

# IOL East Region & DofE South East Region present: **Enabling Expeditions & the DofE Expedition Section**

Friday 10th October 2014 at Cuffley Camp Outdoor Centre,  
Carbone Hill, Potters Bar, Hertfordshire, EN6 4PR

**Cost: £70 to include workshops, lunch and refreshments**

**IOL East Region and DofE South East Region are offering a day of workshops and activities to enable those who are involved in expeditioning with IOL, DofE or wherever they might find themselves.**

## **KEYNOTE: 'My Journey From DofE Participant to 6000m Summit!'**

By Russell McAllinden: IOL East Region Chair, DofE Directly Licensed Centre Manager At The Leys School, Cambridge

### **Workshops to include (summaries overleaf):**

- Biking Expeditions
- Fun Ways to Teach Expeditioning Skills
- Foraging, Outdoor Cooking
- Moving from Silver Expeditions on to Gold
- The Magic of Mini-Beasts
- DofE Discussion Forum
- Leave No Trace
- Geocaching
- Mallet Making
- Canoe Expeditions: Developing the Journey
- eDofE & the Expedition Section

### **Workshop Providers:**

- Colleagues from DofE South East Region
- IOL East Region
- Lee Valley Park
- Hertfordshire Youth & Connexions
- Priors Special Needs School
- Step Out 4 Adventure
- Red Fox Survival & Bushcraft

### **BOOKINGS ARE NOW OPEN.**

Book online (<http://www.outdoor-learning.org/Default.aspx?tabid=161>)

or contact IOL on 01228 564580 or email Fiona at [fiona@outdoor-learning.org](mailto:fiona@outdoor-learning.org)



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## WORKSHOPS SUMMARIES:

### ● Biking Expeditions

This workshop will look at how to organise biking expeditions and explores various topics such as route choices and venues. Journeying by bike requires a host of different skills and is fun, covers far more distance and is an alternative to journeying on foot. Bike expeditions can be undertaken by DofE participants and, indeed, anyone who has a keen interest in exploring on two wheels.

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### ● Leave No Trace

Leave No Trace is an awareness and an attitude rather than a set of rules. It applies to our back gardens, school playgrounds or local park as much as in the countryside with the intention of caring for and respecting our outdoor environment for humans and wildlife alike. We all have this responsibility and need to pass on the Leave No Trace values on to the participants we work with.

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### ● Fun Ways to Teach Expeditioning Skills

How does one teach expeditioning skills in a fun and informative way? Have you ever needed a few good tips? This workshop will share practical ideas on how to put the theory into practice while enjoying oneself at the same time.

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### ● Geocaching

A modern treasure hunt! Why not route an expedition by taking in some caches? This workshop shows you how – a great idea for an expedition 'Aim'!

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### ● Foraging, Outdoor Cooking

Doesn't food always taste better when cooked and eaten in the outdoors! This workshop will include outdoor cooking techniques and how to forage for safe to eat wild foods. Activities such as this can be made appropriate for all ages and provide hours of fun as well as valuable life skills.

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### ● Mallet Making

Have you ever found that you needed a mallet when out camping but have forgotten to take one?!? This workshop will show you how to carve one from wood – it can be both a necessity and a work of art!

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### ● Moving from Silver Expeditions on to Gold

Going from Silver to Gold DofE expeditions usually means moving into Wild Country and requires different skills for both participants and leaders. This workshop shares insights and ideas to enable you take this next step with confidence.

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### ● Canoe Expeditions: Developing the Journey

Have you ever wanted to lead and supervise a canoe expedition? This workshop will give you ideas on how to run and supervise one, the qualifications needed, what rivers to use, and provide you with some contacts and links to providers.

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### ● The Magic of Mini-Beasts

Terrestrial invertebrates have the power to captivate your participants. This workshop is designed to give leaders the confidence and practical knowledge to introduce participants to these amazing creatures. Lee Valley Regional Park education staff will highlight the share their ID and equipment tips in this practical workshop. Another great idea for an expedition 'Aim'!

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### ● eDofE & the Expedition Section

This workshop is for those who are new to entering data onto eDofE for the Expedition section. It will explain what needs to be included from the leader's and the participant's perspectives so it can be done easily and quickly.

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### ● DofE Discussion Forum

Led by a DLC manager, here is a chance to chat with someone outside of your DofE region about anything in your patch! Come and discuss good practice, tips, ideas, or just the opportunity to network with each other and iron out any issues.

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