



Expeditions: Duke of Edinburgh Award

Training Framework: GOLD Award

The Gateway Outdoors Gold DofE Award Expedition provision can be accessed in three ways.

- Complete Orientation, Training + Practice and Qualifying package @ £500.00 per head*
- Orientation, Training + Practice package @ £275.00 per head*
- Qualifying package only @ £250.00 per head*

Orientation

An initial site visit by your Course Director to meet the group and deliver the pre-expedition information pack.

- We'll conduct a skills tester/catch-up session, undertake some navigation revision and the all-important route planning as well as working our way through initial kit checklists. This day/route planning must take place a minimum of **6-8 weeks ahead** of the Training and Practice Expedition so that we can submit route cards in good time in accordance with DofE guidance.
- We will also tie in a **Presentation to Group + Parents** where we'll outline a) the purpose of the Award, b) who **Gateway Outdoors** is and how we fit into the Award provision, c) how **Gateway** will provide the expedition section and d) we'll discuss individual participant requirements.
- We arrange for stand-alone resources to be handed out, consisting of the work book, information sessions and presentations on equipment, including the all-important kit list as well as suggested menus.

This presentation is intended to make participants and their parents aware of what the course entails as well as giving them a keener feel for the type of equipment and foods they will be expected to bring with them on the practice.

Training + Practice Expedition

This section links training in with the practice expedition.

The training session will be group exercise, ideally at the school, to familiarise participants with the equipment we'll be using incl. lots of hands-on participation as well as navigation work and exercises specific to the terrain we'll be covering, and will cover the perennially-useful topic of how best to pack a rucksack!

Gold Award candidates will additionally undertake 2 x Preliminary Training sessions as well as an extra Intermediate Training session. These will include specific navigation exercises appropriate to the activity being undertaken and the terrain in question plus wilderness and self-sufficiency advice, group efficiency, effective decision-making and emergency scenarios.

Practice Expedition

This is a 4.0 day simulation of the Qualifying Expedition. NB. This Expedition must take place at least 6-8 weeks ahead of the Qualifying Expedition.

Day 1

- Meet group and check through equipment (issue and packing)
- Depart on walk for navigation training / refresher and group organisation
- After lunch, instructor leaves group to complete their first day walk and meets them somewhere en-route for an emergency scenario.
- Instructor again leaves the group to navigate their way to the campsite
- At the campsite, the instructor supervises the group setting up their tents and making dinner

Days 2 - 4

- The group will arrange their own 'get-up' and start time and will organise themselves accordingly, then present themselves for departure at the pre-arranged time.
- The group will now be free to execute their expedition as per their route card. They will be met at one pre-arranged checkpoint and one other, randomly chosen by their instructor, prior to finishing at their end point.

Contact Matt on 07966 260745 • matt@gatewayoutdoors.co.uk • www.gatewayoutdoors.co.uk

Qualifying Expedition: Gold Award

Groups at this stage should be completely expedition-ready and fully aware of what is expected of them to complete this section at this level. We will additionally:

- Host a **Pre-Qualification** session where the group can plan their qualification route cards. We'll offer access to an instructor for any last minute questions that may have arisen in the course of/from the Practice Expedition. We suggest this session takes place as soon after the practice expedition as possible but PLEASE NOTE that this meeting must take place with enough time ahead of the Qualifying Expedition for route cards to be sent off for approval by DofE assessor network and area co-ordinators. Gateway recommends a minimum of 6-8 weeks for this to be fully completed.
- Meet groups in the morning of Day 1 and check / issue any outstanding equipment needed
- Remotely supervise the expedition through to its completion, to ensure candidates' general safety
- Sign-off each group with the relevant paperwork/appropriate section of the award book. This is issued as a hard copy as well as an electronic copy of a pass page on Gateway headed paper.

In summary Groups can certainly access any module of the above-outlined expedition sections, depending on their budgets and facilities. For those groups not taking the complete Orientation, Training + Practice and Qualification package, please note that we can only sign-off on those Award sections that have been completed under our supervision. Accordingly, we will only be able to fulfil our provision effectively if prior sections have been completed as per the DofE guidelines.

Please note the following

- Gateway will, wherever possible, coordinate all paperwork, liaise with and duly inform all of the relevant DofE authorities, to ensure that we are providing an expedition that will be authorised by them
- Gateway will provide adequate instructor ratios to conform with our AALA licence
- Gateway will provide staff that are qualified, experienced and educated to the ethos of the DofE Award
- An additional specific training programme will also need to be completed for those expeditions in canoes or on bikes. This course costs an **additional £100** and is NOT included in the above prices.
- There is a Standard Administration charge of **£25** on all courses at this level, which is levied on all AAPs by DofE Head Office. This is included in the price when booking the complete Orientation, Training, Practice and Qualification package.

**Please note that the costs given are for a trekking award only; if biking or canoeing is required this will cost more but do contact us for prices. These prices are an approximate guideline and include group equipment, supervision, instruction and any campsite fees. They do not include transport fees to the set-off point, food or personal equipment costs. Please contact us on 07966 260745 or drop us a line at enquiries@gatewayoutdoors.co.uk to discuss costs, especially if you're enquiring on behalf of a larger group.*



GO CANOE on the Swedish Lakes



GO TREK across the desert



GO BIKE across Scotland



We are proud to be genuinely 'Accredited and Approved' by these organisations