

Course Name:	Duke of Edinburgh Gold foot award		
Course Description:	<p>As part of your Gold Award you will have to complete the expedition section of the scheme. Along with your walking group you will have to attend training, practice and also plan and execute a journey for your final qualifying venture. We can support your expedition anywhere you want to go as long as it meets the requirements of the Gold scheme. Previous groups have been to Scotland, North Wales and even as far away as the Italian Dolomites. You will take four days and three nights to journey through the mountains working together and gaining new skills and experiences to take forward into the future.</p>		
Who is it for/ Is it for me?	<p>We offer the training, practice and qualifying venture as a complete package to get you through the expedition section. If you and your group are looking for someone to facilitate your expedition then this is for you.</p>		
Duration:	<p>Training: 2 days</p> <p>Practice: 2-3 days</p> <p>Qualifying: 4 days/3 nights expedition time</p> <p>(Dependant on location travel times will vary either side of exped)</p>	Venue:	<p>Training – Danbury Outdoors</p> <p>Practice – Lake District or similar</p> <p>Qualifying – gold terrain (Scotland or similar)</p>
Date(s):	<p>Training: 12th-13th Sept.</p> <p>Practice: 25th-28th Sept.</p> <p>Qualifying venture: 12th-18th Oct.</p>	Price:	£545 per person
Course Details:	<p>Aims: to provide participants with the skills and knowledge to complete the expedition section safely and efficiently for their gold award.</p> <p>Pre-Requisites: completion of Silver D of E. At least two walking groups of a minimum of four and maximum of seven,</p> <p>Course Content: all participants must attend a training weekend at Danbury Outdoors where they will gain new skills and build on existing</p>		

ones for navigation, camp craft and all other areas appropriate to the expedition module this is done in a comfortable environment around our site at Danbury Outdoors, Essex.

Following this they will attend a practice weekend in the Lake District or similar to give them a taste of a mountainous environment and to practice skills in such areas, they will gain a good understanding of what they need to improve whether it be navigation, camp craft or physical fitness and to iron out any problems under the watchful eye and supervision of our instructors. All this is understood before they start their qualifying venture to give them the insight needed for the qualifying venture.

The qualifying venture is the time for the group to pull on all their skills as they navigate their way along their pre planned route. They will spend four days and three nights completely self sufficient in the wilderness relying on only themselves and each other to help them complete the journey. Our staff will monitor the safety of the group at check points and insure routes are appropriate. Whether this is based in the UK or abroad it is still a very challenging experience which the group will be prepared for and remember for years to come.

Prior and during the course the groups will need to plan their practice and qualifying routes outside of the specified training and practice times in the areas they choose. They must be admitted at least 6 weeks before departure to EVC. This will need the support of the award leader and Essex Outdoors staff.

All costs are included in the price other than participant's food; they will need to bring enough food for their expedition and the days either side.

Staff Qualifications: staff will be adequately qualified for the area they will be operating in.

Equipment Required: See attached kit list, kit can be provided.

Accommodation: accommodation will be in tents, camp site fees will be covered in cost.

References/Useful Links: www.dofe.org

Contact Details:	Please visit www.essexoutdoors.org ; or telephone Danbury outdoors on 01245 223342 for further info or to request a booking form.
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