

# Lupine Adventure Co-operative

## DofE Information Sheet for Teachers and Youth Workers



## The Expedition Section

### From full programmes to mountain leader only cover

We can help you with your DofE expeditions in one of three ways.

1) We can run a full programme from training through to qualifying expedition. There is no need for your staff or volunteers to be involved, though they would be welcome and if suitably qualified can work as a part of our team, thus saving you the cost of a member of our staff.

2) You train the groups but hand over the running of the expeditions to us. We will take care of booking campsites, checking routes and all communication with the DofE as well as staffing of the expedition itself. Again, there is no need for your staff or volunteers to be present on the expeditions but they would be welcome.

3) You train the groups and run the expeditions, we simply assist you with providing extra staff to work under your instruction.

The expedition section comprises four elements.

Training  
Practice Expedition  
Qualifying Expedition  
Presentation

## Training

We can run a full training course or simply cover the bits that you require help with.

### In House Training - West Yorkshire

If you are local to West Yorkshire we can train your teams in short blocks at regular intervals. We usually cover the syllabus in six, 2-3 hour slots and one day out walking.

### In House Training - Elsewhere

For groups based elsewhere in the country we can run an intensive weekend of training on your premises. During this time we cover

all aspects of the syllabus and take care of practice expedition route planning. We can then return to carry out the qualifying route planning at a later date or, if you prefer, leave that bit up to you.

### Residential Training

We can also run the training part of the expedition as a residential. We provide accommodation and run a three evening and two day training session. The group then set out on their practice expedition the following morning.



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# Expeditions

When on expedition we will supervise the group by identifying and covering areas of potential physical danger or complex navigation as well as particularly remote areas. We will not necessarily walk with the group (especially on the assessed expedition), they may not even see us, but rest assured they will be being supervised.

If we are supervising practice expedition groups that we have not trained ourselves we will spend at least the first half day walking with the group discussing various aspects of navigation, the country code and emergency procedures. Once we are happy that the group is competent we will switch to remote supervision for the remainder of the practice expedition.

If supervising an assessed group that we have not previously worked with then we will need to have a half day before the expedition starts to assess their competence.

## About Us

Lupine Adventure Co-operative are a not-for-profit company of qualified outdoor instructors and mountaineers. We are registered with the Adventure Activities Licensing Service (AALS). This means that we are inspected on our expedition annually by highly qualified and experienced outdoor professionals employed by the health and safety executive. Our course director has been delivering Duke of Edinburgh's Award training since 2004.

## Free Downloads

If you are delivering training yourself you may be interested in the lesson plans, course notes and other resources that are available for free from the downloads area of our web site.

## Other Services

Lupine Adventure Co-op provide a wide range of other services including:

- International DofE expeditions in Europe.
- Rock climbing sessions and GCSE Climbing residentials
- Hill and Mountain Skills courses
- Activity camps for form groups, year groups, biology or geography field trips.
- Sponsored mountain challenges. Some schools raise money each year for their favourite charities doing the Yorkshire 3 Peaks, a 24 mile challenge in the Yorkshire Dales.

## More Information

There is a lot more information about what we do and the fees that we charge on our web site. For more information or to discuss how we may be able to help you deliver the Duke of Edinburgh's Award please do feel free to call us to discuss your requirements.



### 3 things to know about DofE Expeditions with Lupine Adventure Co-op

- 1** Lupine Adventure Co-op is a not-for-profit company, all proceeds go on running the co-op. There are no owners or shareholders to pay profits to.
- 2** Our goal is to enable you to offer high quality expeditions to all who want them. We are able to work creatively to make that happen.
- 3** All practices and work in remote terrain is staffed with one instructor per group. Groups therefore get the attention they need to succeed in safety.





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