*(TEMPLATE FOR EXPEDITION CONSENT)*

*(please be sure to adapt to the specifics of the school)*

*Current date*

Dear Parents,

we are pleased to announce that our Duke Award expeditions will be taking place soon. Please see attached forms for details. Please complete and sign the attached consent form and return it to us by\_\_\_\_\_\_\_\_\_\_\_.

We will be happy to answer any questions you may have about the programme and especially about the handling of supervision during the expeditions. Please contact us for this purpose.

The young people will not use their mobile phones during the expedition. Please understand that your child will not be reachable. In case of emergency, we will notify you immediately.

We would like to point out once again that the expedition itself is not a school event; participating young people undertake the expedition at their own responsibility.

We wish your children a challenging and enjoyable expedition experience.

With warm regards,

**Special features in the Expeditions section of the programme:**

* The expedition area presents a particular challenge for pupils
* The aim is to let the young people experience **independence and self-efficacy** as an individual and in the team
* This includes that the participants independently plan, carry out and document an expedition (bronze level: 2 days/1 night in a tent, silver and gold 3 and 4 days respectively) in the surrounding area.
* They will be supported in the planning, preparation and implementation by their Award Leader
* In the case of final expeditions, the young people's planning is also checked by an assessor.
* If necessary, a supervisor accompanies the young people to their starting point. From there, the young people set off on **their own.** About every 2-4 hours there is a meeting with the supervisor at a so-called checkpoint to clarify any questions.
* The young people spend the night **unsupervised** in tents they have brought with them
* Participants carry all their equipment with them
* You cater for yourself and cook your own dinner on a Trangia cooker
* The handling of the equipment, especially the cooker, is rehearsed beforehand
* Participants are allowed to have mobile phones with them, but these are in a sealed envelope and may only be used in an emergency, otherwise the envelopes are to be kept sealed until the end of the expedition
* At least one emergency phone is always on so that the group can be reached by the supervisor
* Orientation and navigation are carried out with the help of analogue maps
* The supervisor is always available, also during the night, and is close to the young people, but usually not within earshot or sight.
* The young people undertake the expedition **on their own responsibility**

**Please remember these things** *(to be adapted):*

* Expedition area:
* Appointment:
* Meeting place:
* Return:
* Mode of transport:
* Costs:

**Please bring with you** *(to be adapted):*

* Comfortable hiking clothes for the day (put them on right away)
* Warm fleece jacket or warm jumper for evenings/at night
* Comfortable clothes for the night that are also your spare clothes, e.g. jogging suit.
* Depending on the weather forecast: light rain jacket with hood or anorak
* Warm and clean socks for the sleeping bag at night (please use borrowed sleeping bags only with clean socks)
* Cap/Hat against sun
* Torch
* Toothbrush, toothpaste, possibly a small flannel
* Insurance card
* **At least 1.5 litres of still water, bottle serves as refill for each day**
* Some toilet paper and small opaque bin liners for used toilet paper (rubbish must be carried)
* Possibly swimwear
* Washing-up brush, biodegradable washing-up liquid and kitchen towel (discuss with group)
* Sun cream (discuss with group)
* Catering in consultation with group: breads/snacks/nuts/energy bars/food for cooking a hot meal per evening
* Matches
* Possibly pocket knife

**You will need the following equipment** *(please adapt):*

* Tent (for two or three)
* Trekking backpack with at least 50-60l volume
* Sleeping bag suitable for the respective temperatures
* Camping mat
* Plate, cup, knife/fork/spoon (or "spork")
* 1-3 Trangia cookers per expedition group and fuel (methylated spirits)

Each group is responsible for the food and the planning of the dinner together! Each group should agree on a (wholesome) meal and cook it together and divide the bringing of food among themselves. Snacks can also be planned together.

Attention - you will need a lot of energy!

*If necessary, make a note of the train connection for the journey:*

**Declaration of consent** *(please adapt)*

I/We hereby declare that my/our child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ may participate in the following expedition as part of the Duke of Edinburgh's International Award:

* Expedition area:
* Appointment:
* Meeting place:
* Return:
* Mode of transport:
* Costs:

*(please adapt if necessary):*

* I/we hereby declare that I/we know and understand the explanations on the handling of supervision in the expedition section. I/we understand that participation in the expedition is at my/our own risk. My/our child will be allowed to move around unsupervised during the day in a group of 4-7 pupils to complete the expedition. A supervisor will be nearby and available by phone at all times during the day and night, but the responsibility for the expedition lies with the young person. This is not a school event, although our school will secure the framework and be available in case of emergencies.
* I/we hereby declare that my/our child is *able to* hike or travel by bicycle or canoe for 4-8 hours a day with rucksack or similar.
* I/we agree to my/our child travelling unaccompanied to and from the expedition area.
* My/our child has all necessary vaccinations (especially tetanus) - (if not, please note below)
* My child may only swim under supervision of a supervisor and near the shore; my child is informed that he/she may **not** swim without supervision.

In case of emergency, I/we can be reached at the following telephone number even at night during the expedition:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I/we agree that my/our child will be taken to hospital in an emergency and that all necessary measures will be taken.

Health restrictions of my/our child:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We hereby give our permission for photographs and films taken during the expedition and featuring my child to be published on the school website and within the Duke of Edinburgh's International Award network.

I declare that I/we am/are the legal representative(s).

Name of the legal guardian(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Place, date: Signature of legal guardian