



DofE

Magazine

ISSUE 21: SUMMER 2015

THE MAGAZINE FOR DofE LEADERS

LET THE LIFEZONE

SHAPE LIVES

Seal of approval

Meet our expanding stable of Volunteering and Residential AAPs.

Just ticking boxes?

Making sure that Assessors' Reports speak volumes.

PLUS...



Find the real diamonds...

As we look forward to our Diamond celebrations in 2016, we track down some long-serving volunteers.

www.DofE.org



twitter.com/DofE



facebook.com/theDofE



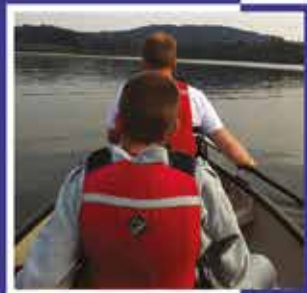
youtube.com/theDofEUK

TAKE ON THE GREAT OUTDOORS...

ARE YOU UP FOR THE CHALLENGE?



**OUTLOOK
ADVENTURES
SCOTLAND**



Outlook Adventures Scotland offers tailored support to assist with planning & delivering DofE expeditions & residentials.



EXPEDITION PACKAGES

EXPEDITION TRAINING

PRACTICE & QUALIFYING EXPEDITIONS

OPEN EXPEDITIONS

QUALIFIED INSTRUCTOR HIRE

GOLD RESIDENTIALS



Open Expeditions for Individuals 2015:

Bronze: 7-9 Aug

Silver: 7-10 Aug

Gold: 8-12 Jul, 1-5 Aug, 12-16 Aug, 24-28 Sep

Gold Residential: 27-31 July 2015

Check our website for the latest dates!



**EXPERIENCE THE GREAT
OUTDOORS IN A
WHOLE NEW WAY...**

**OUTLOOK
ADVENTURES
SCOTLAND**



0141 249 0063/07706 663 777 or email info@outlookadventures.co.uk
www.outlookadventures.co.uk



Cover photograph:

Army Cadets from Nottinghamshire pictured enjoying their recent Gold DofE expedition.



OUR MISSION

To inspire, guide and support young people in their self development and recognise their achievements

PUBLISHED BY

The Duke of Edinburgh's Award, Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU. T: 01753 727400 E: info@DofE.org

EDITOR/DESIGNER

EDITORIAL OFFICE

Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU magazine@DofE.org

DISTRIBUTION

marketing@DofE.org

ADVERTISING SALES

Mark Brown, Fellows Media Ltd, The Gallery, Manor Farm, Southam, Nr Cheltenham, Gloucestershire GL52 3PB T: 01242 259249 E: mark@fellowsmedia.com

SUBMITTING ARTICLES

The Editor welcomes contributions on subjects related to the DofE, especially good quality colour photographs, articles, letters, news stories etc. for possible publication. Please note that we cannot guarantee publication of any submitted items. For any image submitted to the DofE magazine it is the entrant's responsibility to ensure that all the relevant and necessary permissions for the use of the images they submit are obtained from people featured in a photograph. Therefore any person featured in a picture must give their permission, and written consent must be obtained from the parents/carers/guardians of any child under the age of 16. The DofE would also reserve the right to publicly display and publish any image submitted to this magazine in promotional, PR and operational materials, printed, digital and online. Our photography and privacy policies are available on www.DofE.org/press. Whilst every care will be taken, the DofE magazine cannot and will not be held responsible for any material which is lost, mislaid or damaged. Please send items to the Windsor address.

Participants should check with their Licensed Organisation to ensure that an opportunity they wish to pursue, advertised in these pages, will count for their DofE programme.

EMAIL NEWSLETTER

Read the latest news and information from the DofE Head Office through our email newsletter, sent to Leaders registered on eDofE.

View it online at: www.DofE.org/newsletters/dofe_news.html

THE MAGAZINE

The DofE magazine is aimed at DofE Leaders at all levels and Licensed Organisations. Items (not photographs) in the magazine may be reproduced free of charge, with acknowledgement to its source. Whereas every reasonable precaution is taken prior to accepting advertisements in the DofE magazine, in respect of the suitability of the advertisers and their abilities to provide the goods and services they advertise, The Duke of Edinburgh's Award cannot and will not accept responsibility for the failure of advertisers to fulfil their obligations to their customers as a result of an advertisement appearing in this magazine.

We have a limit on the amount of adverts we carry in this magazine. We hope you can support our advertisers as this income enables us to print and distribute the magazine to you free of charge.

CHANGE OF ADDRESS?

The magazine mailing list is taken directly from your profile on eDofE. If you change your address, please amend your own details within eDofE. If you have more than one role and receive more than one magazine, please pass it on to someone who may like to read it. If you are no longer involved in the DofE, please arrange for your account to be deleted.

The Duke of Edinburgh's Award is a Registered Charity No. 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No. RC000806.



The magazine for DofE Leaders

Issue 21: SUMMER 2015

Welcome

Summer time brings a packed issue, helping you to provide quality experiences for your participants.



We focus once again on **employability** (page 8) and on how the great new **LifeZone** (page 6) can help participants use their DofE experiences to the greatest effect. Please detach and use the poster in the centre spread (page 20) to help spread the word – you can download additional copies of this poster in the Resource Zone in eDofE.

Looking forward to celebrating the first 60 years of The Duke of Edinburgh's Award next year, we discover some **long-serving volunteers** who have been providing quality experiences to hundreds of young people over many decades (page 24).

Practical help is here in the form of some great advice for you to share with **Assessors** on how to make the most of their reports (page 31), and we also provide some good advice on how participants can look after their **feet and boots** on expeditions (page 33). Again, please copy and share these pages, or download copies from www.DofE.org/go/magazine.

All this, plus an exclusive interview with TV impressionist **Jon Culshaw** (page 23), some more answers to your **frequently asked questions** (page 13) and a great selection of **news stories** sent in by readers (page 18).

And to end on a personal note... My youngest two sons are in year 9 and, at the time of writing, are soon to learn about the DofE at school and will possibly be excited enough to take part. It'll be fascinating to see what (if anything!) entices them to enrol – will it be the range of activities; the challenge; the employability-enhancement... or will simply being able to get away from home with their friends on an expedition be the biggest draw? We shall see!

Dave Wood

Dave Wood
Editor



The Earl of Wessex recently helped **Jim Scott** mark 35 years as a DofE volunteer. Jim led HRH's own Gold DofE expedition.

 [#DofE](https://twitter.com/DofE)

 facebook.com/theDofE

 youtube.com/theDofEUK



Adventure
Expeditions

INSPIRING ADVENTURES

Comprehensive DofE expedition programmes
for schools, groups and individuals

SUPPORT FOR LEADERS THROUGHOUT
AND FREE USE OF ALL GROUP KIT



NEWSLETTER SIGN UP

VISIT OUR WEBSITE TO SIGN UP
FOR OUR NEWSLETTER

- COMPREHENSIVE EXPEDITION PROGRAMMES FOR SCHOOLS
- TAILOR-MADE GROUP EXPEDITIONS
- OPEN BRONZE, SILVER & GOLD EXPEDITIONS FOR INDIVIDUALS
- OPEN GOLD IN THE ALPS & PROVENCE
- WGL & ML COURSES
- FIRST AID, NAVIGATION & OFF-SITE SAFETY MANAGEMENT COURSES

For more information and to book online:

WWW.ADVENTURE-EXPEDITIONS.NET

Email: info@adventure-expeditions.net

Tel: 01305 813107



contents

Regulars

- 11 Life after DofE** Peter Westgarth, CEO of the DofE, studies the never-ending DofE journey.
- 13 DofE Q&A** Another handy selection of answers to frequently asked DofE questions.
- 15 DofE Update** An update on news from the Charity.
- 18 The DofE in Action** News of DofE activities and achievements from around the UK.
- 23 60 Second Interview** TV and radio impressionist, Jon Culshaw, on how the DofE is more relevant than ever for young people today.
- 27 Out There** Resources, opportunities and more to help you in your DofE work.
- 29 Opportunities Spotlight** We focus on three opportunities for DofE Leaders and participants.
- 36 Money matters** Advice on tracking down new sources of possible funding, from our in-house expert, Deb Dowdall.

Features

- 6 Read all about it** Fleur Nicholson shows you how to help bring our great new career-enhancing resource for participants, the LifeZone, to their attention.
- 8 The key to success** We look at the great impact the DofE can have on a young person's employability.
- 16 Seal of approval** We've been steadily expanding the Approved Activity Provider concept to the Residential and Volunteering sections – read the latest additions.
- 20 Welcome to the LifeZone** A special pull-out poster to help you promote the LifeZone to participants.
- 24 Real diamonds** We look forward to our Diamond celebrations in 2016 with a quest to find the longest-serving DofE volunteers.
- 31 Just a tick in the box?** Lizzie Usher gives some useful advice to Assessors to help them make the best reports possible.
- 33 Save your soles** Alex Davies rounds up some great advice for looking after feet on expeditions.



UK DofE Offices

SCOTLAND:

Rosebery House, 9 Haymarket Terrace,
EDINBURGH EH12 5EZ
T: 0131 343 0920 E: scotland@DofE.org

WALES:

The Duke of Edinburgh's Award, Market House
Market Approach,
BRECON, Powys LS3 7DA
T: 01874 623086 E: wales@DofE.org

NORTHERN IRELAND:

Unit 4 Lower Ground Floor, Forestgrove Business Park,
Newtownbreda Road,
BELFAST BT8 6AW
T: 028 9069 9100 F: 028 9064 6270 E: nireland@DofE.org

ENGLAND:

Central England: First Floor Offices, Arthur House,
21 Mere Green Road, Four Oaks, Sutton Coldfield B75 5BS
T: 0121 308 9470 F: 0121 359 2933 E: centralengland@DofE.org

London:

The Duke of Edinburgh's Award,
London Regional Office, 11 Belgrave Road,
LONDON SW1V 1RB
T: 020 7227 9820 F: 020 7222 7268 E: london@DofE.org

North of England:

Knotty Ash Centre, 251 East Prescott Road,
LIVERPOOL L14 5NA
T: 0151 228 2533 E: northofengland@DofE.org

DofE HEAD OFFICE: Gulliver House, Madeira Walk,
WINDSOR, Berkshire SL4 1EU.

T: 01753 727400 F: 01753 810666
E: info@DofE.org www.DofE.org

South East:

Gulliver House, Madeira Walk
WINDSOR, Berkshire SL4 1EU
T: 01753 727450 F: 01753 810666 E: southeast@DofE.org

South West:

Unit 12A, Church Farm Business Park,
CORSTON, Somerset BA2 9AP,
T: 01225 874 354 F: 01249 701050 E: southwest@DofE.org

International Award Association:

Award House, 7-11 St Matthew Street
LONDON SW1P 2JT
T: 020 7222 4242 F: 020 7222 4141 E: sect@intaward.org



Read all about it!

Our fantastic new careers inspiration site – **LifeZone** – was launched at the beginning of the year and we’ve had some great feedback from users. We want to make sure all participants (and Leaders) are getting the most out of it and making it work for them so we’ve pulled out some of our favourite bits for you below...

We’ve created a great LifeZone poster for your participants which appears in the middle pages of this magazine. Please pull it out and pop it up on your noticeboard for everyone to see.

Entering the zone

The LifeZone can be accessed via any eDofE account – just click on the button in the top right corner of your profile or on the advert that appears on the homepage. If the LifeZone doesn’t open immediately, please check that you have allowed pop-ups in your browser settings.



There is a wealth of information and support available on the LifeZone but some of your participants might not have discovered it yet. Why not give them a quick demo at your next DofE meeting to get them started?

If you have any young people who are yet to start their DofE then they can get a preview of the LifeZone at www.DofELifeZone.info. The great employer quotes on this mini site about the value of DofE Awards might give them the final push they need to kick-start their programmes.

Selling your skills

One of the LifeZone’s main jobs is to help our young people to think about all the skills they’ve learnt through their DofE and how they can use them to their advantage and describe them in a way that makes them stand out from the crowd.

For example, the site will help them to describe their expedition in a way that highlights their ability to work in a team and persevere in the face of challenges – not just that they invented an entertaining parody to *Is this the way to Amarillo?* – a great expedition activity in itself, but not necessarily what employers will be looking for!

“Thank you! I really needed this right now!”

Alex, Bronze Award holder.

“As a Careers Adviser and a DofE Leader I would like to congratulate you on this site. Young people find it hard to put into words what they actually get out of doing their DofE and this site is just the help they need. If I had any suggestion it would be to have a list of websites that are more local to the young people. This way advice could be sought face to face and from people that know the current labour market trends in their area.”

Iain Thomson, Shropshire Youth

If you have any local careers support websites that might benefit young people in your area, like www.shropshireyouth.com, please send them to LifeZone@DofE.org.

Young people will find these helpful hints and many more woven in to each of the areas of the site...

- Including your DofE in your personal statement (under the 'Study' area).
- How your DofE can help you get an apprenticeship.
- Showcasing your DofE skills in the interview section of 'The world of work' area.

There are even ideas on how their DofE can help them settle in to a new area when they've moved out of home for the first time.

A valuable asset

As Leaders you know how powerful a DofE Award can be. You see first-hand how young people grow and develop over the course of their programmes but sometimes it takes a bit longer for participants to understand the benefits of what they are working towards.

At this point in their lives there are often so many demands on their time that their DofE may become less of a priority and their commitment may begin to wane. The LifeZone can help to steer them back on course.

Why not take them through the business profiles under the 'Businesses believe in you' area? Each company has written in their own words why the DofE is important to them. They have also – as major employers – pledged their support to DofE Award holders. These pages are a great way to demonstrate to your participants that DofE Awards are recognised and valued in the wider world.



Under the 'DofE Award holders' area you'll find some great quotes from famous faces (some of them DofE Award holders themselves!) about why they believe in the DofE. Not only are these great motivators for your young people to complete their programmes, they could prove powerful when you are drumming up support for your DofE provision (both financial and voluntary).



The bigger picture

There are lots more ways that the LifeZone can help your young people to think about their futures through their DofE including...

- When they're selecting activities for their sections why not direct them to the 'What's the best career for you?' page under The world of work area. They'll find useful summaries of different industries that could spur them into thinking about their future career paths and how their DofE activities could support them on this journey.
- When considering their volunteering choices they might want to take a look under this area of the site. There are lots of pages on the benefits of volunteering and how they can continue even after they've completed their DofE.
- Under each of the different areas of the site you'll find stories of success from individuals whose DofE experience has influenced their futures. These are great real life examples that can really inspire young people just setting out on their DofE adventure.

Go explore

There are plenty more pages to discover on the LifeZone so do take some time to explore it and introduce it to your participants and young people.

We've got lots more exciting businesses who are in the process of building their pages and we'll let you know as soon as they're live.

We'd love to hear what you think of the site so please send us your feedback or questions to LifeZone@DofE.org.



“When it came to interviews, I had evidence from my expedition that I have the motivation and determination to follow through on a plan no matter how hard things get. I’ve learnt about my own strengths, part of which was being a real team player, listening to everyone’s views and not just my own.”

Zoe Mighton

the key to **SUCCESS**

The DofE is really just the beginning of life’s journey for your participants. The breadth of their programme provides them with a range of experiences that give them the edge when taking that next step into employment. **Fiona Bean** sees how the sections set young people up for career success...

Time and time again, employers place great value on a DofE Award and a recent survey of HR professionals, which was commissioned by the Chartered Institute of Personnel and Development (CIPD), demonstrates how the Volunteering section of DofE programmes support young people into employment.

In the survey, DofE was identified by leading employers as the most recognised volunteering experience a candidate can demonstrate during the recruitment process and 27% of UK companies said they actively look for a DofE Award in applications when they recruit, above other recognition programmes. What’s more, 60% believed entry-level candidates with voluntary experience have more employability skills to offer than those who don’t.

These CIPD findings reinforce how DofE volunteering experience can be used during interviews to evidence the skills employers are looking for in their future recruits but each DofE section also has a big part to play and, as Leaders, you can help your participants identify the skills and attributes they have developed through their sectional activities.

Read how each section has been that stepping stone towards a chosen career for many DofE participants...

Volunteering to vocation

For many DofE participants, the Volunteering section is the first time they will experience a working environment, volunteering alongside colleagues from a variety of backgrounds. This experience provides participants with concrete examples of their ability to quickly adapt to new working environments, how they can work independently and use initiative, whilst also learning to work as part of a team.

For Gold DofE participant **Kyle Kinsella**, volunteering at youth club, Physically Handicapped and Able Bodied (PHAB), was the beginning of a career in social care. The experience of working directly with young people led to Kyle's decision to study for a BTEC level 3 extended diploma in Health and Social care, however, the Volunteering section didn't just inspire Kyle's career path but equipped him with the workplace skills he needed: "DofE saved my future as I still wouldn't know what I want to do. It got me out of the house, gave me confidence and developed my life skills. My life has been completely shaped as a result of participating in my DofE".



Right steps into a career

When a young person sets out on their expedition, they will face and overcome challenges that help them to discover their strengths, weaknesses and hidden talents, as Gold Award holder, **Zoe Mighton** (pictured opposite), explained;

"I now work full time with ScotRail and I believe that achieving my Gold Award helped me to secure this position. I have gained so much through my Gold DofE – it is one of my proudest achievements that will continue to further my career."

Got the skills

The Skills section of DofE programmes give an opportunity to develop practical skills that pave the way to a chosen career.

Georgina Rastall took up photography for her skill at Gold and has since gone on to become a successful professional photographer.

While her photography skills have supported her career, like many others, Georgina also gained attributes through her DofE that have prepared her for the world of work:

"Taking part in the DofE can be challenging at times and by persevering through tough times on my expedition, during late shifts for my Volunteering section and juggling my DofE commitments with my A levels, I've learnt about commitment and drive to achieve an end goal, even when things are difficult. I think these skills that I have gained through my DofE have certainly helped me in the workplace."



Ready through Residential

Working with people they've never met on a shared activity for the Residential section can really test DofE participants' ability to work under pressure, as part

of a team, communicate clearly and put into practice problem-solving skills.

Heathrow offers DofE programmes to its young employees and recently saw its first group achieve their Gold Awards. For their residential, they were put to the test with colleagues from across the airport that they'd never met on team challenges and group presentations.

"I have no doubt that many of the first group of Heathrow Gold Award holders have the potential to become senior leaders in our business. The group hasn't just developed professionally; they've really grown as people too. Each one of them has gone out into the local community, making a real difference to other people's lives, and most of them have been promoted in their roles."

– **Pauline Hart**,
Talent and Development
Manager at Heathrow.

Heathrow
Making every journey better

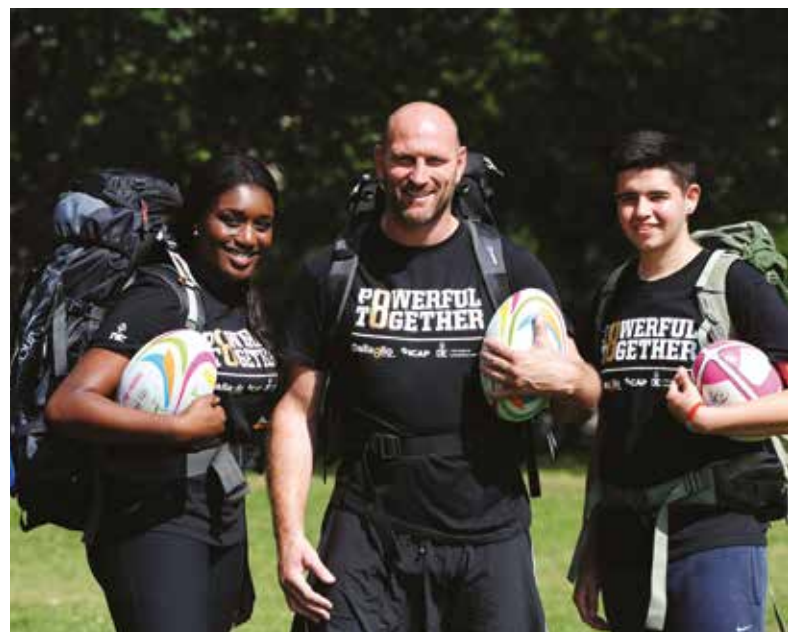
Fit for the future

The 'Interests' at the end of a CV should be more than simply listing out sports or hobbies a young person did for their Physical section; it is yet another chance to demonstrate work-ready skills!

Young people build both leadership and team working skills in team sports and those that participate in individual sports demonstrate discipline, drive and focus. Perhaps one of your young people's physical activity is fitness or martial arts? They could use this to evidence their ability to set a goal and achieve it.

The DofE's partnership with The Dallaglio Foundation, Powerful Together, promotes the development of life and work skills through sport: *"The Powerful Together project will open up opportunities for young people to develop valuable skills and gain experience in settings they would not have had the chance to access before."*

– **Lawrence Dallaglio**.





“ Thank you for everything – the instructors were brilliant. I can see why A to Z is so popular and why you come so highly recommended.”

Lose the stress of DofE Expeditions

Choose us for peace of mind and a hassle-free service.



SCHOOL EXPEDITIONS



We design expeditions based on your requirements.

OPEN EXPEDITIONS



We set the itinerary. All you have to do is get to the start.

To book or for a friendly chat please contact us

01981 550 433
info@azexpeditions.com
www.azexpeditions.com



LIFE...

AFTER DofE



Peter Westgarth, Chief Executive of The Duke of Edinburgh's Award, on the never-ending DofE journey.

Doing their DofE is an amazing life-enhancing experience for young people. But, for them, in their busy lives, even the rigour of their DofE experience is a fleeting moment. We know that many don't fully appreciate the experience until years later when they reflect on the impact the DofE had on their development.

For some, thankfully, the DofE becomes a lifelong habit as they mature into Leaders, inspiring the next generation, or they apply the skills they developed to their developing careers.

As you launch another group of young people on their DofE journey, you can't know for sure the impact the DofE will have on each individual but, together, we can do our best to ensure they use their experiences to benefit themselves and their communities.

Life-changing

The LifeZone is designed with just that in mind. It aims to ensure that every DofE participant and achiever knows that their Award is recognised and valued by employers and society at large.

It helps them make the most of their journey, with some top tips and guidance on how to convey their amazing DofE achievements.

Leaders, please take a look at the LifeZone for yourself. You have exclusive access via your eDofE account – and be sure to encourage your DofE participants to use the LifeZone.

Display the pull-out poster printed in the centre pages of this magazine where they'll see it, to help ensure they have the opportunity to explore the site.

Proving a point

I was delighted to see that the Chartered Institute of Personnel and Development's research of their membership confirmed previous research that DofE tops the list of activities employers look for on a job application. We'll be doing more in the coming year to ensure all employers understand the value of a DofE Award.

We hope that facilities, such as the LifeZone and research, such as the CIPD survey, are helpful in



supporting and directing our young participants – but nothing matches your impact as a DofE Leader. Your influence is the single most important factor in whether they have a great time doing their DofE and ultimately whether they are successful in achieving their Award.

You make it fun, you link them to opportunities and you encourage them when the going gets tough (as it must always do, if they are setting themselves the right level of challenge). It's a big responsibility – young lives and young futures are influenced by how you act now, but the rewards are big too!

There really is nothing quite like seeing a DofE team completing their expedition; the smile on the face of a young person being thanked for their volunteering or the exhilaration they experience when they get better at a sport or a skill and knowing that you made it possible.

I want to say a big thank you to everyone leading and supporting DofE delivery and encourage you to add the LifeZone to your 'tool bag' of resources to support you in helping the next generation to thrive in life and in work.



Get environmentally active



Southampton Solent University's specialist geography degrees provide all the skills and knowledge you need for a career exploring, shaping or saving our environment.

BSc (Hons) Geography with Environmental Studies

BSc (Hons) Geography with Marine Studies

- National and overseas field trips funded by the University; recent trips include Turkey, Malta and the Azores archipelago.
- Close access to sites of Special Scientific Interest and the New Forest national park.
- Modern, relevant courses with a focus on fieldwork, lab-work and practical skills.
- Excellent facilities and equipment, including access to monitoring drones, dedicated GIS labs and our own research vessel, Solent Surveyor.



Find out more
solent.ac.uk/geography
E: ask@solent.ac.uk
T: +44 (0)23 8201 3039



DofE Q&A

Here are some programme-related questions we have received recently and we hope they may answer some of your questions.

Volunteering

Q If an independent school is a 'charity' then can participants volunteer for their school?

A Although a school may have a charity number, fundraising for the school itself would not be appropriate and would not fit with the community aspect of the Volunteering section (the same reason why participants cannot fundraise for their own DofE group). However, participants can of course help in their school with other activities such as mentoring, running after-school clubs etc.

Q If a participant is a young carer, can this count for their Volunteering section?

A Through the responsibilities young carers have, they make a significant contribution to both the individual they care for and the wider community. Many young carers may also not have

the time available to engage in another volunteering activity and therefore their time spent doing this can count for their Volunteering section. Goals and Aims may include ensuring the family home runs as smoothly as possible and being the main carer for their parent/sibling (including doing the shopping, personal care, waking night care, running the family budget etc.).

The Assessor should be a professional who is supporting the participant with their caring role, ideally from a young carers project or social work/youth work department. Young carers should also be encouraged to contact their nearest young carers project www.youngcarer.com/young-carers-services.

Skills

Q Can cricket scoring count as a skill?

A Cricket scoring could count towards the Skill section; participants could include learning how to score matches, progress to scoring higher level games and how to produce other match statistics.



Expedition

Q What is the DofE's policy on teams doing 'something else'?

A Groups looking to do something different for their expedition must submit a written proposal to DofE Head Office at least 12 weeks before departure. On p284 of the *Expedition Guide* there is a list of the 20 Conditions which are not flexible and which must always be met to 'some degree'. Groups should refer to Chapter 14 of the *Expedition Guide* when considering planning such an expedition. If groups just require a variation for their expedition, they must use the Expedition Variations application form on the website: www.DofE.org/go/expeditiondownloads.

Q Who is responsible for checking the weight of a participant's rucksack?

A As this is to do with the health and safety of the expedition, it would be the Expedition Supervisor's responsibility to check that bags are of an appropriate weight. Best practice would be for them to check it at the pre-expedition check (*Expedition Guide* p164) and on the morning of the expedition. It should also be covered in the LO's/AAP's Risk Assessment.

Adventure Service Challenge

Serving the needs of young people for 50 years

- A national comprehensive and complete activity scheme for young people (aged 8-14 and beyond)
- A scheme used by teachers, voluntary leaders and thousands of young people in schools, clubs, youth organisations and religious foundations
- ASC is a structured yet flexible scheme to meet the needs of a wide ability range

Involves

- discovery, exploration
- forming attitudes and skills for life
- having concern for others
- progressive activities with achievable targets
(May be used in preparation for The Duke of Edinburgh's Award)



Interested?

Visit www.asc-scheme.org.uk,
email directly to asc@asc-scheme.org.uk or
telephone/fax 01225 329838

Registered charity no.292690



applied EXPEDITIONS

Training, practice and qualifying expeditions at Bronze, Silver and Gold.

Ventures by walking, cycling or open canoe.

Bespoke expeditions for schools or large groups.

Open expeditions for individuals or small groups.

Tel: 07711 183469

info@appliedexpeditions.com

www.appliedexpeditions.com





update

Important information from the Charity

Welcome Pack prices

When young people decide to do their DofE, they pay a small fee to the DofE Charity in order to get their *Welcome Pack*, which includes their DofE Participation Place.

As of 1 April 2015 this price is:

- £17.00 for Bronze
- £17.00 for Silver
- £24.00 for Gold

If your school, club etc. charges participants more than this, you must tell them of any additional charges and what they cover.

New website

Launching very soon is our new public-facing website for www.DofE.org in order to speak more appropriately to those many tens of thousands of people who visit the site and who have no previous knowledge of the DofE. Previously the website was trying to speak to such a wide audience that all visitors were faced with a vast amount of programme delivery information, much of it irrelevant to their specific needs.

The new website has also been designed to work well for the rapidly increasing percentage of visitors using mobile devices and tablets.

Existing Leaders, participants

etc. will still be able to access information, resources, opportunities, contact details etc. via links within eDofE and on www.DofE.org.

New Year Honours

Congratulations to all those connected with the DofE who received awards in the 2015 New Year's Honours list, which included Andrew Blundell and Felicity Aston.

The value of the DofE

Most admissions staff believe achievements outside the classroom, such as the DofE, are more important to gaining a university place than ten years ago, a new study says. Some 59 per cent of staff say evidence of extra-curricular activities has become more pivotal in their decisions, according to a poll of 63 university admissions teams commissioned by AAP World Challenge. Find out more at www.DofE.org/benefits.

Gold Award Presentations

You are reminded that you can see the Gold Award Presentations Hall of Fame at www.DofE.org/go/halloffame. Full GAP info can be found at www.DofE.org/go/GAP.


Approved Activity Providers



AAP news

The Expedition section must be delivered either directly by Licensed Organisations (LOs) through their LO licence or through AAPs. Expeditions not delivered by an LO and their staff/volunteers must be delivered through a licensed AAP. For more information, see www.DofE.org/aap.

Alton Castle **R**

Campana Adventures 

Cumbria Outdoors 

Derwent Hill Outdoor Education and Training Centre **R**

London Transport Museum **V**

Marrick Priory Outdoor Education Centre 

Maybe Sailing **R**

Monsterclimbs 

Moorland Adventure 

Outposts **R** **O**

Parkrun Ltd **V**

Pod Volunteer **R**

Reach Outdoors 

Real Adventures Through Sports (RATS) 

St Barnabas Hospices (Sussex) **V**

Summer Golf School **R**

The Exploration Society 

The National Energy Foundation **V**

A key to symbols is available at www.DofE.org/go/aaplist
Try our AAP Finder: www.DofE.org/finder

Please leave feedback on AAPs you have used at www.tinyurl.com/mqljz8z.



AAP SPOTLIGHT

BXM Expeditions – making DofE expeditions accessible

- Run by ex-DofE Managers and Co-ordinators.
- Set up solely to run DofE expeditions for schools all over the UK
- Prices start at £28 per person per day, includes: tents, stoves, gas, maps.
- Assemblies, parent talks, local and national administration as standard.
- Large open expeditions available.
- 100% positive feedback, all available – take a look at our Twitter and Facebook page.
- Safe, fun expeditions run by highly qualified, knowledgeable and friendly leaders.
- AALA certified, Bronze, Silver and Gold, large or small groups.



Contact us on: 0800 4332963
or email: info@bxmexpeditions.co.uk
Twitter: @bxmexpeditions
Facebook: BXM Expeditions

Current number of AAPs

- Volunteering AAPs: 19
- Expedition AAPs: 246
- Residential AAPs: 85

Number of participants using an AAP in 2014

- Volunteering: 4,202
- Expedition: 21,190
- Residential: 2,443

Key resources

To search all opportunities and AAPs: www.DofE.org/finder

Download the *Volunteering Opportunities* PDF from www.DofE.org/aap

See the complete list of AAPs www.DofE.org/go/aaplist



seal of approval

It's an exciting time for young people choosing activities for their DofE. There are now more Volunteering and Residential Approved Activity Providers (AAPs) than ever. These AAPs offer a fantastic breadth of opportunities, from charity youth ambassadors through to residential for aspiring astronauts. **Abigail Saunders** reports...

In the autumn of 2013 we surveyed DofE participants about what was important to them when choosing their volunteering or residential activity, and the barriers they faced. The aim was to help us partner with organisations offering desirable, quality experiences, which meet the sectional requirements and to break down some of the barriers identified.

In the summer of 2014 we launched the new online Opportunities Finder. This lets you search hundreds of AAPs and opportunities: www.DofE.org/finder – it's a fantastic tool for you and your DofE participants to search by interest, location and budget.

Volunteering AAPs

DofE participants rated the charitable cause and enjoyment as their priorities when volunteering. To see the range of AAPs and download a handy Volunteering AAPs guide go to www.DofE.org/finder, both are regularly updated.

Volunteering and 14 year-olds

We encourage AAPs to allow volunteers from the ages of 14 and now over 70% of the opportunities offered by AAPs are aged 14 and up. Some of these include:

- **The Cinnamon Trust:** volunteer dog walkers help elderly people in their local area by walking their pets.
- **The Reading Agency:** volunteers help in libraries with guided reading and running activities.
- **Oxfam and PDSA:** welcoming 14 year-old volunteers in their charity shops.

Some of our Residential and Volunteering AAPs



“Since becoming an AAP, we have been able to access support and advice. We feel engaged with the DofE and are proud to be part of helping young people complete their programme.”

Sue George, British Heart Foundation

Local opportunities

Most of our volunteering AAPs offer opportunities across the UK. Sometimes even more flexible opportunities are needed, such as ones which are run after school. This can minimise the costs of transport – a concern highlighted by some participants. Fundraising and campaigning are two solutions. For example, the **London Transport Museum** runs a Travel Ambassadors scheme in schools, whilst the **Queen Mother’s Clothing Guild** help set up groups of knitters to make clothing for the charities they support.

Life skills

The links between many volunteering opportunities and the workplace or higher education are clear. When building relationships with AAPs we’re keen to highlight these skills. **British Heart Foundation** gives certificates for training completed in a range of skills, from health and safety, to equality and diversity. Other charities such as **The Eve Appeal** offer support packs and resources for groups to design and run fundraising events – useful to develop budget and project management skills.

Residential AAPs

Our survey results showed young people were eager to find residential that fit their budget and busy schedules, developed skills for their future and were open to all ages.

We are always trying to improve the range and locations available, from the **Share Discovery Village** in Northern Ireland to **Abernethy Trust** in Scotland and even AAPs that take young people overseas!

Low cost residential

Free or low cost residential make completing a Gold programme achievable for all. **CHICKS** is a charity offering free places for volunteers to help on their camps for underprivileged children. **YHA** offers free residential restoring hostels and their gardens whilst **Waterways Recovery Group** runs canal camps at very low cost. Being an AAP means these charities get the volunteers they need to make their services to others possible.

Many AAPs offer bursaries to subsidise opportunities. You can identify these on the Opportunities Finder – look out for the bursary symbol shown here. Over half the participants who completed a residential with an AAP last year paid less than £200.



Employability

Employability and life skills were important to participants that responded to our survey, and are also a key priority for the DofE. AAPs help young

people develop these skills in many ways. From cookery courses, such as those run by **Cookability**, for budding chefs and chalet hosts, though to **Medlink** and **Vetlink** conferences for future doctors and vets. Potential outdoor learning leaders can start their career path with **Phasels Wood Activity Centre**, or develop their conservation skills with the **National Trust**.

Young people aged 16-17

We encourage all AAPs to offer opportunities to 16 and 17 year-olds when it’s possible. Creative Short Courses at **Nottingham Trent University** include topics from graphics to fashion design, whilst charities such as the **Rona Sailing Trust** can take 16 and 17 year-olds on a sailing residential. Participants can even volunteer at a wildlife sanctuary in Thailand with **Pod Volunteer**.

Why AAPs?

Although it is not mandatory for participants to use a Volunteering or Residential AAP (unlike DofE expeditions, which must be completed with a Licensed Organisation or AAP), it does mean that:

- **For Leaders** it provides a wealth of ideas at your fingertips, through the Opportunities Finder, to help guide your participants.
- **For parents and participants** it provides reassurance that the opportunities have been approved to meet the sectional requirements.
- **AAPs** can promote their opportunities to DofE participants with confidence that they will count.
- **For the DofE** it means that we can recommend a variety of opportunities that are suitable for a wide range of young people. We also have better visibility of what’s available and can influence and improve the quality of what’s being offered.



“As we are a charity, our DofE volunteers make a huge impact. We couldn’t do the work without them! YHA’s aim is to enhance and inspire the lives of young people through experiences in the outdoors, but what DofE participants help us to achieve is magical.”

Kate Lansley, Youth Hostels Association

The DofE in



PURE ELECTRIC

Huddersfield Town Hall was packed recently for its annual DofE Award presentation, with over 500 young people with different abilities from all communities in the borough. They were supported by staff, volunteers, carers, family and friends, representing 36 groups.

The **DofE in Kirklees** welcomed 1,437 new participants into the DofE last year.

During the evening, participants from **Almondbury Open DofE Centre** (pictured) performed *Electricity from Billy Elliot*.



DofE participants from **Langley Academy, Slough**, have won the prestigious *Princess Diana Award* for their unwavering commitment to the *Anti-Bullying Campaign*.

They built a campaign, presented in assemblies, organised cake sales, provided questionnaires and built an awareness section on the Academy's website

WE SHALL REMEMBER

The **Guisborough Open Gold** group decided to commemorate the centenary of the First World War as their expedition aim. They looked at gravestones, plaques and memorials at each church or memorial site and cenotaph on their route and looked for links between sites. They took photographs and documented the journey and, out of respect, laid a cross at each site.



TV presenter and motorcyclist **Guy Martin** (centre) presented **Caistor Grammar School** students with their DofE Awards at their presentation evening in January.

INSIDE OUT



Inmates from HMP Kennet have been turning their lives around thanks to their involvement in the DofE. 'Thomas' said *"Doing my DofE made me realise that I can achieve things. I learned to work in a team and it built my confidence, which helped me get a full time job."* Deputy Governor Robert Durgan said *"The DofE can transform young people who have been labelled as difficult characters. After achieving their DofE Awards, they become more positive, confident individuals"*.

BREAKING BARRIERS

Frankie Slevin attends Action on Disability (AOD) in Hammersmith & Fulham and overcame a number of challenges to achieve his Bronze, Silver and Gold Awards. His greatest challenge was the expedition, which involved finding a remote lodge with facilities to cope with his needs.



Fida Hussain has won the prestigious Mountain Leader of the Year award from Mountain Training. Fida beat off 15 other nominations and received the highest number of public votes to win the award.

Fida is involved with delivering the DofE in Rochdale and also carries out community projects in the area.



HIGHEST HONOUR

ACTION



GOING NOWHERE FAST

Pictured here are participants from **Beamont Collegiate Academy** in Warrington, who raised £268 for Macmillan Cancer Support as part of their Bronze DofE activities. Between the team of 20, they travelled over 400 miles (Warrington to Paris and back!) running, cycling and rowing in the gym.



*DofE participants from **Lifeworks**, which works with young people with learning disabilities, had a great time clearing moss off the steps of Dartington Hall, Totnes, as part of their Bronze volunteering work earlier this year.*



EVERYBODY NEEDS GOOD NEIGHBOURS

Newcastle School for Boys head boy has become the school's first student to achieve a Gold DofE Award and has helped to bring a smile to the faces of his elderly neighbours in the process. Adam spent 12 months volunteering at Abbeyfield The Grove, a care home which neighbours the school, giving up his time to talk with, and listen to, its elderly residents.



<http://youtu.be/bEHZS99j1XM>

GETTING THE LIE OF THE LAND

DofE Wales ran its first **ExpedFest** at Plas-y-Brenin last November. Supported by DofE AAP Expeditions Wales, ExpedFest invited Leaders to enjoy a weekend of advice and training to aid the delivery of the Expedition section.

Leaders were able to pick up tips on teaching navigation, building strong teams and working with young people with additional needs. They also got advice on leading expeditions on foot, by bike and kayak and how to become a 'mountain masterchef'. The weekend also provided sessions on eDofE, digital mapping, Green Forms and expedition aims.



ALL FIRED UP

DofE participants from Powys are enjoying an exciting new programme for their Volunteering section, thanks to Mid & West Wales Fire & Rescue Service.

MAN UP

*The DofE is going from strength to strength on the **Isle of Man**.*

Ardwhallan, the Department of Education and Children's outdoor education centre, is offering an expanded range of activities for young people working on their DofE programmes.



WELCOME TO THE LifeZone

Getting into the LifeZone

Just click on either of the LifeZone buttons in eDofE to access the site (*remember to allow pop-ups on your browser*).



Businesses believe in you

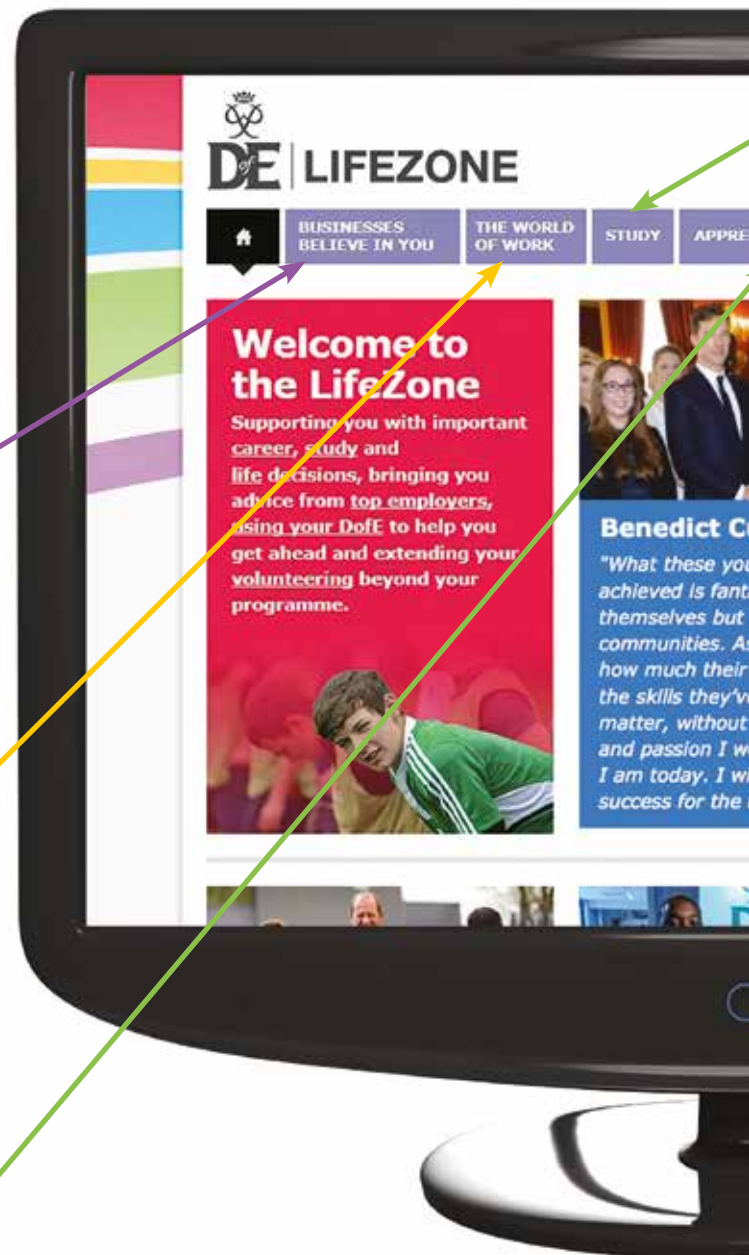
Here you'll get a peek inside lots of top companies including **British Gas, Halfords** and **Lloyds** who have all pledged to support you! Their pages are packed full of great advice to help you get your foot on the career ladder. **More exciting companies are coming soon!**

The world of work

Click through to this area and find lots of handy support on interviews, job applications and most importantly plenty of great advice on how to **show off all the skills you have learnt through your DofE programme!**

Apprenticeships

Considering an apprenticeship as your next step? You can find a useful introduction to apprenticeships on these pages and information on how **your DofE can help you on your application.**



If you're not doing
can get a taster of
www.DofELifeZone.com

Discover this exciting new careers inspiration site designed exclusively for you! Let's take a look around...

Study

These pages give you some helpful tips on studying, revising and the choices you'll have to make through school, college and university. Plus how to make the most of your DofE experience in your **personal statement!**

Work/life balance

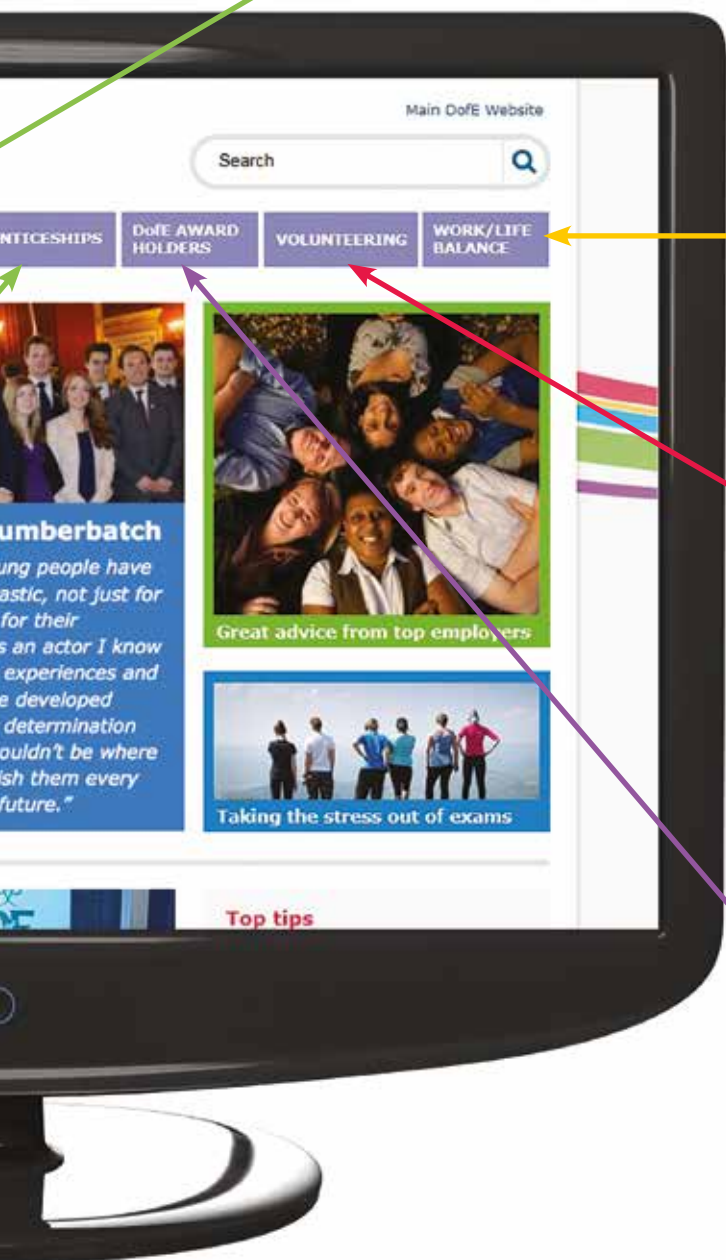
Outside of your studies and work there are lots of other things to think about and this area is filled with support on managing your finances, **gap year advice**, healthy living and much more!

Volunteering

Do you want to **carry on volunteering** for your community after you finish your DofE or maybe try something further afield? These pages will guide you through your options.

DofE Award holders

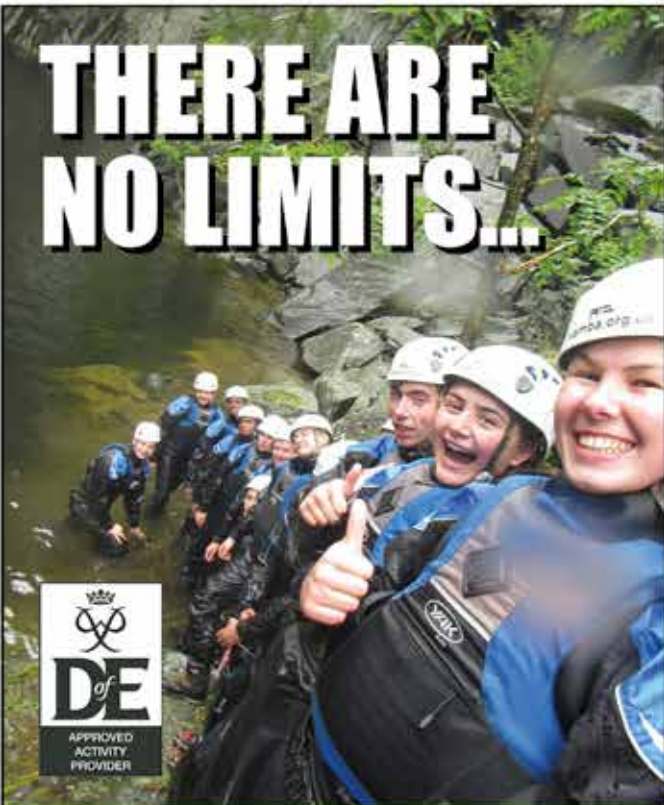
We think your DofE Award achievement is amazing but don't just take our word for it... on these pages you'll find lots of familiar faces who really believe in your DofE achievement – including some **famous Award holders!**



Do you have your DofE yet you can find more inspiration on the LifeZone at LifeZone.info.

We'd love to know what you think about the site – send your feedback to LifeZone@DofE.org.

THERE ARE NO LIMITS...



MULTI ACTIVITY RESIDENTIALS

Expeditions

Walking

Canoeing

Sea Kayaking

(Training, Practice & Qualifier)



Yamba UK

01772 379898
www.yamba.org.uk



5 day residential sailing course

- Exciting action centred learning and seamanship training aboard a Thames Sailing Barge for young people
 - A fantastic course to build confidence and self esteem
 - Learn about teamwork, communication and respect for others
 - Gold DofE Residential section
 - Sail along the east coast and the Thames estuary
 - To find out more follow us on Facebook and Twitter
- Food, waterproof clothing and safety



t: 01621 744196
e: info@seachangesailingtrust.org.uk
w: www.seachangesailingtrust.org.uk
Unit 1 Blackwater Marina, Mayland
Maldon, Essex, CM3 6AL



SOLD

Surrey Outdoor Learning & Development

A Learning Experience for Life



PROFESSIONAL TRAINING for the OUTDOORS



Student training/assessments for expeditions - all levels and Gold Residentials

COURSES AVAILABLE INCLUDE:

- BEL3 /ABEL2 - training and assessment
- NNAS Bronze and Silver training with assessment

To view the most up to date training dates and courses, as well as book online, visit www.surreycc.gov.uk/outdoortraining or telephone 01372 378901

www.surreycc.gov.uk



Making Surrey a better place

60 SECONDS
WITH...

JON CULSHAW

TV and radio impressionist



“The DofE is more relevant than ever for young people today. The sense of accomplishment you gain from receiving your Award gives a sense of esteem that lasts a lifetime.”

Jon has been a popular impressionist on comedy shows such as *Spitting Image*, *Dead Ringers*, *2DTV* and *The Impressions Show with Culshaw & Stephenson*, plus radio shows such as *The Now Show*.

What inspired you to become an impressionist?

It was what I did when I was five or six years old for fun. Growing up in Lancashire, where everyone spoke with broad accents, it was irresistible to copy them. I was also a great fan of Mike Yarwood's shows and *Spitting Image* and so I decided to see if I could make a full time job out of being a voice artist.

What has been the best reaction you've had from doing one of your impressions?

One is from Tom Baker, a former Doctor Who. He said "Do I really speak so oddly? My wife says I do so I suppose I must". Another was in a post-show line up at the Albert Hall. The Duchess of Cornwall pointed to the Prince of Wales and asked "Do you do him?" I gave a few of his sayings, much to her amusement!

What has been the highlight of your career so far?

It was the chance to pay tribute to Mike Yarwood at the Palladium on a BBC1 show called *Bruce's Hall of Fame*. The Royal Variety Show and appearing on *Parkinson* were memorable too.

The comedy industry is very competitive; do you have any advice for young people who want to work in comedy?

I would say never think it's impossible to reach your goal. Watch lots of comedians and see who inspires you. Find your own comic style and attitude.

What advice can you give to people about building confidence when public speaking?

Just get out there and do it! Most audiences will be rooting for you so feel the positivity of that support. If you're nervous that's fine, in fact it's healthy because it proves you care about what you're doing. Use that nervous energy to propel you up rather than distract you down. Soon enough you'll be getting a big round of applause.

Thinking about some of the challenges you have faced in your career, how did you approach and overcome them?

As far as possible, enjoy the challenge – these are inevitable at times, so just get on with them as best you can. Visualise the challenge as the size of a boulder, and then visualise your ability to deal with it as the size of a mountain.

Do you wish you had done your DofE? If so, what would you have done for each section?

I would love to have done my DofE but my school didn't offer it at the time. For the Physical I may have tried a three mountain challenge; for Skills I might have built a giant telescope and for Volunteering I'd have given a few talks about the Solar System.

Why do you think the DofE is still relevant for young people today?

The DofE is more relevant than ever for young people today. The sense of accomplishment you gain from receiving a DofE Award gives a sense of esteem that lasts a lifetime. The positive motivation from that is something young people will want to pass on to others in the future. It's great how Award achievers come back to encourage those working towards theirs.



REAL DIAMONDS

The lifeblood of any charity lies in its volunteers and the DofE is fortunate to be able to attract and retain the services of thousands of enthusiastic and capable men and women. In the build-up to the DofE's Diamond celebrations next year, **Jon Irwin** tracks down some of our stalwarts...

Mr. **R.L. Metcalfe** is, at the time of writing, a sprightly 90 years old. His time with the DofE started in the mid 1950s, when HRH The Duke of Edinburgh and his team were deciding on the standards for the Expedition section of the planned Awards.

Mr Metcalfe was on a course at Plas y Brenin and was asked by the principal to stay on with three other young men to take part in an experimental Gold DofE expedition, under the supervision of DofE representatives.

The expedition was duly undertaken and the timings, terrain and challenge they faced all added to the research, which fed into the DofE's initial programme.

When the DofE was later formally created, Mr Metcalfe became involved as a volunteer in the first group to be set up in Brighton.

Now President of the DofE in Brighton, Mr. Metcalfe is still an active volunteer with the DofE and we believe he is the oldest, longest-serving DofE volunteer in the UK... unless, of course, you know different!



R.L. Metcalfe, pictured second from left, with some of his DofE participants in Brighton in the 1980s.

Celebration



Tony Mullins is 75, grew up in Birmingham and was introduced to the DofE through the St. John Ambulance Brigade aged 16. He was one of the first young people to achieve their Gold DofE Award and was presented with his certificate at the first Gold Award Presentation at Buckingham Palace in 1958.

Tony has volunteered for the DofE Charity for over 50 years and has seen his daughter and grandson achieve their own Gold Awards, becoming one of the first families to have three generations of Gold Award holders.



Please let us know of your longest serving volunteers by emailing magazine@DofE.org so that we can help prepare for our Diamond celebrations in 2016.



There was a surprise in store for **Barry Hieger**, 79, when HRH The Earl of Wessex presented him with a DofE Lifetime Achievement Award.

As the Jewish Lads' and Girls' Brigade's (JLGB) longest-serving Officer, he has held almost every major voluntary position and is now an Honorary Vice President.

In 1948, aged 13, Barry joined JLGB in its previous form as the Jewish Lads' Brigade and, after completing national service in the army, was part of the DofE from the start.

Barry has helped to train almost every Gold JLGB DofE participant

for their expeditions and did so until last summer. Despite being nearly 80 years old, Barry still plans to continue to assess Silver DofE expeditions.

120 years and counting

On the terraces of the House of Lords, Jewish Lads' and Girls' Brigade President Lord Levy hosted guests from the Jewish community and the youth and charity sector to celebrate the 120th Anniversary of the JLGB and to pay tribute to the adult volunteers, trustees and staff team who make it all happen.

In the presence of Eric Pickles, Secretary of State for Communities and Local Government, Lord Levy said: *"We have a long and proud history and it is a history that has seen so many wonderful young people develop through the JLGB, turning into outstanding citizens of this country and proudly representing their community."*

"JLGB teaches skills, it teaches understanding, belief in our faith of Judaism, but understanding that we have to work together within our society and with every other faith and minority community."

The JLGB is an active provider of DofE programmes and has recently developed initiatives, such as Kosher expeditions, to enable their membership to participate fully.



Learning beyond the classroom

Deliver an outdoor learning qualification

Sports Leaders UK offer nationally recognised Level 2 and 3 qualifications to over 16's, providing the perfect enrichment activity.

Courses available:

Level 2 Award in Assisting in Basic Expedition Leadership

- Enables students 16+ to develop their outdoor leadership skills.
- Prepares responsible, motivated and confident leaders so they can assist during expeditions in lowland countryside.

Level 3 Award in Day Walk Leadership and Level 3 Certificate in Basic Expedition Leadership

- Ideal qualification for students 17+ wishing to supervise DoE expedition groups.
- Excellent progression to Mountain Leader Training awards and into employment, further education or training.



Telephone: 01906 689160
 Email: contact@sportsleaders.org
 Online: sportsleaders.org

© Sports Leaders UK 2014 | SL0003 Issue 1.00/14



Get on board with us and achieve your Gold Residential



Learn how to sail alongside new friends, develop new skills and most importantly have fun on the water.

- 4 nights or more qualifies for Gold Residential
- Group Gold Expedition voyages
- Individuals or Groups welcome
- Bursaries available*
- No sailing experience needed

*Subject to successful bursary application



023 9283 2055 | www.tallships.org

f Tall Ships Youth Trust @TallShipsYT



What are you doing for your residential?



Seven days and six nights sailing the fantastic coastlines of Devon, Cornwall, Brittany and the Channel Islands. Participate in all aspects of the voyage from putting up sails, helming, cleaning, navigating, keeping watch and cooking.

Join us for a week of activity at sea, beach barbecues, and exploration of ports and anchorages across the stunning coastline.

2015 Dates	Price
1-7 August	£545
8-14 August	£545
15-21 August	£545
22-28 August	£545



www.trinitysailing.org

Find out more, phone us on 01803 883355 or email team@trinitysailing.org

BEAUDESERT PARK

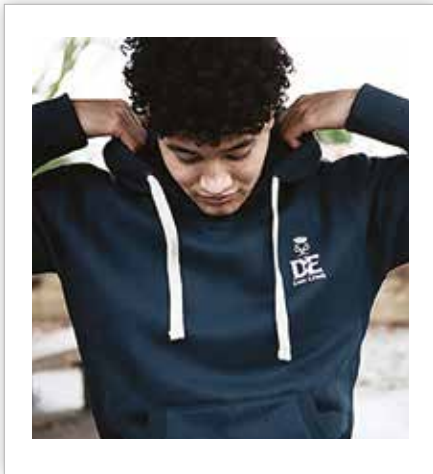
www.beaudesert.org



Set in 124 acres of parkland, adjoining Cannock Chase Country Park, Staffordshire.

- 7 fully equipped accommodation buildings suitable for 2 - 24 people
- Camping for 1500 people on 40 sites in woodland and open parkland
- Modern, well maintained toilet facilities with free hot showers
- A range of instructed and self-led activities available including the new activities - Via Ferrata, Monkey Trees, Metal Detecting, Traverse Wall, Indoor & Outdoor, Rifle Ranges, Double Crate Stacking and Audio Trail

Check availability and book online at www.beaudesert.org - Email: info@beaudesert.org
 Tel: 01543 682278 - Fax: 01543 682623



1 DofE CASUALS OUT NOW

We've just launched a great new range of top quality **cotton casuals** – ideal for DofE groups, expedition teams, Leaders and adult volunteers.

The range is great value for money and all items come with the DofE logo as standard. You can personalise them on the front and back, and you also have the option to add your name, role and centre.

See the range, plus our other items, at www.DofEshopping.org/DofE-clothing.



2 IT'S A DOODLE!

Ever find it difficult trying to arrange a meeting or activity around everyone's availability? Whether it's a Leader's meeting, a social event or a training session for participants, why not try the free online **Doodle** system?

Simply visit www.doodle.com and set up a free event. You'll be given a link to send out to people to click and type in their name, ticking their availability.

You can then easily see the best date and confirm it to those you invited.

3 BROLLY GOOD IDEA

Assessing or supervising in the rain and realise you don't have enough hands to hold and complete paperwork, operate a phone *and* keep dry? Try the **TeleScope hands-free trekking umbrella**, which attaches to rucksack shoulder straps and hip belts. Costs just under £60 but could make life easier! www.euroschirm.com



4 IN TENTS PLEASURE

Fancy a bit of glamping? Want to make your fellow Assessors green with envy whilst you enjoy being the centre of attention? **Fieldcandy** supplies a range of tents (which can even be personalised!) for adults, ranging from the unusual to the completely bonkers! See the range and full specs at www.fieldcandy.com.



5 GAME FOR A LAUGH

Ever need a selection of ice-breakers, team-building exercises or general games for groups? See www.group-games.com for a wide range of games and activities, all tried-and-tested with many suitable for DofE age ranges.



6 BE SEEN... BE SAFE

Beamie is a Young Enterprise company based at North London Collegiate School. It sells a range of warm hats that have a high visibility strip sewn onto them, which reflects light from oncoming vehicles.

Each beanie hat is made of Thinsulate material, allowing maximum warmth. Prices are negotiable depending on the quantity ordered but are around £12 each.

Find out more and order online at www.beamie.co and www.facebook.com/beamieyoungenterprise.



7 IT'S A STICK-UP!

Create your own **car stickers and window stickers** using an inkjet printer and these great transparent sticker sheets. Simply create your design and follow the



simple instructions to produce eye-catching, robust window stickers. Around £10 inc. delivery for 5 A4 sheets, which could produce 20-40 car stickers. <http://tinyurl.com/nf6bqne>



learn outdoors

www.learn-outdoors.co.uk

➔ Amazing DofE expeditions throughout England and Wales

"Learn Outdoors has excellent instructors, health and safety, flexibility, programme design and client management. I would happily recommend them."



Chat to us...

Tel: 01597 811107 E: enquiries@learn-outdoors.co.uk

www.learn-outdoors.co.uk

DofE Expeditions in the heart of Argyll

Bronze, Silver and Gold Expeditions. | Contact the Centre for Training, Practice and Qualifying available. | more details.

Sailing, Walking, Canoeing or Mountain Biking.



**NATIONAL
ACTIVITY
CENTRE
LOCHGOILHEAD**



Tel: 01301 703217 Email: info@lochgoilhead.org.uk
The Lochgoilhead Centre, Lochgoilhead, Argyll, PA24 8AQ

The Lochgoilhead Centre is wholly owned by The Scottish Council
The Scout Association Registered Scottish Charity No.SC017511





There are hundreds of opportunities for expeditions, residentials and activities suitable for DofE participants and Leaders. Our website www.DofE.org/opportunities is packed with them and is updated daily. Here, we put three under the spotlight for you to share with your groups...

Volunteering



British Red Cross

The British Red Cross is part of the largest humanitarian organisation in the world. The British Red Cross aim to help people, whoever and wherever they are, in times of a crisis. There are many roles DofE participants aged 15+ can undertake with the British Red Cross:

- **Retail volunteer:** Volunteers are always required in one of their shops. Email GMountain@redcross.org.uk or contact your local shop.
- **Peer educator:** Train to be a Red Cross peer educator and be able to put the skills to work and peer educate others in humanitarian education. www.redcross.org.uk/lifeliveit
- **Fundraiser:** Groups of friends who come up with a great fundraising idea for the BRCS could win £100 to make the idea a reality. For how to apply go to www.redcross.org.uk.

Residential



PoD Volunteer (Personal Overseas Development)

PoD is a specialist non-profit volunteering organisation with over ten years experience arranging volunteer placements overseas. It is committed to a responsible volunteering approach.

PoD is licensed as a DofE Approved Activity Provider to offer specific projects which meet the residential requirements. These range from reef conservation in Belize and bear rescue in Cambodia, to animal conservation in Peru and elephant research in South Africa. Over 600 people each year volunteer with PoD, and 96% of PoD volunteers rate their experience as good or very good.

W: www.podvolunteer.org
T: 01242 250 901

Skills



Youth Health Champions

The Royal Society for Public Health has launched the Level 2 Certificate in Youth Health Champions. This qualification is targeted at students aged 14-18 and has been developed to enable young people to act as 'health advisors' to their peers.

The training takes under 40 hours to complete, and lets students explore the causes and consequences of unhealthy behaviours and how to provide help and support to anyone engaged in activities that might damage their health, e.g. smoking, unhealthy diets and alcohol misuse. It can be studied in a way convenient to the individual centre (school, youth group etc.) as a Skills section activity, or possibly as preparation for a Community Action and Raising Awareness Volunteering section activity.

W: www.rsph.org.uk and <http://to.ly/HM2f>

self sufficiency
development

DES
DORSET
EXPEDITIONARY
SOCIETY
Registered Charity
No 1071217

ADVENTURE
teamwork
opportunities
CONFIDENCE dedication

STAND OUT FROM THE CROWD
Realise your Leadership Potential

Institute for Outdoor Learning
www.outdoor-learning.org

DE

YET

For a real challenge join a DES expedition
www.dorsetexp.org.uk dorsetexp@gmail.com

f t

**THE DUKE OF EDINBURGH'S
AWARD TRAINING AND
EXPEDITIONS.**

essex outdoors
Skills for life, memories forever...

Essex Outdoors run walking, canoeing and mountain biking expeditions at Bronze, Silver and Gold levels, and offer full Practice, Training and Qualifying Venture packages across the UK, Pyrenees, Dolomites, Slovenia and Morocco.

Also on offer are Physical, Skills and Residential opportunities as well as:

- ▶ Basic Expedition Leadership, Countryside Leader and Lowland Leader Award training and assessment courses
- ▶ Professional development and first aid courses for leaders and assessors
- ▶ Accommodation, training and camping facilities at four centres in Essex

For more information visit
essexoutdoors.com or call **0845 200 4220**

DE

Quality Badge awarded by
Council for Learning Quality Assurance

AALA
ADVENTURE ACTIVITY
LEARNING AUTHORITY

essex outdoors

Essex County Council

just a tick in the box?

Assessor reports... they're just a tick in the box for participants to complete their DofE, right? **Lizzie Usher** gives some guidance...

Can we just scan a certificate to show they completed their first aid course? Can mum or dad sign them off if they did cooking for their skill? I'm their DofE Leader and I **know** they did the right thing – do they really need an Assessor's report at all?

All of these questions and misconceptions about Assessors' reports have been received at one time or another over the years. Whilst all DofE Leaders should know that the **'Assessor's report is an important mark of quality in the DofE programme'** (*Handbook for DofE Leaders*), there are a number of key attributes which make up a good Assessor's report and which are too often missed.

Whilst it would be fantastic for every Assessor to be able to write at great length about the achievements of every young person, usually there is neither the space

nor time to be able to do this for everyone. There are a few things which must, however, always be included, and there are also a few tips for making it useful for the young people themselves.

Achievement focused: A guiding principle of the DofE, reports should detail what goals the participant set themselves and describe their achievements as they undertook the section. Comments should be positive and encouraging.

Personal: It's surprising how many reports don't even include the young person's name or are a 'copy and paste' job for a whole DofE group. So, with the name as a good place to start, reports could also include any memorable moments for that individual during the activity and any remarks that are specific to them.

Details: Alongside the descriptions of what participants did, there must be a few key facts. These include: confirmation of the activity; start and end dates that the participant did the activity; the Assessor's name, role and signature (if written on the report cards) and, if it's for the Expedition section, an Assessor number and expedition notification number (if applicable).

Making it useful for the future: Many young people may use their Assessors' reports for references or to help them build their CV. If building an *Achievement Pack*, the Assessors' reports will also be included. Therefore the report should try and detail what life skills a participant might have learnt. For example, rather than "Sam learnt to kick a football" it could be "Sam used the skills learnt to work effectively as part of the U15 football team" or perhaps "Sam developed his leadership skills throughout the three months and will be vice-captain next season". Where possible, reports should mention some of the key attributes participants will develop throughout the activity: **leadership, organisation, motivation, responsibility** and **teamwork**.

Format: A reminder that reports should either be written on an Assessor's Report Card in the *Welcome Pack*, or via the website: www.DofE.org/assessor. **It cannot be a photograph, certificate or activity log** – although all of these make great evidence!

So, Assessors' reports are definitely more than just a 'tick in the box'. They ensure the DofE's quality standards are met and can be a wonderful record for the young person to remember and reflect on all that they have achieved.



Vango Contour
50+10S Rucksack £70



ADVENTURES THEY WON'T FORGET AT PRICES YOU WOULDN'T EXPECT



Craghoppers
Women's Reaction
Lite Jacket RRP £70
NOW £60

BECAUSE IT'S TIME OUTDOORS THAT COUNTS

Excitement levels are through the roof. The next big adventure is drawing closer. All that's missing is the latest kit that will help your kids get the most out of the great outdoors.

At Cotswold Outdoor, we've been there and done it. So our expert team can give you all the advice you need on buying the best equipment, at the most affordable prices. Every moment outdoors will make memories that last a lifetime. And with our help, it doesn't have to cost the earth.



Craghoppers
Men's Reaction Lite
Jacket RRP £70
NOW £60



15% DISCOUNT*
FOR PARTICIPANTS

20% DISCOUNT*
FOR LEADERS



Lifesystems
Trek First Aid Kit £14



Silva Field Compass £18



Vango Stratos 250
Sleeping Bag £37.50

STORES NATIONWIDE | COTSWOLDOUTDOOR.COM

*Not to be used in conjunction with any other offers or discounts. Only valid on production of valid identification at the till point or discount code online. Offer expires 31.05.16

save your soles

Here's a useful checklist for DofE participants to take care of their boots and feet on an expedition. There is more expedition advice in the **Expedition Guide** and in the **DofE Kit Guide** for participants and parents at www.DofEShopping.org/kit-guide.

Choosing your boots

Remember all boots need to have ankle support.

Borrowing boots – it is possible to use someone else's old boots to save money. To help with fitting:

- Get a professional fitting (insoles can often make a boot fit much better and are a cheap addition).
- Test a range of socks to get a snug fit.
- Try different lacing techniques.

Buying boots – You can get a free professional fitting when buying new boots from shops like Cotswold Outdoors. They will help you find the right boot for your DofE expedition. Before you buy, check out all the advice on page eight of the *DofE Kit Guide* and our boots advice page at www.DofEShopping.org/boots.

Remember to wear your boots regularly before your expedition to 'break them' in and get used to them – perhaps walking to and from school or after-school clubs and youth groups?



Experiment with different ways of tying laces to make the boot more comfortable.

With thanks to Berghaus, Vango and Bridgedale for their helpful hints and tips. www.DofEShopping.org/kitadvice

At the start of your expedition

Work through this checklist to look after your feet:

	Wash and dry your feet thoroughly
	Cut your nails using straight scissors and check there are no bits of gravel in your boots and any rough seams are covered/smoothed.
	Take a blister kit. Prevention is better than cure so put some plasters on where you have had blisters before to protect your feet from the very start of your expedition.
	Wearing two pairs of socks (one thin, one thick) can significantly reduce friction in the boot and help prevent blisters. It's worth investing in good expedition socks, but thick sports socks will do to save money – don't wear cotton socks .
	It's best to take as many socks as expedition days so you have a clean, dry pair every day, (always take at least two pairs).
	When tying the laces it may be more comfortable to lace to the top of the boot and then come back down one level and tie the bow there, it puts the strength of the bow closer to the main boot and takes pressure off the top of the shin.

During and after your expedition

Simple steps to keep your feet comfortable:

- Stop at the first feeling of a 'hot spot' rubbing on your feet. Ask your team to stop and let you fix the problem so you don't struggle the rest of the way.
- Re-lace your boots, missing out a 'hot spot' area. Wrap the laces over each other three times before and after the missed area to keep the lacing secure (*see left*).
- If your foot is moving in your boot, try putting on another pair of socks.
- You can put a first aid elastic bandage over your heel to help stop it slipping in the boot.
- At lunch you can put on a different pair of inner socks, even swapping the left and right inner socks over can help, plus you can air your feet at the same time. If your feet feel fine, then just leave your boots on.
- If you get your boots wet, put scrunched up newspaper into them, right to the toes, and leave overnight. The newspaper will absorb the moisture.
- If you leave your boots in your tent porch overnight, put them in a plastic bag to protect them from dew.
- When you get home remember to fully clean your boots and let them dry naturally ready for your next expedition. You can restore water resistance using Nikwax products.
- Footwear must be suitable for the expedition environment and mode of travel. The final decision on what is suitable footwear rests with your Licensed Organisation or AAP Expedition Supervisor.





For Expeditions and Gold Residentials - only Cumulus ticks all the boxes

As an adventure activity company we provide the most exciting Gold residential week activities, including coasteering, kayaking, climbing and mountain biking.

Based in the heart of the Isle of Purbeck, contact us today.
01929 555 111 or email info@cumulusoutdoors.com
www.cumulusoutdoors.com

- ✔ **COMMITMENT** We embrace the ethos of the DofE and will ensure that your teams have the best possible experience whilst being safe and meeting the 20 conditions set out by the DofE.
- ✔ **SUPPORT** We can plan, staff, train and equip all of your expeditions from training right through to qualifying expedition or any part thereof.
- ✔ **EXPERIENCE** A highly qualified and experienced team selected by founder Russell Thompson, who was chosen to work with Sir Ranulph Feinnes for his last Antarctica expedition.
- ✔ **EQUIPMENT** High quality equipment all provided.

outdoor adventure and training specialists
cumulus

 Cumulus Outdoors is a DofE Approved Activity Provider



WHERE will YOU GO?

- BRONZE** in The CHILTERNs?
- SILVER** in the PEAK DISTRICT?
- GOLD** in WALES?

EXPEDITIONS UNDERTAKEN ANYWHERE IN THE UK & IN FRANCE

Please contact us to discuss your **Practice & Assessed Expeditions**
 School & Group bookings

Please see our website for **Open Expeditions**



 
 07813 702982
www.icyuk.co.uk

CANOE EXPEDITIONS in East Anglia

- Highly competitive group prices
- Open Gold & Silver Canoe available



 APPROVED ACTIVITY PROVIDER



www.angliaadventures.co.uk



**MADE FOR
YOUNG
ADVENTURERS.**
EXCLUSIVE TO
CRAGHOPPERS

CRAGHOPPERS



Grown-on hood

Guaranteed
waterproof

3 zipped
pockets

Velcro cuff
adjusters

Full length
waterproof zip



Guaranteed
waterproof &
breathable fabric.

Inner pocket
fits O/S map

The Reaction Lite Jacket boasts a combination of guaranteed waterproof and breathable fabric with lightweight insulation, giving all year round weather-beating protection. With 3 pockets & one that fits an O/S map, it is perfect for any kitbag that may be short on space but needs to be big on performance.

CRAGHOPPERS
World Travel Clothing

craghoppers.com    



MONEY MATTERS

Sometimes there are ways to solve problems without raising money directly. There are sources of equipment, clothing, furniture and other items that are available if you ask, rather than requesting cash.

Deb Dowdall looks at some alternative funding solutions....

It may be possible for your group to access a variety of alternative funding sources. Always look at your list of requirements and consider how you can get items cheap – or for free.

This will still take time, and will require some thought. It can help to get together and make a list of what you need and add a parallel list of who has these things. You can then see if they can be persuaded to donate, share or lend them. This may, of course, apply to skills as well as equipment.

Free stuff

The Freecycle Network (www.freecycle.org) is made up of hundreds of individual groups across the globe. It's a grassroots movement of people who are giving (and getting) stuff for free in their home towns. Freecycle groups match people who have things they want to get rid of with people who can use them.

Their goal is to keep usable items out of landfills, reduce consumerism, manufacture fewer goods and lessen the impact on the earth. Another benefit of using Freecycle is that it encourages people to get rid of junk that is no longer needed and promote community involvement in the process. There are now 582 groups spread across the UK, with 3,740,960 members.

Everything posted must be free, legal and appropriate for all ages. When you want to offer something – whether it's a chair, fax machine, piano or an old door, simply send an email to the group. After that it is up to the giver to decide who receives the gift from the

responses only they receive and to set up a collection time, and finally post an 'item taken' message.

If you need to acquire something yourself, you post a 'wanted' message and a group member may just have what you're looking for. Alert the group with a follow-up 'received' message.

There are many other similar sites out there, such as www.freelywheely.com.

Gift your Gear

A number of DofE groups have benefited from a generous scheme, **Gift your Gear**, that facilitates used outdoor kit to be donated to charitable groups: www.giftyourgear.com.



For example, Rohan in Aberdeen donated a large quantity of high-end outdoor clothing that was then distributed to DofE groups across Aberdeen City. With the Cairngorms on their doorstep, many local DofE expeditions take place in wet and windy conditions.





The young people and their Leaders (*pictured left*) will now benefit from this clothing.

Aberdeen has 16 DofE centres supporting young people from a wide variety of backgrounds through their work. Nancy Davies, Aberdeen City's DofE Support Officer, had heard about the Gift your Gear scheme and saw its potential in benefiting participants who could not afford expensive new kit. She signed up for the scheme and centres have now received two donations consisting of a wide range of outdoor clothing.

One of the participants to benefit is Ashley Douglas who is currently working towards her Bronze with the New Opportunities Centre in Aberdeen. Ashley would struggle to buy the kit she requires for her expedition later in the year. However, thanks to the scheme, the centre now has good quality clothing she can borrow.

Trade, barter and exchange

I know some groups already use **eBay** sales as a fundraising tool – www.ebay.co.uk. Remember you may find equipment bargains there too – as I was writing this I spotted webbed neoprene canoeing gloves for £5.50; two Snipe kayaks for £27 and a Yak bib and brace waterproof suit for £10... and several respectable-looking tents for under £50 each.

Another way you might find what you're looking for without spending any money is by bartering at **U-Exchange** (www.u-exchange.com/barter-uk). It has no membership or transaction fees and it is free to contact, post and trade. As a visitor to their website, you can search listings and contact any member through their anonymous contact form.

Sharing resources

Again, this takes time and negotiating skills and it may need a certain amount of mutual flexibility, but there are some DofE groups which have been able to borrow minibuses from other groups, or local companies,

at times when the owner doesn't need them. You may also need to check your insurance policies (and remember you can get special rates from our partners at www.DofEShopping.org).

There is no reason not to ask – people certainly won't know you need something unless you tell them. They may not even realise that a resource they take for granted, or even better barely use, may be of use to someone else.

There may also be a spin-off effect. Co-operation and altruism are survival traits, so it is a human characteristic to hate saying "no". If someone can't help in the way they've been asked, they may look round for a different way to assist. The main reason people say they don't give, whether it is money, goods or time – is because "*no-one asked me*". Go out and ask – and always remember to say "*thank you*"!



Other funding sources

- **Viridor Credits** This is a Landfill Communities Fund scheme linked to the waste collection and sorting company, Viridor. Its funding scheme has changed recently and they now have three bands of funding to make it easier for applicants to choose the scheme that best suits their ambitions. Grants can be for up to £250,000. They fund in specific parts of the country, scattered throughout England and Scotland. You can find out more about where these are and how to apply at www.viridor-credits.co.uk.
- And don't forget the National Lottery's **Awards for All** programme (www.awardsforall.org.uk) – which I know I always promote! It may be worth looking at if you haven't applied to them in the last year.

Remember to use your **DofE Reward Card**, which gives you a whopping 20% discount at Cotswold Outdoors. Also, check out the huge savings you could make on minibus hire, insurance etc. on wwwDofEShopping.org.



Cornwall Outdoors for all your leadership training and expedition needs!

- ▶ First Aid courses
- ▶ Leader training for hillwalking, cycling, canoeing & sailing
- ▶ National Water Safety Management Training
- ▶ Activity Days
- ▶ School and DoFE residentials
- ▶ Water-based expeditions

www.cornwalloutdoors.org
T: 01872 326360
E: cornwalllearning@cornwall.gov.uk




SNOWGOOSE Mountain Centre

- Family run hostel & self-catering apartments.
- 2 efficient drying rooms.
- Bike & canoe storage.
- Complete canoe, kayak, mountain bike hire packages.
- Full expedition camping gear hire.
- Off road parking.

adventure with attitude

Wilderness Expeditions on foot or by open canoe, sea & river kayak, bike.

Open Silver & Gold Expeditions for individuals.
Tailor-made Silver & Gold group expeditions.
Group training, Practice & Qualifying.

*Experienced & Committed.
Personalised & Supported.*

All in really wild places on the west coast of the Scottish Highlands

Contact: John Cuthbertson, Snowgoose Mountain Centre & The Smiddy Bunkhouse, Station Road, Corpach, Fort William PH33 7JH. Tel: 01397 772467
www.highland-mountain-guides.co.uk







CHALLENGE WALES
Her Cymru

ADVENTURE DISCOVERY LEARNING

Set sail on your own challenge...

- 72-ft round-the-world yacht
- Gold DofE Residential section
- Learn about teamwork, communication, respect for others and develop self-confidence
- Based in Cardiff Bay, South Wales
- Groups welcome for sail training activities

www.challengewales.org
reservations@challengewales.org
Tel: 029 20 220 266




Bursaries may be available to subsidise the cost.
Registered Charity No: 1111859



BRATHAY EXPLORATION TRUST

DofE Gold Residential Conservation & Environmental Projects

Lake District • Foula • Norway • Iceland

A residential with an environmental focus



015394 33942
brathayexploration.org.uk



North East Guides
www.northeastguides.com

DofE Expeditions, guided walks, navigation courses, mountain biking in Northumberland, Yorkshire Dales... or wherever you want!

Included: Most of our expeditions take place in the Northumberland National Park and Hadrian's Wall areas, however we are happy to use other areas such as the Yorkshire Dales, if that is more convenient for your school/organisation.

We also provide guided walks, navigation courses and Level 3 Certificate in BEI.

Please contact us on: Tel: 0191 4133775, Mobile: 07766902586 or email: northeastguides@hotmail.co.uk for an initial discussion regarding your requirements.





CookAbility Established 1997


Five Day Residential Cookery Course

An ideal opportunity to gain a new skill that will last a lifetime

Tricia Samways – Tel: 01823 461394
Venetia Cameron-Rose – Tel: 01823 432419

www.cookability.com

- GAP Year • Chalet Cook • Self-Catering Student etc. •




The Deer Manager's Country Pursuits Course

A fun and flexible five day residential course which includes wildlife tracking, munitions and range training, photographic stalking and countryside skills in a country setting near Taunton, Somerset.

We are an Approved Activity Provider for the DofE

Peter Samways – Tel: 01823 461374

www.thedeermanager.com



ADVENTURE ALTERNATIVE

The Responsible Adventure Travel Company



Mount Kenya, East Africa



Approaching Mt Toubkal, Morocco

Open and tailor made group Gold DofE expeditions across Kenya or Morocco



"This is simply the trip of a lifetime"
- Jodie McAnaney, 1st Coleraine Explorer Scout Leader (Kenya 2014)

Combine your final expedition with your residential project, working on relevant, hands on charitable projects in association with Moving Mountains Trust.



'Best For Poverty Reduction'
Winner at the 'World Responsible Tourism Awards 2014'

T: 028 70 831258

E: office@adventurealternative.com

www.adventurealternative.com

Adventure Alternative is an Approved Activity Provider for the DofE and are independently assessed and conform to British Standard 8848 for expeditions and adventurous activities outside the UK.



RESIDENTIAL SUMMERCAMPS 2015

	STREET DANCE CAMP Ages 10-18 26th July - 31st July 2015, Elmhurst School for Dance, Birmingham, UK	
	CHEERLEADING CAMP Ages 10-18 26th July - 31st July 2015, Elmhurst School for Dance, Birmingham, UK	
	BASKETBALL CAMP Ages 10-21 2nd Aug - 7th Aug 2015, Loughborough University	
	HOCKEY CAMP Ages 10-18 9th Aug - 14th Aug 2015, Loughborough University	
	TENNIS CAMP Ages 10-21 9th Aug - 14th Aug 2015, Loughborough University	
	RUGBY PLAYERS CAMP Ages 12-18 9th Aug - 14th Aug 2015, Loughborough University	
	ATHLETICS CAMP Ages 10-18 16th Aug - 21st Aug 2015, Loughborough University	
	FOOTBALL PLAYERS TRAINING CAMP Ages 10-18 16th Aug - 21st Aug 2015, Loughborough University	

LET ME PLAY CAMPS
www.letmeplay.co.uk

- Coaching from experts and industry professionals
- Masterclasses in technique and skills
- State-of-the-art facilities
- Experience new coaching methods and techniques
- An intense but fun opportunity

letmeplay.co.uk - info@letmeplay.co.uk - 020 3475 7511

ADVENTURE Training & Expeditions

Let the Adventure begin.....

Kent Based Training & Expedition Specialists

- D of E Group Expeditions
- D of E Open Expeditions
- UK & Overseas Expedition Programmes
- Level 3 Certificate in Basic Expedition Leadership
- Expedition First Aid Training Courses (1 & 2 day)
- Navigation Training Courses
- Off Site Safety Management Courses
- Water Safety Management Programme

For more or information or to make a booking:
www.adventure-training-expeditions.co.uk
Email: info@adventure-training-expeditions.co.uk
Tel: 01227 392775

Ackers Adventure

The Outdoor Professionals

A multi activity centre in the heart of the Midlands

APPROVED ACTIVITY PROVIDER

Activities include:

- DofE Expeditions
- Archery
- Skiing
- Residential Stays
- Adventure Trek
- Team Building
- Kayaking
- Climbing
- Canoeing
- Bushcraft
- Orienteering
- And much more...

Ackers Adventure · Birmingham · B11 2PY
0121 772 5111
www.ackers-adventure.co.uk
info@ackers-adventure.co.uk

Charity Reg 1107240 Company Reg 5239365

ULTRALITE

600 & 900

3-4 Season Sleeping Bags
now with 'Long' Sizing



600

Weight: 1.2kg
Pack size: 22 x Ø20cm
Max user height: 190cm

600L

Weight: 1.3kg
Pack size: 23 x Ø20cm
Max user height: 205cm

900

Weight: 1.5kg
Pack size: 25 x Ø22cm
Max user height: 190cm

900L

Weight: 1.6kg
Pack size: 25 x Ø23cm
Max user height: 205cm

→
FIND OUT
MORE



DESIGNED TO PERFORM.