

## The Bronze Duke of Edinburgh's Award – Award Information

Dear Parent/Guardian,

As part of your son/daughter's Pre-IB Diploma, they will be participating in The Bronze Duke of Edinburgh's Award.

The Duke of Edinburgh's Award is made up of three levels, Bronze, Silver, and Gold. The Bronze Duke of Edinburgh's Award is the first level and consists of a Volunteering, Physical, Skill and Expedition components. To complete the award successfully, students must commit to each section for a specific time period (see Bronze Time Sale Commitments below) and participate in appropriate training to then complete their Qualifying Expedition. Students volunteering, physical, and skill components can be completed by participating in the St Clare's CAS Experiences Programme. Through their participation in the Bronze Duke of Edinburgh's Award students will become more motivated, disciplined and resilient, along with improve their teamwork. The skills they develop participating in the award are truly valued by employers and will continue to reward them long into their lives. For more information on the Award, please visit <https://www.dofe.org/>.

### Bronze Time Sale Commitments

Volunteering (Service)	Physical (Activity)	Skill (Creativity)	Expedition
3 months	3 months	3 months	<ul style="list-style-type: none"> <li>• Training Days</li> <li>• Two Day Qualifying Expedition</li> </ul>
<i>Student will spend an additional 3 months on one of these sections</i>			

### The Expedition

The aim of the expedition is to encourage a spirit of adventure and discovery, by preparing for and carrying out an adventurous journey as part of a team. Students will participate in a qualifying expedition, where they will be completing 6 hours of planned activity (hiking). During the expedition students are self-sufficient, carrying all the equipment they need to camp, navigate, and cook for themselves.

To deliver the expedition, St Clare's use an Approved Activity Provider named BXM Expeditions Ltd. Throughout the expedition's, students will be remotely supervised by members of BXM Expeditions Ltd. staff, along with St Clare's staff members. Students will be met at specific checkpoints along their route to make sure they are navigating in the right direction and are successfully completing this section of the award.

### Expedition Fitness

The Bronze Duke of Edinburgh's Award is physically challenging, and students will need a good level of physical fitness to complete the expedition. While participating in the qualifying expedition, students will be carrying a rucksack, weighing around 10kg, over a distance of 12km to 20km. It is advised students participate in regular physical activity throughout the year to help build their fitness level in preparation, both their upper and lower body.

As part of their training, students will participate in long walks. On these walks, students will carry a rucksack. The weight of the rucksack will gradually increase as the year goes on to help improve their fitness and prepare them for the expeditions.

## Food for the Expedition

The table below provides a summary of the food provisions during the expedition.

	Day 1	Day 2
<b>Breakfast</b>	Students will eat in the school's dining hall before departure	Students plan and provide their own breakfast
<b>Lunch</b>	St Clare's will provide food for lunch	St Clare's will provide food for lunch
<b>Dinner</b>	Students plan and provide their own evening meal	Students will eat in the school dining hall upon their return

St Clare's will provide lunch on day 1 and 2. The boxes highlighted in orange indicate the meals students will need to plan and purchase. During the training, students will discuss what food is appropriate to take with them for their expeditions. Meals can be planned individually or as a group.

## Training and Expedition Dates

St Clare's will run the following training days:

Bronze DofE Skills Day	Saturday 17 <sup>th</sup> September 2022
Long Walk 1	Saturday 1 <sup>st</sup> October 2022
Long Walk 2	Saturday 19 <sup>th</sup> November 2022
Long Walk 3	Saturday 21 <sup>st</sup> January 2023
Long Walk 4	Saturday 11 <sup>th</sup> March 2023
Route Card Planning	Saturday 25 <sup>th</sup> March 2023

The Qualifying Expedition will take place on:

Qualifying Expedition	Saturday 27 <sup>th</sup> May – Sunday 28 <sup>th</sup> May 2023
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To complete the award successfully, students must attend all the dates outlined. This will mean that students will be unable to take a weekend away on these dates. It is possible that some of these dates may change. If any changes occur, we will inform the students as soon as possible.

## Kit List

For the expedition, students will be provided with the following items:

- Tents
- Rucksack
- Sleeping Bag
- Roll Mat
- Cooking Equipment
- A mess tin to eat out of
- Mug
- Spork
- Compass

(Students are welcome to use their own equipment if they have it. Please check it is suitable)

The other equipment will need to be purchased by the student and is listed below. As St Clare's will be using BXM Expeditions Ltd to deliver the award, you may decide to purchase some of the items through their online shop (<https://bxmexpeditions.co.uk/shop/>). However, other providers may also be used.

Item	Advice from BXM Expeditions
<b>Footwear</b>	
Walking boots	Over the ankle, good grip and laces. Keywords – Mid Stiffness Sole, Vibram Sole, Gore-tex
Spare shoes for the campsite	They should be lightweight and not take up too much space in their bag.
<b>Waterproofs</b>	
Waterproof over-trousers*	A cheap pair is adequate. They are very useful even in good weather to block wind when wearing shorts.
Jacket (waterproof & windproof)*	A good hood (with wire is advisable) and TAPED SEAMS. Breathable attributes are advisable. Keywords – Waterproof zip, storm flap and Gore-tex.
<b>Clothing</b>	
2 x walking trousers	NOT jeans. Sports trousers or zip off trousers. Must have at least one pair of trousers if wearing shorts.
1 x shorts	Optional and weather dependant
2 x Jumpers/micro fleece tops or softshell jacket	Thin fleeces are better than thick ones for regulating heat. Softshell jackets block the wind well.
2 x Base layers (sleeves dependant on weather)	From t-shirts to sports tops. Thin, no collar is advised. For long sleeve, look for thermal attributes. NO Cotton
1 x Thermal base layer (long sleeve)	Weather dependant
2 x Walking socks	Wool is a good material, do not spend too much, if you are worried about blisters then look for '1000 mile socks'
Underwear	
Nightwear	Keep it thin and ensure it is kept dry
Warm hat and/or sunhat	Weather dependant

A pair of gloves	Weather dependant. If you suffer from cold fingers, mittens are better. May be useful to wear at night if you get cold quickly.
Buff or neck scarf	Weather dependant
<b>Other Kit</b>	
Watch	Preferably a digital watch
Whistle	
Torch	Preferably a head torch
Water Bottle	You need to bring two 1 litre bottles filled with water on arrival day. In extreme hot weather, you should bring three.
Wash kit/personal hygiene items	Some items can be shared within the group.
Sun-cream	Weather dependant
Towel	Small travel towel
Personal First Aid Kit	This is provided by the students.
<i>* Students are able to borrow these items from St Clare's depending on availability</i>	

**If you have any questions about the equipment, please speak with your DofE Manager before you purchase the item.**

With kind regards,

Lewis Fraser

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