



**DOLLAR**  
ACADEMY



DOLLAR FK14 7DU  
SCOTLAND  
Rector: D.Knapman M.Phil

December 2018

## **Bronze DofE training expeditions – information for pupils and parents**

Dear Parents and Form III pupils,

This page is an introduction to the expedition section, which consists of a practice expedition next May (you will choose one of the four weekends in May for this) and an assessed expedition the following September. Paperwork for the May expeditions will be issued early next term (January).

For your expedition you **have to** attend after school expedition training and preparation sessions on the Wednesday (3.30–6pm) and Thursday (3.30–5pm) immediately prior to your weekend expedition. Unfortunately if you miss these you will not be allowed to go on the expedition; speak to Mr Johns if there are any problems here. You also have to return hired kit on the Tuesday afterwards.

The (accompanied) training (or “practice”) expedition requires you to provide certain items for yourself and if you do not yet have these, you may need to go shopping/borrowing over the Christmas break. Remember that you can get at least 10% off in almost any outdoor shop by showing your DofE card (your eDofE details on your phone should work too).

Essentials:

1. Boots (with ankle support – not merely “tough” trainers);
2. Sleeping bag;
3. Rucksack (at least 65 litres in size);
4. Sleeping mat (foam or inflatable);
5. Waterproof jacket and trousers (“taped seams” are needed; most “soft shell” layers are not suitable for Scottish weather);
6. Compass advised.

Boarders can hire items 3,4 & 5 above since we understand the difficulties in transporting this kit around the country/world. Other items (tents and stoves mainly) can be hired from the school for a nominal fee.

Expeditions are in proper wilderness in the hills behind Dollar, often in the middle of nowhere and usually beside a stream (but not always). Pack wisely, eat well and be ready to learn lots. If you have done no walks with a rucksack and boots, you should try this over the next few months – this can be a big help. We have a strict no phones/electronics policy – please accept this for what it is and do not become one of those people that feels the need to question this repeatedly.

A small group of Form III pupils are organising their own canoeing expedition with an external centre. If you are interested in this, please let Mr Johns know a.s.a.p. so that you can be put in contact with each other.

eDofE – get the Assessor cards (from your Welcome Pack) completed and uploaded to your account – try to do this by the end of this term for 3-month sections and before the end of the March for your 6-month section. If you have completed other sections, activities for your Silver Award can be counted from the 1<sup>st</sup> of June 2019.

For any other queries pupils should speak to Mr Johns or Mr Campbell in the first instance; further enquiries can be made to [dofe@dollaracademy.org.uk](mailto:dofe@dollaracademy.org.uk)

Most of all, enjoy the expeditions - it should be a special experience and an adventure.