

# Duke of Edinburgh's Award

## GOLD EXPEDITION SIGN UP DETAILS 2024-25

### NONSUCH HIGH SCHOOL FOR GIRLS



September 2024

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.

In 2024 we developed a new 7-day Gold expedition for Nonsuch High School along the Jurassic Coast. This became possible as DofE removed the requirement for expeditions to take place in traditional 'Wild Country' mountainous areas. The expedition was a great success so we will continue to offer the 7-day Gold expedition which reduces the time and cost commitments needed for participants to complete the Gold expedition section.

#### 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 will be run back to back over 7 days.
- 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.
- Participants must have a good level of fitness to undertake the consecutive days of walking.
- 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 2025  |   |
|--|---|
| <b>Saturday 8th February</b>               | Training Day and practice expedition route planning. In school. (9:30-15:30)<br>Training covers an expedition overview, First Aid, expedition route planning, Gold level Kit and Food and setting expedition teams. |
| <b>Tuesday 8th July</b>                    | Online briefing for practice expedition (15:30-16:15)   |
| <b>Thursday 24th - Wednesday 30th July</b> | 7 day combined Practice and Qualifying Expedition. Jurassic Coast.<br>The first 3 days involve 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 [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 expedition programme

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 Friday 28th February 2025. 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:** Tuesday 15th October 2024

## Important enrolment information:

- If you need to stagger your payment then please contact us directly before completing our sign-up form.
- You must inform us at the time of booking if any of the Expedition Dates are an issue. There is a section at the start of the form that allows for date comments to be made. Costs will be incurred for any changes made more than 14 days after the booking deadline in accordance with our Terms and Conditions.

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

