

Outdoor Engagement and Enjoyment Programme DofE Preparation and Launch Itinerary

Purpose: To provide a positive outdoor experience that develops young people and inspires future participation in adventure

Objectives

- Create shared memories of fun experiences outdoors with others in the school community
- Build co-operation and communication skills across the school community
- Highlight the opportunities and wider benefits offered by The DofE Award
- Promote participation in The DofE Award
- Further wellbeing through engaging with the outdoors and promoting adventure
- Develop important life-skills that enhance pupils' personal skills and character
- Promote the national "Adventure Smart" message enabling safer outdoor experiences for all. (AdventureSmartUK
[Be Adventure Smart: make your good day better](http://BeAdventureSmart.com))

ONE DAY PROGRAMME – ON SCHOOL GROUNDS	
09:00	Participant Arrival and Welcome Team briefed by individual instructors, to include team introductions and aims for the day
09:15	Group Icebreaker A large game for all to energise and set the scene
09:30	The Impossible Walk A series of problem-solving tasks which develop different interpersonal skills through an exciting journey across the school field.
10:30	Adventure Smart A discussion session looking at being "Adventure Smart"; the campaign supported and promoted by Mountain Rescue England and Wales to promote safe outdoor experiences. <ul style="list-style-type: none"> • Choosing, planning, and preparing for appropriate "adventures" • Understanding the impact of the weather • The Countryside Code • Water Safety and "Respect for water" • How to summon help
11:30	"What is the DofE"? After answering the question of "what", the group are challenged to create a mind map to answer the question "why". Followed by a Q&A with an experienced DofE instructor about the expedition section.
12:30	Lunch
14:30	First Aid A hands-on session looking at the life-skill of how to deal with an emergency. Focussing on the core skill of the primary survey, when to call for help, followed by a discussion around CPR.
15:00	Review of the day and "Inspiration" A review of the days learning, as well as posing the question of "what constitutes an adventure" an opportunity to share ideas, stories and hopefully inspire future endeavours
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