

# Duke of Edinburgh's Award

## GOLD EXPEDITION SIGN UP DETAILS 2023-24

### NONSUCH HIGH SCHOOL FOR GIRLS



September 2023

Dear Parents/Guardians,

I am happy to provide details for the expedition section of the Duke of Edinburgh's Award. Activ Adventures are a DofE Approved Activity Provider (AAP) and deliver expeditions across the UK for schools and youth groups. Please visit [www.activadventures.com](http://www.activadventures.com) if you wish to find out more.

For 2024 we have developed a new Gold expedition programme to benefit participants in the South of England who may not wish to travel so far to complete their Gold expeditions. This is possible as DofE have removed the requirement for expeditions to take place in traditional 'Wild Country' areas such as the Brecon Beacons and Snowdonia.

Our new expedition will take place along the Jurassic Coast which enables a reduction in time on expedition and therefore cost of the programme. It will also reduce the travel time and cost to reach the expedition. We hope this will be an appealing expedition programme however it must be understood that this expedition is not designed to be any easier than the traditional format. Some may in fact find it harder due to the number of consecutive days walking. For any pupils who wish to complete two separate expeditions or visit the mountainous areas of the UK to complete their Gold expeditions this will remain possible by signing up to our Open expeditions. You can read more about these at the bottom of this letter.

#### The Gold expedition programme at Nonsuch - Key Information

The expedition section is both challenging and rewarding. Here are some key points:

- Activ expeditions are run in line with guidelines set by the DofE Award. This includes the [DofE Expedition Requirements](#) and training frameworks.
- The Gold programme requires participants to complete training followed by a 2 day/2 night practice expedition and a 4 day/3 night qualifying expedition. These elements can be run back to back as we plan to do.
- Participants walk in teams of 6/7, navigating their way along a pre-planned route whilst carrying their kit, food, tents and cooking stoves in a rucksack (on average weighing 12-14 kg), walking for approximately eight hours per day, cooking as a team and camping overnight in 3-person tents.
- As outlined by DofE, self-reliance and completing expeditions with minimal external intervention is required. Participants must take responsibility for their own health and safety as they will be remotely supervised for parts of the expeditions. They will encounter certain risks integral to the expeditions including (without limitation) walking on rough terrain, managing environmental hazards such as changeable weather, extended physical effort and feeling uncomfortable and tired.
- Participants must be in a good state of physical and mental health in order to safely and successfully complete the expeditions. Please declare to us beforehand any wellbeing or medical issues.
- Participants must be available for the expedition dates stated below otherwise they risk not being able to complete the award. Additional costs will be incurred to attend alternative dates.

Gold DofE expedition commitments for 2023-24	
<b>Monday 19th February - INSET Day</b>	Training Day and practice expedition route planning. In school. (9:30-15:30) Training covers an expedition overview, First Aid, expedition route planning, Gold level Kit and Food and setting expedition teams.
<b>Wednesday 10th July</b>	Online briefing for practice expedition (15:30-16:15)
<b>Thursday 25th - Wednesday 31st July</b>	7 day combined Practice and Qualifying Expedition. Jurassic Coast. The first 3 days involve navigation training and a 2 day practice expedition. This is followed immediately by a 4 day qualifying expedition.

#### Training

We provide comprehensive training which covers the [Gold DofE Training Framework](#) to prepare participants for their qualifying expedition and ensure they have all the skills required. This is delivered through an in school training day, a navigation training day and continued throughout the practice. It is vital that training is attended and that all participants actively engage to gain the most they can. Training is supported by the Activ Guide on our website <http://www.activadventures.com/activ-guide/>.

#### Expedition Information

Information will be sent by email to parents and participants at least 3 weeks prior to events detailing the event, timings and meet points. No travel costs are included in the expedition however travel plans are always suggested.

The expedition will have a meet time of approximately 13:00 in the expedition area. We estimate the expedition to finish

from 15:00 in the expedition area however this depends on individual teams and the time they wake, leave camp and the speed they walk and navigate.

### Responsibilities - Participant and Parent

Parents and participants must ensure they have expedition dates in their diary and keep up-to-date with the expedition information sent by email. Participant attendance and participation in training and expeditions is compulsory to complete the programme. Participants should take responsibility for their own fitness for the expedition and should be able to comfortably walk for extended periods on rough terrain, carrying a rucksack of 12-14 kg. The fitter participants are, the more enjoyable the expedition. Participants must keep up-to-date with information about the expedition programme and ensure they are prepared for the expedition in line with the training they receive. Parents should also support participants to be appropriately prepared, equipped and fit for the expedition. Our Booking Terms and Conditions should be carefully read and understood by parents.

### Expedition Consent and Medical Form

It is a requirement that parents submit consent and medical details to us before a participant can attend any event. These details are included in the online sign-up form for our expedition programme. A copy of these details are emailed to you as confirmation and it is vital that you update us if any medical and/or emergency contact details change.

### Costs and Payment

The cost of the Nonsuch Gold expedition programme is £400.00. This includes:

- 1 x in school training day
- 1 x 7-day combined practice and qualifying expedition
- Qualified supervisors and trainers
- Accredited DofE assessors
- Administration for expeditions
- Campsite fees
- Use of group equipment, including tents, Trangia stoves, fuel, maps and compasses

This cost does not include: Food, travel, personal kit and equipment, personal insurance (please see 'Insurance' in our T&Cs) or costs incurred for additional training/expeditions or for changing expedition dates.

### Further Information

Please visit our website at [www.activadventures.com](http://www.activadventures.com) where you will find our [Activ Guide](#) and [FAQs](#). Our Activ Guide supports training delivered to participants and helps in selecting appropriate kit such as walking boots, waterproofs and rucksacks.

## How to sign-up for the school expedition on the Jurassic Coast

1. Please read our **Booking Terms & Conditions** at [www.activadventures.com/btc](http://www.activadventures.com/btc).
2. Follow the link [www.activadventures.com/nonsuch-high-gold/](http://www.activadventures.com/nonsuch-high-gold/) to complete our online sign-up form.
3. Payment will be required at the end of the form unless school is providing a bursary for the participant. Either full payment or a deposit can be made at the time of booking. If you choose to pay the deposit we will contact you to request the remaining balance by Tuesday 5th March 2024. If you need to stagger your payment then please contact us directly before completing our sign-up form.
4. Once the form and payment are submitted we will send you confirmation by email. Please keep this confirmation email for reference as it contains all expedition dates and details submitted.

**Booking Deadline:** Friday 13th October 2023

## How to sign-up for the Open Expeditions in mountainous 'Wild Country'

Open Expeditions may include pupils from various schools who you may be teamed with however we will do our best to form 'Nonsuch' teams and prioritise that Nonsuch are merged with Wallington pupils if necessary before others.

1. Please visit [www.activadventures.com/open-expeditions/gold/](http://www.activadventures.com/open-expeditions/gold/) to see the available expeditions. Two expeditions need to be completed, a practice and a qualifying.
2. If you would like to form a Nonsuch team we suggest you discuss with friends and sign up for the same dates. On the sign up form you can list the names of those you wish to be in a team with.

We hope you find the above information useful. Please contact us if you have any outstanding questions and we will be happy to help.

We look forward to seeing participants on their expeditions!

Many thanks

The Activ Adventures Team

