



D of E 20 Expedition Conditions

Your expedition must meet these 20 rules.

1*	Your expedition must be by your own physical effort, without any motorised or outside assistance. You can do it by: Foot Bike Canoe/Kayak/Row Horse Sail
2	Your expedition must be unaccompanied and self-reliant.
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. See separate handout!
5	You must be properly equipped for your expedition.
6	You must have completed the required training and practice expeditions.
7	You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and 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 (eight people may be in a team for modes of travel which are tandem).
11	You must be within the qualifying age of the DofE programme level. Bronze: 14yrs Silver: 15yrs or older Gold: 16yrs or older, max age 25yrs
12*	All the people in your team 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. Bronze: 2 days, 1 night Silver: 3 days, 2 nights Gold: 4 days, 3 nights
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. Bronze: Local countryside familiar to yourselves Silver: an area you are not familiar with Gold: Wild country
18	You must do the minimum hours of planned daily activity for your DofE level. Bronze: 6hrs Silver: 7hrs Gold: 8hrs
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. See separate handout!



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Aim of the Venture

The Aim of the venture should be considered in the early planning stages and should relate to the interests and abilities of those taking part.

Participants may wish to focus on:

- the environment in which the journey is taking place
- practical first-hand observations, investigation or study
- aesthetic appreciation
- literary or historic journeys
- the completion of a physically demanding challenge
- group dynamics

Activity

- 6hrs of planned activity each day
- combination of journeying and exploring
- at least half of the minimum daytime hours should be spent journeying
- make observations and recordings for their review and presentation
- recording of information based on actual observations
- Teams may prefer to spend less time journeying in order to explore the environment in greater depth. On each day of the venture at least half of the minimum daily hours of planned activity should still be spent journeying
- exploration must be planned in advance and incorporated at appropriate points on the route plan.

So What are you going to do?

- You need to carry an A5 hard bound note book, for:
 - Sketched plans
 - Head counts, of people on a particular activity
 - Produce artistic sketches of aspects of your journey pertinent to purpose
- Disposable camera
 - for planned shots
- Questionnaire
Pre written

Now this is really important, from the above suggested activities, and ideas of your own, produce a plan to utilise 6hrs of your time, 3 hours each day, research your planned purpose. Otherwise you will be wasting your time when the external assessor comes & when you send of your finished folio to the county governing board.



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Eg:

Purpose of venture:

'To assess the impact of the Tarka Cycle Trail on the surround population'.

Activity:

- Cycling, 3 hours per day along Tarka trail.
Leaving a minimum of 3hrs exploration to do on top of this.
- Daily exploration to fulfil aim:
 - Take photos of businesses benefiting from the cycle trail. 0:10
 - Take photos of key points along the trip. 0:10
 - Make notes in my journal, detailing where I have taken photos & sketches, explaining why I have taken the photo + key points about the feature, map ref. 0:30
 - Mark on the map where, photos have been taken. 0:05
 - Pick up small artefacts along the route to use in my folio, at key points where I take photos. 0:10
 - At 3 points each day (10am, 1pm & 4pm), for 30 mins. Record the number of people I see using the Tarka trail, taking note of the different age groups & activities they are engaged in. 1:30
 - Produce at least 3 sketches each day of aspects of the trip. 0:45

Total time spent recording aspects of my trip 3:15

Make a plan similar to this, to justify to your assessor the short time you are walking.



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Expedition Log Book Guide

You completed Presentation can we completed in a wide range of ways:

- Written folder
- Verbal presentation
- Art form; music, drawing, painting etc
- Film
- Slide show

The following is a guide for a project, but the contents are similar for other forms of presentation.

1. Front Cover

Your own design, featuring wording:

- a. 'The Duke of Edinburgh's Award'
- b. Bronze/Silver/Gold Expedition
- c. The area you went to.
- d. Date
- e. The title/purpose of your project/log.

Can be hand written or on computer + photos if you have them.

2. Contents page

3. Names of people in your group

4. List of equipment, both group & personal.

5. Food menu.

6. Exploration plan

7. Journeying plan; Route Cards or sheets & Map

8. Your conclusion/observations relating to your purpose to include photographs and/or sketches.

Up to about 3 sides of A4, depending on style of writing or typeface.

9. You may like to include a page on the daily weather.

10. Clip together, enclose in a folder (not a ring binder), or staple to give a presentable and interesting 'log' to the assessor.