

# Bronze DofE Training 2021

Fairfax has been doing the DofE for over 50 years, it is a huge part of the history and tradition of the school.

You have chosen to be part of this and the hundreds of thousands of young people around the world who take part each year.

## Welcome to the Duke of Edinburgh's Award

Friday, 22 May 2026

# DofE Expedition Training

Mr. Hill

# Outline of Sessions

1. The 20 Conditions and Expedition Purpose
2. Maps and Symbols
3. Map Reading & Navigation (inc. Route Card Completion)
4. Compass Use and Walking Techniques
5. Safety Kit and Procedures
6. Food Selection and Stove Safety
7. Kit Selection and Bag Packing
8. Camp Craft and the Countryside Code

# Session 1

The 20 Conditions and Expedition Purpose

# Expedition Training

All your expedition training will take place on [Show My Homework](#)

- There will be training each week for you to go through
- To make sure you have done the training there will be a short quiz/questions for you to do at the end of each weeks session

**If you miss sessions and therefore not trained you will not be allowed to do on the expedition.**

**You have been warned.**

# TASK: Things To Do ASAP

## Access your Bronze DofE award online:

- Go to the eDofE website and click on log in
- It will ask you your user name and password

**Username:** Your name eg: FredBloggs

**Password:** Your birthday (as 8 numbers) eg 12022002

- Once you have logged in it will ask you to input your information
- Do that

# Your DofE Award Requirements

- **SKILL**

- Learn something new
- NOT a sport related skill

- **PHYSICAL**

- Any type of sport/fitness activity goes
- PE lessons DON'T count

- **SERVICE**

- a.k.a Volunteering
- Do something to help someone else (NOT a family member) for nothing in return
- Can't support a business

- Should be regular

- At least once a week, every week

- You need to complete **TWO** of these for 3 months

- You need to complete **ONE** of these for 6 months

- **PLUS...**

- Complete an **EXPEDITION...**

# Evidence

You will need to keep a log of each week you do your activities.  
You can only do one hour per week.

- Your log must be the same start date and end date as you input on line
- When you have competed you will need a letter from the assessor to say what you have done.
- All this needs to be put onto your edofe account.

**You have all this information in your dofe welcome pack**

- Each group now has a member of staff to help with this. They are all emailing you now so check you email.
- The group list will be on the notice board by PE so have a look and go and see your teacher.

# Your DofE Expedition Requirements

- **Bronze**

- Min. 2 days, 1 night
- Min. 6 hrs/day activity

- **Silver**

- Min. 3 days, 2 nights
- Min. 7 hrs/day activity

- **Gold**

- Min. 4 days, 3 nights
- Min. 8 hrs/day activity

- **To pass, you MUST:**

1. Plan and walk a suitable route
2. Uphold the **countryside code**
3. Achieve all of the “**20 conditions**”
4. Complete a project based on your **expedition’s purpose**

# The Expedition Purpose

- In order to be 'signed off' as successfully completing your expedition, you also need to **present** the outcome of your expedition's purpose
- **The presentation can take many forms, e.g.:**
  - Verbal
  - PowerPoint
  - Leaflet
  - Poster
- **Some example of things you could do...**

# Expedition Purpose Examples

## History:

- Explore and document cairns.
- Investigate the changes in local agriculture over the last 100 years.
- Explore an historic place made famous in a film or television programme and document the scenery.
- Photograph and describe interesting old buildings along your route.

## Environment:

- Decorate a white t-shirt, using inspiration from the scenery that you see along your route.
- Search for forms of fungi, photograph or sketch them and record them.
- Paint different types of trees and correctly identify them.
- List and film the different kinds of birds that you see.
- Draw all the different star constellations that you see.

## Teamwork:

- Create a series of communication signals to use within your team.
- Make a video diary of your team's experiences, from camping and cooking to reaching your destination.
- Design a team motif and make a badge or accessory for each team member to wear that reflects your journey.
- As a team, identify different team roles and rotate each day.

# Expedition Purpose Examples

## Conservation:

- Monitor the levels of litter on your route and plan how you could campaign to reduce this.
- Consider the impact of vehicles on the environment along your route.
- Record evidence of wildlife breeding programmes and how you would start your own.
- Investigate the maintenance of footpaths and hedgerows.
- Study local efforts to stop the erosion of coastlines.

## Physical:

- Record your different emotions over the expedition and relate it to the physical challenge.
- Set a group challenge to speed walk every day for a certain period of time and keep each other going.
- Monitor what time of day people have the most energy to push themselves harder and improve your journey times.
- Film warm up and warm down sessions before and after your day's walk.
- Monitor changing heart rates and body temperature on the expedition route.

## Literature:

- Write a series of poems of your experiences and critique them.
- Visit areas which inspired poetry, such as the Lake District and Wordsworth.
- Explore sites made famous in folklore, such as Robin Hood's legendary home of Sherwood Forest.
- Use your funniest expedition moments to create a play and perform it as your presentation.
- Write a short ghost story or mystery tale based loosely on your expedition.

# The 20 Conditions To Pass Your Expedition

1. **Your expedition must be by your own physical effort, without any motorised or outside assistance.**
2. Your expedition must be unaccompanied and self-sufficient.
3. Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.
4. Your expedition must have an aim.
5. You must be properly equipped for your expedition.
6. You must have completed the required training and practice expeditions.
7. At least one practice expedition must be undertaken at each level of the programme, in the same mode of travel in a similar environment to the qualifying expedition.
8. You and your team must plan and organise your expedition.
9. You must be assessed by an approved accredited Assessor to the DofE.
10. **There must be between four and seven people in your team.**
11. You must be within the qualifying age of the DofE programme level.
12. **Participants must be at the same level of assessment.**
13. **Your team must not include anyone who has completed the same or higher level DofE expedition.**
14. Your overnight accommodation should be camping.
15. Your expedition must be the minimum number of days required for your DofE level.
16. Your expedition should normally take place between the end of March and the end of October.
17. Your expedition should be in the recommended environment for your DofE level.
18. You must do the minimum hours of planned daily activity for your DofE level.
19. You should cook and eat a substantial meal each day.
20. You must create and deliver a presentation after your expedition to complete the section.

**Don't forget that ALL of your team must meet these conditions!**

# The Countryside Code

## Respect other people

- Consider the local community and other people enjoying the outdoors
- Leave gates and property as you find them and follow paths unless wider access is available

## Protect the natural environment

- Leave no trace of your visit and take your litter home
- Keep dogs under effective control

## Enjoy the outdoors

- Plan ahead and be prepared
- Follow advice and local signs.

# TASK: Decide on Your Expedition's Purpose!

- Can be individual, in groups or as a team
- Might affect the equipment you bring with you
  - e.g. water quality testing kits (small test tubes)
- Might affect the route you take
  - e.g. Might need to aim for lots of stiles or bridges
- **THINK:** How are you going to present at the end of your expedition?

# TASK: Meeting The 20 Conditions

- Read the 20 conditions again
- Are there any that might cause an issue?
- **A MAIN POINT:** You should be **EMOTIONALLY** self-sufficient. That means no calling home or contact with the outside world
  - = **NO USING MOBILE PHONES!**
- **IF SO:** Tell your member of staff immediately so that a solution can be found!
- **REMEMBER:** ALL members of the team **MUST** achieve all 20 of the conditions for the team to pass.