

Expedition Training Framework

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Bronze Expedition Training Framework

Guideline

INFORMATION SHEETS

02.08.2019

Common Training Syllabus for all Bronze Ventures

First Aid and Emergency Procedures

Training based on the syllabus of the "Bundesarbeitsgemeinschaft Erste Hilfe" (Arbeiter-Samariter-Bund, Deutsche-Lebensrettungs-Gesellschaft, Johanniter-Unfall-Hilfe, Malteser Hilfsdienst).

- Action in an emergency - resuscitation, airway, breathing and circulation;
- The treatment of wounds and bleeding;
- Treatment for shock;
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters;
- The recognition of more serious conditions such as sprains, dislocations and broken limbs;
- Knowing what to do in the case of an accident or emergency;
- Summoning help - what people need to know, phoning for help, written message;
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

An Awareness of Risk and Health and Safety Issues

- Expedition fitness;
- Telling people where you are going;
- Identifying and avoiding hazards;
- Keeping together;
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Navigation and Route Planning

In normal rural country, all route finding should be based on the map alone. Using a compass in rural country devoted to agriculture, with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders young people in developing a sense of direction and impedes their map reading skills. 1:25 000 scale maps should be used as they make instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country, so helping to reduce friction with landowners. Participants should also be familiar with 1:50 000 scale maps. Bronze groups who undertake expeditions in large areas of woodland or forested areas may wish to use the full compass syllabus of the Gold level of the Award.

Preparatory Map Skills

- The nature of maps;
- The use of 1:25 000 and 1:50 000 topographic map;
- Map direction;
- Scale and distance, measuring distance, distance and time;
- Conventional signs;
- Marginal information;
- Grid references;
- A simple introduction to contours and gradient;
- The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills

- Setting the map by inspection (two methods);
- Locating position from the map;
- Determining geographical direction and direction of travel from the map;
- Checking the direction of paths using the set map;
- Identifying features in the countryside by using the map;
- Locating features marked on the map in the countryside;
- Planning a route, preparing a simple route card;
- Following a planned route.

Compass Skills

The introduction of the compass at Bronze level should only be at a basic level. It should not be introduced until the participants have mastered the techniques of finding their way using the map alone.

- The care of the compass;
- Direction from the compass in terms of the cardinal and the four inter cardinal points;
- Setting the map by the compass where magnetic variation may be ignored.

Camp Craft Equipment and Hygiene

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it;
- Choosing and caring for camping gear;
- Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and to about a quarter of the body weight when walking;
- Choosing a campsite, arrangements for water, cooking and sanitation, refuse disposal, fire precautions;
- Pitching and striking tents.

Food and Cooking

- Cooking and the use of stoves, safety procedures and precautions which must be observed when using stoves and handling fuels;

- Cooking simple meals under camp conditions.

Legal Provisions

- Nature Protection;
- Rules for different kinds of protected areas;
- The avoidance of noise and disturbance to rural communities;
- A thorough knowledge of the content of the ‘Highway Code’ with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the venture;
- If undertaking a water venture, a thorough knowledge of the ‘Water Sports Code’.

Features of the Chosen Environment and Environmental Impact of the Venture

- Environment: Nature and its use, history, traffic and tourism, language etc.;
- Impact: Ecological footprint.

Observation, Recording and Presentations

- Developing observation skills and different methods of recording information;
- Skills relevant to the method of presentation;
- Choosing a purpose;
- Researching relevant information.

Team Building

Team building should permeate all Expedition training and can be enhanced through team building exercises and regular reviews so that when the group sets out on the qualifying venture, participants are able to work together as an effective and cohesive unit.

Additional Training for Cycling and Horse Riding

Cycling

Training to the standard of the National Cycling Proficiency Scheme*) and the Right Track Awareness Programme*) as appropriate*)

- Maintenance and repair of the cycle;
- Loading a cycle with equipment;
- Handling a loaded cycle;
- The skills associated with off-road cycling as appropriate.

Horse Riding

The horse riding expedition training syllabus is set out in the horse riding expeditions – additional training syllabus (www.DofE.org/expedition).

Additional Training for Water Ventures

Training should be directed towards the completion of a journey on water and not restricted to the skills of handling the craft. It must be concerned with any potential hazards associated with the water on which the venture will take place, as well as infections or health concerns related to any possible water pollution.

Participants must be able to swim a distance of at least 25 metres in light clothing without any buoyancy aid and be competent and confident in the relevant capsize and recovery drill and man overboard drill. All participants must

- Wear appropriate buoyancy aids or life jackets. Exceptions may be made, with the approval of the Operating Authority, for rowing ventures on canals and rivers, and for sculling craft where traditionally, by custom and practice, life jackets are not usually worn, except on the instruction of the cox;
- Wear suitable clothing and footwear;
- Be able to recognise and treat hypothermia;
- Understand the ‘Water Sports Code’;

All craft must have adequate buoyancy and be sound, suitable and fitted out for the conditions in which they are to be used. A suitable repair kit must be carried and participants should be trained in its use.

Canoeing

All participants must be adequately trained to:

- Satisfy the Assessor as to their competence;
- Demonstrate that their equipment is waterproofed;
- Satisfy the Assessor that their kayak or canoe, equipment and clothing are suitable for the venture;
- Training must be aligned to the Requirements for Paddle Ventures (at least according to the “Green Paddle” of the European Paddle Pass).

Rowing

All participants must undergo training based on the syllabus for ‘Boat work’ in the Expedition Guide.

Sailing (Sailing dinghies or keel boats)

All participants must attain proficiency to the standard of the RYA National Sailing Seamanship Skills certificate.

*) Please use UK standard as a reference

Silver Expedition Training Framework

Guideline

INFORMATION SHEETS

02.08.2019

Common Training Syllabus for all Silver Ventures

First Aid and Emergency Procedures

Training based on the syllabus of the "Bundesarbeitsgemeinschaft Erste Hilfe" (Arbeiter-Samariter-Bund, Deutsche-Lebensrettungs-Gesellschaft, Johanniter-Unfall-Hilfe, Malteser Hilfsdienst).

- Action in an emergency – resuscitation, airway, breathing and circulation;
- Treatment of hypothermia;
- The treatment of wounds and bleeding;
- Treatment for shock;
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn, splinters;
- The recognition of more serious conditions such as sprains, dislocations and broken limbs;
- Knowing what to do in the case of an accident or emergency;
- Summoning help - what people need to know, telephoning for help, written message;
- Getting help, self-help and waiting for help to arrive, keeping safe and warm, helping people to find you.

An Awareness of Risk and Health and Safety Issues

- Expedition fitness;
- Telling people where you are going;
- Identifying and avoiding hazards;
- Keeping together;
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Navigation and Route Planning

In normal rural country, all route finding should be based on the map alone. Using a compass in rural country devoted to agriculture, with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders young people in developing a sense of direction and impedes their map reading skills. 1:25 000 scale maps should be used as they make instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country, so helping to reduce friction with landowners. Participants should also be familiar with 1:50 000 scale maps. Silver groups who undertake expeditions in large areas of woodland or forested areas may wish to use the full compass syllabus of the Gold level of the Award.

Preparatory Map Skills

- The nature of maps;
- The use of 1:25 000 and 1:50 000 topographic map;
- Map direction;
- Scale and distance, measuring distance, distance and time;
- Conventional signs;
- Marginal information;
- Grid references;
- A simple introduction to contours and gradient.
- The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills

- Setting the map;
- Locating position from the map;
- Determining geographical direction and direction of travel from the map;
- Checking the direction of paths using the set map;
- Identifying features in the countryside by using the map.
- Locating features marked on the map in the countryside;
- Relating the map to the ground and estimating speed of travel and arrival times;
- Planning a route, preparing a simple route card;
- Following a planned route.

Compass Skills

Participants should be confident with a range of compass skills:

- The care of the compass;
- Direction from the compass in terms of the cardinal and the four intercardinal points;
- Measuring direction in degrees.
- Setting the map by the compass where magnetic variation may be ignored;
- Determining the direction of footpaths or direction of travel;
- Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate;
- The influence of ferrous objects and electromagnetic fields;
- Magnetic variation and the relationship between True, Magnetic and Grid Norths;

Camp Craft Equipment and Hygiene

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it.
- Choosing and caring for camping gear.
- Packing a rucksack, waterproofing the contents, always

keeping the weight down to a minimum, and about a quarter of the body weight when walking.

- Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions.
- Pitching and striking tents.

Food and Cooking

- Cooking and the use of stoves.
- Safety procedures and precautions which must be observed when using stoves and handling fuels.
- Cooking substantial meals under camp conditions.

Legal Provisions

- Nature Protection
- Rules for different kinds of protected areas
- The avoidance of noise and disturbance to rural communities
- A thorough knowledge of the content of the ‚Highway Code‘ with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the venture
- If undertaking a water venture, a thorough knowledge of the ‚Water Sports Code‘.

Features of the Chosen Environment and Environmental Impact of the Venture

- Environment: Nature and its use, history, traffic and tourism, language etc.;
- Impact: Ecological footprint.

Observation, Recording and Presentations

- Developing observation skills and different methods of recording information.
- Skills relevant to the method of presentation.
- Choosing an aim.
- Researching relevant information.

Team Building

The Expedition section involves participants working together as a team in order to complete the expedition. Team-building should permeate all expedition training and can be enhanced through team building exercises and regular reviews so that when the team sets out on the qualifying expedition, participants are able to work together as an effective and cohesive unit.

Additional Training for Cycling and Horse Riding

Cycling

Training to the standard of the National Cycling Proficiency Scheme*) and the Right Track Awareness Programme*) as appropriate:

- Maintenance and repair of the cycle.
- Loading a cycle with equipment.
- Handling a loaded cycle.
- The skills associated with off-road cycling as appropriate.

Horse Riding

The horse riding expedition training syllabus is set out in the horse riding expeditions – additional training syllabus (www.DofE.org/expedition).

Additional Training for Water Ventures

Training should be directed towards the completion of a journey on water and not restricted to the skills of handling the craft. It must be concerned with any potential hazards associated with the water on which the expedition will take place, as well as infections or health concerns related to any possible water pollution.

Participants must be able to swim a distance of at least 25 metres in light clothing without any buoyancy aid and be competent and confident in the relevant capsizing and recovery drill and man overboard drill. All participants must:

- Wear appropriate buoyancy aids or life jackets. Exceptions may be made, with the approval of the Operating Authority, for rowing expeditions on canals and rivers, and for sculling craft where traditionally, by custom and practice, life jackets are not usually worn, except on the instruction of the Cox.
- Wear suitable clothing and footwear.
- Be able to recognise and treat hypothermia.
- Understand the Water Sports Code.

All craft must have adequate buoyancy and be sound, suitable and fitted out for the conditions in which they are to be used. A suitable repair kit must be carried and participants should be trained in its use.

Canoeing

All participants must be adequately trained to:

- Satisfy the Assessor as to their competence
- Demonstrate that their equipment is waterproofed
- Satisfy the Assessor that their kayak or canoe, equipment and clothing are suitable for the venture
- Training must be aligned to the Requirements for Paddle Ventures (www.DofE.org/expedition) – at least according to the „Green Paddle“ of the European Paddle Pass“.

Rowing

All participants must undergo training based on the syllabus for ‚Boat work‘ in the Expedition Guide.

Sailing

- **Sailing dinghies or keel boats.** For Silver level, all participants must attain proficiency to the standard of the RYA National Sailing Scheme Seamanship and Day Sailing*).
- **Yachts.** All participants must attain the RYA Day Skipper Shore Based and Practical Certificates*) or have an equivalent level of competence.

*) Please use UK standard as a reference

Gold Expedition Training Framework

Guideline

INFORMATION SHEETS

02.08.2019

Common Training Syllabus for all Gold Ventures

First Aid and Emergency Procedures

Training based on the syllabus of the "Bundesarbeitsgemeinschaft Erste Hilfe" (Arbeiter-Samariter-Bund, Deutsche-Lebensrettungs-Gesellschaft, Johanniter-Unfall-Hilfe, Malteser Hilfsdienst):

- Action in an emergency - resuscitation, airway, breathing and circulation;
- The treatment of wounds and bleeding;
- Treatment for shock;
- The recognition and the immediate treatment of more serious conditions, sprains, dislocations and broken limbs;
- The emergency transport of casualties;
- The recognition, treatment and prevention of hypothermia;
- The treatment of blisters, cuts, abrasions, minor burns and scalds, headaches, insect bites, sunburn and splinters;
- Knowing what to do in the case of an accident or emergency;
- Summoning help - what people need to know, telephoning for help, the written message;
- Getting help, self-help and waiting for help to arrive keeping safe and warm, helping people to find you.

An Awareness of Risk and Health and Safety Issues

- Expedition fitness;
- Telling people where you are going;
- Undertaking a risk assessment;
- Keeping together;
- Weather forecasts - knowing how, where and when to obtain weather forecasts, relating weather forecasts to observed conditions, looking for signs which will indicate changes in the weather.

Navigation and Route Planning

In normal rural country, all route finding should be based on the map alone. Using a compass in rural country devoted to agriculture, with its hedges, meadows and fields under crop, is inappropriate and unnecessary. It causes ill-feeling with the farmers, hinders young people in developing a sense of direction and impedes their map reading skills. 1:25 000 scale maps should be used as they make instruction and learning easier. They show the field boundaries, making it easier to locate precisely the footpaths, tracks and lanes used for travel in this type of country, so helping to reduce friction with landowners. Participants must also be familiar with 1:50 000 scale maps and/or any foreign maps of the

area in which the expedition is to take place.

Preparatory Map Skills

- The nature of maps;
- Map direction;
- Scale and distance, measuring distance, distance and time;
- Conventional signs;
- Marginal information;
- Grid references;
- Understanding contours, recognition of major land forms such as hills, valleys, ridges, spurs. Interpretation of contours into mountain land forms and relief, slope and gradients and the determination of height;
- The ability to give a verbal description of a route linking two places from the map.

Practical Map Skills

- Setting the map;
- Relating the map to the ground;
- Locating position using the map;
- Determining geographical direction, and direction of travel from the map;
- Checking the direction of paths using the set map;
- Identifying and locating features in the country by using the map;
- Locating features marked on the map in the countryside;
- Relating the map and contours to the ground. Estimating journey times in wild country;
- Planning a route, preparing a route card. Estimating speed of travel and arrival times (ETA – estimated time of arrival);
- Following a planned route;
- Navigation in restricted visibility. Action to be taken in the event of being lost.

Compass Skills

Participants should be confident with a range of compass skills:

- The care of the compass;
- The influence of ferrous objects and electromagnetic fields;
- Magnetic variation and the relationship between True, Magnetic and Grid North;
- Direction from the compass in terms of the cardinal and inter-cardinal points. Measuring direction in degrees;
- Setting the map by the compass;
- Determining the direction of footpaths / travel;
- Travelling on a bearing. Obtaining a grid bearing from the map, allowing for magnetic variation where appropriate.

Practically all the understanding and techniques listed

above are equally important for expeditions on land or on water, but instruction should be modified as necessary for water expeditions and charts substituted.

Camp Craft Equipment and Hygiene

- Choosing suitable clothing, footwear and emergency equipment and knowing how to use it;
- Choosing and caring for camping gear;
- Packing a rucksack, waterproofing the contents, always keeping the weight down to a minimum, and about a quarter of the body weight when walking;
- Choosing a camp site, arrangements for water, cooking and sanitation, refuse disposal, fire precautions;
- Pitching and striking tents.

Food and Cooking

- Cooking and the use of stoves;
- Safety procedures and precautions which must be observed when using stoves and handling fuels;
- Cooking substantial meals under camp conditions.

Legal Provisions

- Nature Protection;
- Rules for different kinds of protected areas ;
- The avoidance of noise and disturbance to rural communities;
- A thorough knowledge of the content of the ‘Highway Code’ with special emphasis on specific modes of travel such as horse riding or cycling if they are to be utilised during the venture;
- If undertaking a water venture, a thorough knowledge of the ‘Water Sports Code’.

Features of the Chosen Environment and Environmental Impact of the Venture

- Environment: Nature and its use, history, traffic and tourism, language etc.;
- Impact: Ecological footprint.

Observation, Recording and Presentations

- Choosing an Aim.
- Researching relevant information and useful contacts;
- Developing observation skills and different methods of recording information;
- Skills relevant to the method of presentation.

Team Building

The Expedition section involves participants working together as a team in order to complete the expedition. Team-building should permeate all expedition training and can be enhanced through team building exercises and regular reviews so that when the team sets out on the qualifying expedition, participants are able to work together as an effective and cohesive unit.

Additional Training for Cycling and Horse Riding

Cycling

Training to the standard of the National Cycling Proficiency Scheme*) and training programmes appropriate to the environment in which the participant is cycling

- Maintenance and repair of the cycle;
- Loading a cycle with equipment;

- Handling a loaded cycle.
- The skills associated with off-road cycling as appropriate.

Horse Riding

The horse riding expedition training syllabus is set out in the horse riding expeditions – additional training syllabus (www.DofE.org/expedition).

Additional Training for Water Ventures

Training should be directed towards the completion of a journey on water and not restricted to the skills of handling the craft. It must be concerned with any potential hazards associated with the water on which the expedition will take place, as well as infections or health concerns related to any possible water pollution.

Participants must be able to swim a distance of at least 25 metres in light clothing without any buoyancy aid and be competent and confident in the relevant capsize and recovery drill and man overboard drill. All participants must:

- Wear appropriate buoyancy aids or life jackets. Exceptions may be made, with the approval of the Operating Authority, for rowing expeditions on canals and rivers, and for sculling craft where traditionally, by custom and practice, life jackets are not usually worn, except on the instruction of the cox.
- Wear suitable clothing and footwear.
- Be able to recognise and treat hypothermia.
- Understand the ‘Water Sports Code’.

All craft must have adequate buoyancy and be sound, suitable and fitted out for the conditions in which they are to be used. A suitable repair kit must be carried and participants should be trained in its use.

Canoeing

All participants must be adequately trained to:

- Satisfy the Assessor as to their competence
- Demonstrate that their equipment is waterproofed
- Satisfy the Assessor that their kayak or canoe, equipment and clothing are suitable for the venture
- Training must be aligned to the Requirements for Paddle Ventures (www.DofE.org/expedition) – at least according to the “Green Paddle” of the European Paddle Pass.

Rowing

All participants must undergo training based on the syllabus for ‘Boat work’ in the *Expedition Guide*.

Sailing

- **Sailing dinghies or keel boats.** At Gold level, all participants must attain proficiency to the standard of the RYA National Sailing Scheme – Seamanship and Day Sailing as a base level minimum*).
- **Yachts.** All participants must attain the RYA Day Skipper Shore Based*) and Practical Certificates or have an equivalent level of competence. For offshore expeditions it is mandatory to hold the appropriate award. For expeditions in vessels making overnight passages in open sea areas, at least one crew member must hold the RYA/DTP Coastal Skipper Certificate of Competence.

*) Please use UK standard as a reference