

Contact us!

DofE Expeditions Administrator

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Expedition Training held on Thurs Evening at the New Life Church, West Road, Congleton CW12 4EY on the following dates:

2018 (7.15–9.15 pm)

For those doing DofE expeditions for the first time (those who have completed Bronze may come as a refresher if they wish but it is not required)

20th September - Parents' Evening

11th October

8th November

6th December

2019

For all doing Bronze or Silver expeditions

17th January

14th February

14th March

9th May—Preparation of route cards for qualifying expedition. (Optional as required)

Camp Skills training day: (10am-4pm)

Sunday 24th March 2019

Training Walks take place on Sundays; Details and booking form available nearer the time on the County website <http://www.girlguidingcheshireborder.org.uk/walking>

2018

23rd September

14th October

11th November

9th December

2019

20th January

17th February

17th March

D of E Expeditions: (all 2019)

6 - 8 April (Bronze & Silver)

11 - 12 May (Bronze only)

5 - 7 July (Bronze & Silver)

4 - 6 October (Bronze & Silver)



**EXPEDITION TRAINING
2018-19**

What is Expedition Training?

The training gives girls and young women the necessary skills to enable them to be fully independent along with their group during their Duke of Edinburgh's Award expedition. Training sessions are held monthly from September–March on Thursday evenings in Congleton. Skills covered include navigation, equipment, nutrition, first aid etc. There is also a Camp Skills Day in the spring to give more practical experience prior to the expeditions taking place.

NB We would encourage parents to attend the first evening training held on 20th September 2018 with their daughter. The ethos and objectives of the expedition section, and required equipment will be discussed, and there will be an opportunity to meet the trainers.

Who is it for?

Guides or Senior Section members who intend to take part in their first expedition during 2019 should attend the full training programme. Young women who have already completed a Bronze expedition need to attend from January onwards.

What is the D of E?

Guides and Senior Section members aged 14+ can take part in the Duke of Edinburgh's Award (D of E). The expedition is only one part of the Award (there are three other sections: physical recreation, learning a skill and volunteering). For more information about the Award see the DofE website <http://www.dofe.org/>

Bronze participants (age 14+) embark on a two-day expedition, with one night camping. Silver participants (15+) undertake a three day expedition and Gold expeditions are four days. The County organises up to four Bronze / Silver expedition weekends per year. All participants are in groups of between 4-7 members. The expeditions are organised by a team of qualified and experienced leaders; each group has at least one dedicated supervisor responsible for their safety. The supervisors also camp on the same site as the girls each night.

So what do you do now?

If you would like to participate in the D of E Award, you should:

1. **Register for DofE at the appropriate level:**
download the form from the Cheshire Border website
1. <http://girlguidingcheshireborder.org.uk/duke-of-edinburgh> and send off the completed form, with the registration fee, either before the first expedition training evening or as soon as possible once the training has commenced.
2. **Attend the first training evening** with at least one of your parents (parents are not needed after this one)
3. Try to **attend all the other training evenings**; this will ensure that you have covered all the skills required to give you the best experience on your own expedition.
4. **Take part in training walks** which are on the Sundays following the training nights. This will help you to learn navigation in a “real” setting. The more of these you can take part in the better prepared you will be- you should aim to come to at least three.
5. Attend Camp Skills Day in March to complete your training.

As you can see, you need to be committed to prepare yourself for your expedition. You also need to **be committed to your group**, as the expedition is also all about working as a team. However, there are few more rewarding experiences than completing a challenging journey with your group. If you are well prepared, you will find it easier and enjoy it more!

Cheshire Hike

There will be a programme of training for girls aged 10½ upwards who are intending to take part in the Cheshire Hike, whether or not they are also doing DofE. Parents and girls should attend on 20th Sept at the New Life Church, Congleton, 7.15pm. Please contact Rachel Mayers (contact details overleaf) if you are interested in doing this.

Our training materials are available for use within your unit: if you wish to use these please contact Rachel Mayers.

Gold Expeditions: If you are thinking about doing a Gold expedition in 2019 please contact the Expedition Administrator, Rachel Mayers. There will be a meeting to explain the requirements and to begin planning for these, on 18th October 2018; 7.15pm at New Life Church. Girls who have not previously done Bronze or Silver DofE will be expected to take part in the full training programme in 2018-19.