings their own pain relief if necessary and tick the box to give your consent for their use:

## Parent/Carer Details

Name: \_\_\_\_\_

Home Contact Number \_\_\_\_\_

Parent Mobile No.: \_\_\_\_\_

Other Contact Number: \_\_\_\_\_ (who?) \_\_\_\_\_

Parent Email: \_\_\_\_\_

Is there anything else you think we should know?

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

*Please enclose £65 cash, a cheque made payable to Southlands High School or use the cashless system.*