

**Sample Programme for Duke of Edinburgh Award. (Walking and Canoeing).**

**Arrival Day (pm).** Induction to centre.  
Evening: Orienteering/ Amendments of route cards.

**Day 1:** Acclimatisation day.

Day walk, in expedition groups	Canoe Expedition.
Looking at navigation, safety, and weather. Lunch out on the hill.	Canoeing Skills, Rescue Practice.

Pm: Issue of expedition kit.  
Evening: Emergency procedures/ Amendments of route cards/ Pack for expedition.

**Day 2:** Start of expedition. (All groups will be checked throughout the day, this maybe pre-arranged and seen into camp. In bad weather MYL staff will shadow group from a distance).  
Evening: Camp.

**Day 3:**

Bronze Expedition.	Sliver Expedition.	Gold Expedition.
Final day of walking. Return to centre for evening meal. Debrief. Evening: Cleaning kit and self programming evening.	Second day of expedition. Evening: Camp.	Second day of expedition. Evening: Camp.

**Day 4:**

Bronze Expedition.	Sliver Expedition.	Gold Expedition.
Group return home.	Final day of walking. Return to centre for evening meal. Debrief. Evening: Cleaning kit and self programming evening.	Third day of expedition. Evening: Camp.

**Day 5:**

Sliver Expedition.	Gold Expedition
Group return home.	Final day of walking. Return to centre for evening meal. Debrief. Evening: Cleaning kit and self programming evening.

**Day 6:** Gold expedition – returns home.

Activity days can be arranged for groups wanting to bring two expedition levels to the centre. (This depends on availability of staff to teach and ratio for activities).