

Duke of Edinburgh Award Scheme

Gold Residential Activity Days

4th Dimension is an Approved Activity Provider (AAP) for the Gold Residential Section of the Award Scheme.

For the Residential section, you need to undertake a shared activity or specific course where the majority of people are unknown to you, in a residential setting away from home and in an unfamiliar environment. Evenings are often as much a part of the experience as daytime activities. The residential section consists of a 5 day, 4 night programme.

This section offers a high degree of flexibility but it must be done with an organised group, registered charity or Approved Activity Provider (AAP).

Completing the Residential Section during the COVID-19 Pandemic

During the current COVID-19 pandemic, the Award Scheme have made a number of temporary changes to the way in which AAPs are able to deliver the residential section. These are in place until July 2021.


We are now in a position to run 'non-residential' activity weeks as part of a 5 day course enabling you to complete this section without the requirement of an overnight stay! In addition, we can also run these over a series of 2 weekends if that makes it easier to fit around other commitments.

What to expect?

The non-residential activity week will consist of a number of activities including climbing, abseiling, high and low ropes, zip lines and kayaking, plus an element of team and conservation work which remains in keeping with the ethos of the Award. You will arrive at our site on the Ashdown Forest each day and all activities will be run on-site to avoid the requirement of any unnecessary travel. At the end of each day, you will be free to return home to the comfort of your own bed!

A *sample* programme outlining a typical 'non-residential' Gold Residential activity week is shown below to give an idea as to what you will be doing throughout your week. All activities will be run outside:

DofE Gold Residential (COVID-19 Non-Residential) Activity Week – Sample Programme

	Monday	Tuesday	Wednesday	Thursday	Friday
09:30 – 10:30	Arrival and Introductions	Arrival and Action Plan for the Day			
10:30 – 12:30	Low Ropes Team Building Exercise	Outdoor Climbing Wall Session	Lowland Walk and Scramble to Weirwood Reservoir for Kayaking Session with lunch on the water!	Team Challenges Exercise	Indy Bridge Session
12:30 – 13:00	Lunch	Lunch		Lunch	Lunch
13:00 – 15:00	All Aboard High Ropes Session	Perch 'Leap of Faith' Session		Conservation Work Project	Jacobs Ladder Session
15:00 – 17:00	Archery Session	Crate Stack Session			Zip Line Session
17:00 – 17:30	De-Brief / Plan for Next Day				Residential Evaluation and Feedback
17:30	Depart				

The Gold Residential Section

What is included?

- A full time Residential Course Director who will be available to assist with anything before, during and post activity week.
- Comprehensive pre-residential admin pack for participants and schools / parents / guardians, including consent forms, kit lists etc.
- High quality activity week delivered from our Ashdown Forest site with a variety of different outdoor activities to keep you busy!
- Experienced instructors holding National Governing Body qualifications relevant to the environment in which they are working. All of our instructors hold a current and relevant first aid qualification and Enhanced DBS certificate (see Overview page).
- All technical equipment and PPE provided
- All supervision and developmental training throughout the programme. We aim to help young people develop their personal and practical skills as much as possible throughout their experience with us, both as individuals and as part of their team.
- Smiles and encouragement throughout!

We also provide the following equipment:

- Harnesses, Helmets and PPE for roped activities
- Kayaks, Buoyancy Aids, Paddles and PPE for water activities
- Group First Aid Kits
- Hi-Vis Vests (for any potential road walking)
- Refreshments throughout the day
- Insurance (see Overview for full details)

Residential Venue

Our residential packages are run from our site at Blackland Farm on the Ashdown Forest which is situated over 130 acres of woodland and open space.

Our watersports activities are run from nearby Weirwood Reservoir where we have private access to launching facilities.

The site itself features 19 high roped activities plus zip wires, indoor and outdoor climbing, archery, abseiling, low ropes and team building activities, swimming pool, canoeing, kayaking and Kata Kanus. There are also camping and glamping facilities available plus three separate accommodation lodges. Toilet and shower facilities are available across the site.

What does the 'non-residential' Gold Residential Activity Week package cost?

Probably the most important question!

We have managed to keep this week at an extremely affordable price due to the current lack of accommodation and catering requirements.

We are offering the Gold Residential Activity Week for £250.00 + VAT per person!

This price includes all activities, facilities and instructional staff. It also includes a full residential report and the sign-off required to complete this section of the Award.

Further Information

All Gold Residential packages will be run in accordance with the latest Government advice and guidelines. All deposits are refundable should the week be cancelled for Covid-19 related reasons. Please refer to our website T&Cs for further information.

For further details on the Covid-19 changes, please refer to the Overview page or follow the link to the official #DofEWithADifference page here: <https://www.dofe.org/dofewithadifference/>

We plan to run our first 'non-residential' Gold Residential Activity Week over the Easter Half Term from Monday 05th – Friday 09th April 2021.

For further information and to view all of our Residential or Open Expedition opportunities, please look us up on the official DofE Opportunity Finder here: <https://www.dofe.org/opportunity-finder/>

Alternatively, please feel free to phone us to discuss your requirements on 01342 811327 or email us on opsmanager@4thdimension.co.uk

The Expedition

What is included?

- A full time Expedition Course Director who will be available to assist with anything before, during and post expedition.
- Comprehensive pre-expedition admin pack for participants and schools / parents / guardians, including consent forms, kit lists etc.
- Assistance with expedition paperwork. We will complete operating authority notifications, green forms and risk assessments.
- High quality training, delivered at your venue, our Ashdown Forest site or even in the expedition area.
- Experienced instructors holding National Governing Body qualifications relevant to the environment in which they are working. All of our instructors hold a current and relevant first aid qualification and Enhanced DBS certificate (see Overview page).
- Training materials and notes for participants.
- All supervision and developmental training throughout the programme (during the day and overnight where agreed). We aim to help young people develop their personal and practical skills as much as possible throughout their experience with us, both as individuals and as part of their team.
- Campsite or bunkhouse fees for participants.
- Smiles and encouragement throughout!

We also provide the following equipment if required:

- Tents & Group Shelters
- Stoves & Fuel
- Group First Aid Kits
- Hi-Vis Vests (for any potential road walking)
- Maps & Compasses
- Insurance (see Overview for full details)

Expedition Venues

The majority of our large Bronze and Silver expeditions take place from our site on the Ashdown Forest, however our team are happy to travel to a destination of your choice if that is more convenient!

Our Gold expedition venues are generally determined by the choice of the participants. We recommend the Peak District as an ideal location for a training and practice expedition. Qualifying expeditions generally take place in 'wild country' areas such as Dartmoor, The Brecon Beacons, The Lake District or North Wales.

COVID-19 and the Duke of Edinburgh Award Scheme

During the current Covid-19 pandemic, the Award Scheme has introduced a number of temporary rule changes to the expedition section. The requirement for Gold expeditions to be run in areas considered 'wild country' has been removed. This means that until July 2021, Gold expeditions can also be run from our site on the Ashdown Forest. Participants are also allowed to return home to sleep each night under the temporary rule changes.

For further detail on the Covid-19 changes, please refer to the Overview page.

What does the walking expedition package cost?

Probably the most important question!

We have kept our pricing structure simple.

We charge £45.00 + VAT per person per day, whatever the level of award.

So for example, a 2 day Bronze training/practice weekend followed by a 2 day Bronze qualifying weekend would cost a total of £180 + VAT per person.

A full Gold package of 7 days (training, practice and qualifying expedition) would cost a total of £315.00 + VAT per person.

A Gold qualifying expedition (if you have already completed the practice) would cost £180.00 + VAT per person.

Further Information

We specialise in running bespoke expeditions that are tailored to your individual requirements. Whether you are a teacher looking to run a large Bronze expedition for an entire year group or an individual looking to organise a small Gold expedition for your friends, please contact us and we will be happy to discuss all options available to you!

Please take a look at our following pages offering water based expeditions and Gold residential activity weeks!