



A New Adventure!

In this Welcome Pack you will find:

- A brief introduction of the D of E Bronze Award
- The Parents Guide to the D of E Bronze Award
- Training and expedition information
- Details of equipment/ kit list
- Expedition food ideas
- Contact details



A Brief Introduction

Many employers are looking for more than just good grades, they are interested in young people who can demonstrate a committed approach to an area of study.

The Duke of Edinburgh's Award is a voluntary, non-competitive programme the community/environment, becoming fitter, developing new skills,

planning, training for and completing an expedition. Each pupil is encouraged to independently complete the Award. As individuals, we understand that their needs vary, therefore, Victory Park Academy encourages a two-way partnership between ourselves and the pupil. With this approach we believe our young people are supported in their quest to complete their 'Bronze' Duke of Edinburgh Award.

Aims of the Award

- To give young people the opportunity to participate in a wide range of activities and experiences
- To promote life-long skills such as teamwork, communication, independence, initiative and leadership.





The Four Sections

Pupils get to choose what they want to do!



What Will Pupils Gain from this Award?

Pupils will develop skills and abilities they need in order to become more independent, confident and organised young adults. These include:

- An increase in self-belief and self-confidence
- A renewed sense of identity and initiative
- A sense of responsibility
- An awareness of personal strengths
- New talents and abilities revealed
- The ability to plan and use time
- The ability to learn from and give to others in the community or group
- Problem-solving, presentation and communication skills
- Leadership and team-working skills



New talents will be discovered and new experiences and opportunities will arise!



Parent's Guide

The guiding principle behind the D of E is that young people take responsibility for choosing their own programme. Every young person's D of E experience is personal to them, but everyone has to complete all for sections to achieve their Bronze Award:

- Volunteering
- Physical
- Skills
- Expedition

Visit www.DofE.org/parents for more information

you can also find downloads to help choose and evidence sectional activities at www.DofE.org/sections.



Training and Expedition

All training will take place within timetabled lessons during the school day.



**YOUTH
WITHOUT
LIMITS**

Key dates for this year's Bronze Award will be sent to parents and uploaded onto the website.



Kit List

Victory Park Academy will cover the cost of registration and any essential equipment which the pupils may need, which are as follows:

PERSONAL KIT

- 1 pair of walking boots (broken in)
- Rucksack
- Rucksack liner (or 2 strong plastic bags)
- Sleeping bag
- Sleeping mat
- Waterproof bag
- Sleeping bag liner (optional)
- Whistle
- Torch (handheld/head torch and spare batteries)
- Personal first aid kit
- Food (including emergency rations)
- Water bottle
- Cutlery**
- Plate/bowl
- Wayfayrer: ready to eat expedition food.
- Mug
- Box of matches (in waterproof container)
- Wash kit/personal hygiene items (some items could be shared as a group)
- Sunblock
- Towel
- Small quantity of money (optional)
- Notebook and pen/pencil
- Watch

OUP KIT (To carry between the team)

- Tent(s)
- Camping stove(s)
- Camping stove fuel
- Cooking pans
- Scourers
- Tin opener (if required)
- Tea towels
- Plastic bags (for rubbish etc.)
- Maps (1:25 000/1:50 000)
- Compass
- Map cases
- Camera (optional)
- Survival bag
- Head/Neck scarf
- Hydration pack
- Storm shelter
- Pre-packed expedition food
- Small pocket tool**
- After-sun cream
- Insect repellent
- Stopwatch
- Waterproofing (pre-expedition)
- String
- Spare boot laces
- Walking poles
- Mosquito net
- Emergency lightsticks
- Water purifying tablets
- Bite and Sting Relief