



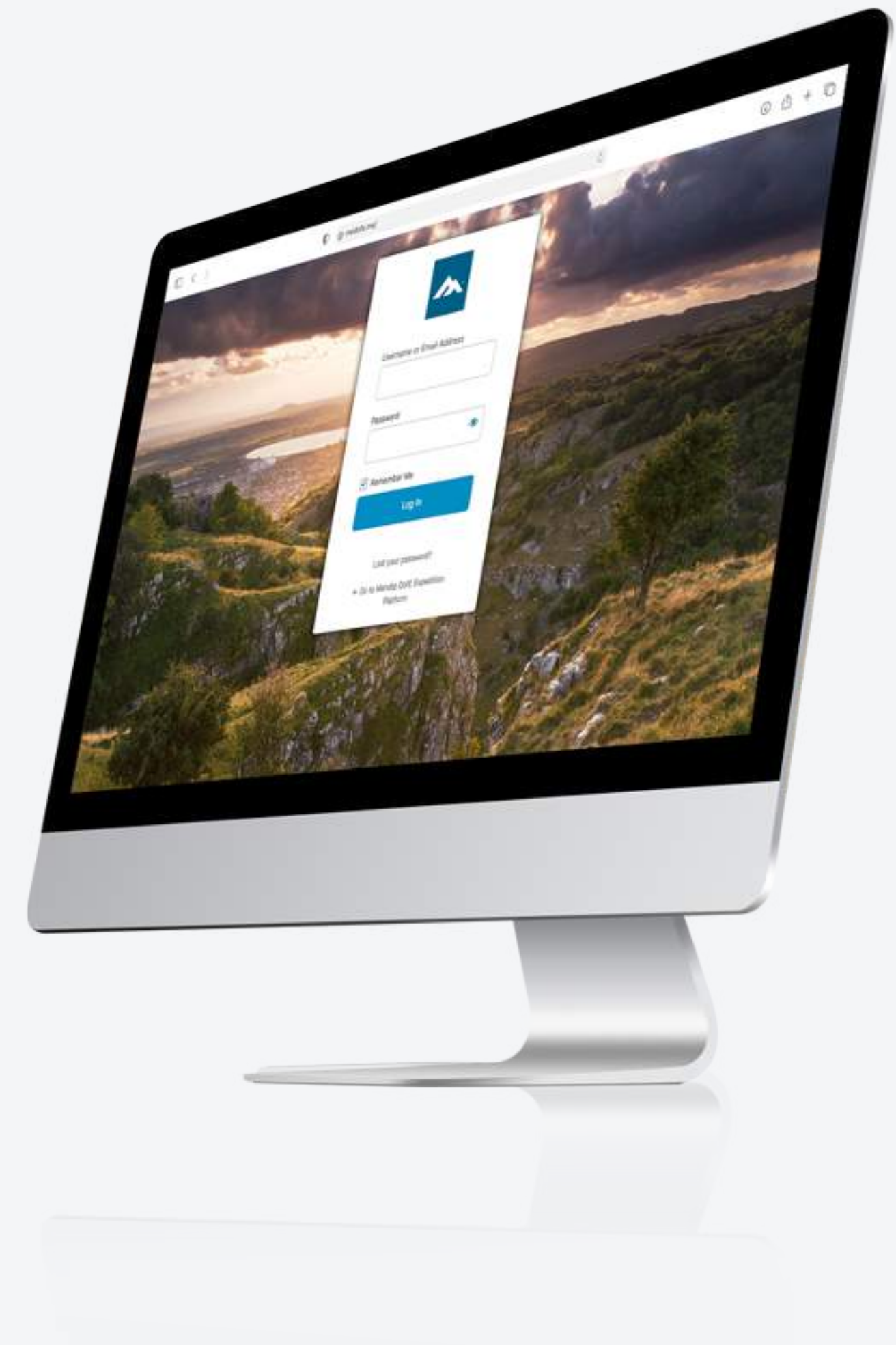
DOFE EXPEDITION PLATFORM

Get started Get learning

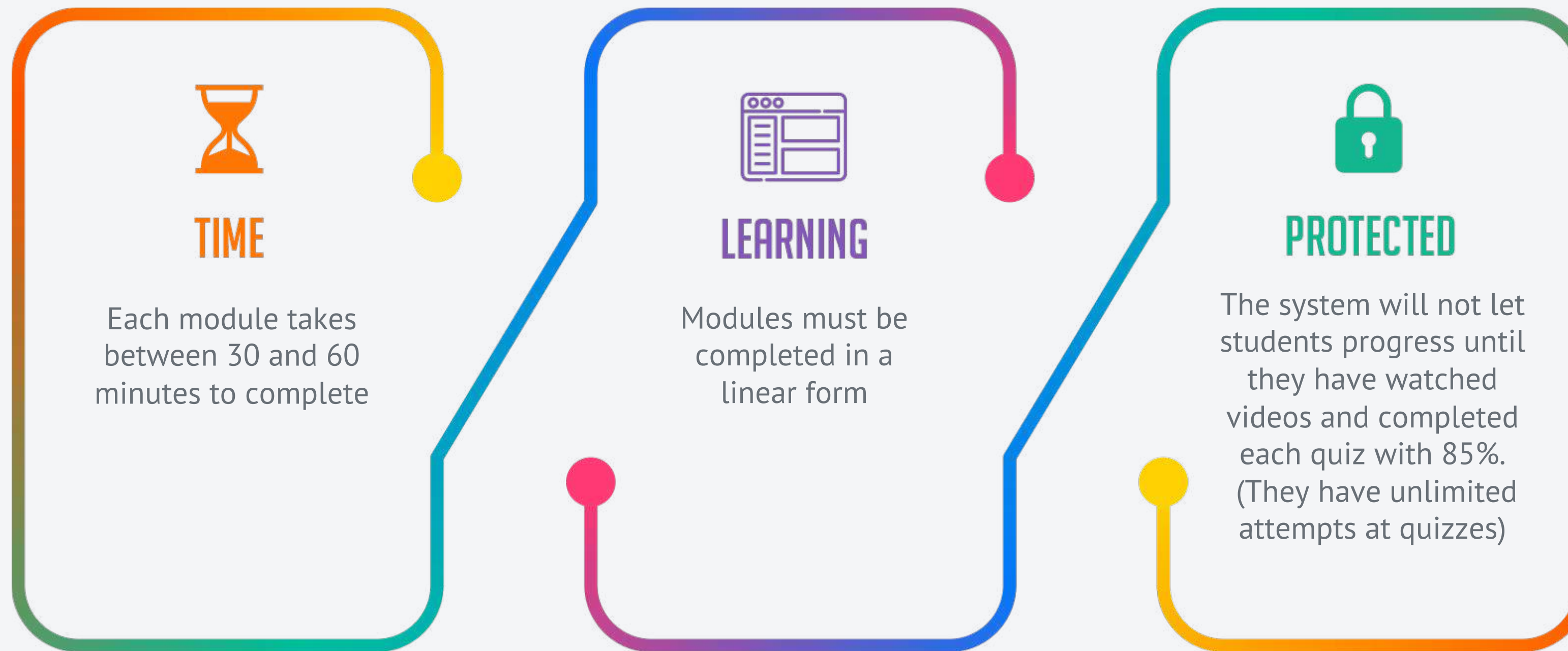
Mendip have been training and running DofE Expeditions for over thirty years.

Mendip's DofE expedition platform has been designed to be fun, engaging and informative. Students can complete it on desktop or mobile devices, in their own time to ensure they are well prepared by the time their practical training and expeditions come around.

Bite-sized learning with activities, quizzes, videos, images and original content will keep them engaged throughout.



Structure



- **Introduction**

- Introduction to software
- Introduction to DofE
- 20 conditions & expedition aims

- **Map Reading**

- What is a map?
- Map symbols
- Grid references
- Distance, direction, duration
- Route planning

- **Bag Packing & Kit**

- Kit
- Packing a rucksack

- **Campcraft & Food**

- Tents & overnight
- Environment
- Food & Drink

- **Health & Safety**

- Risk & emergency procedures
- First aid mental health & wellbeing

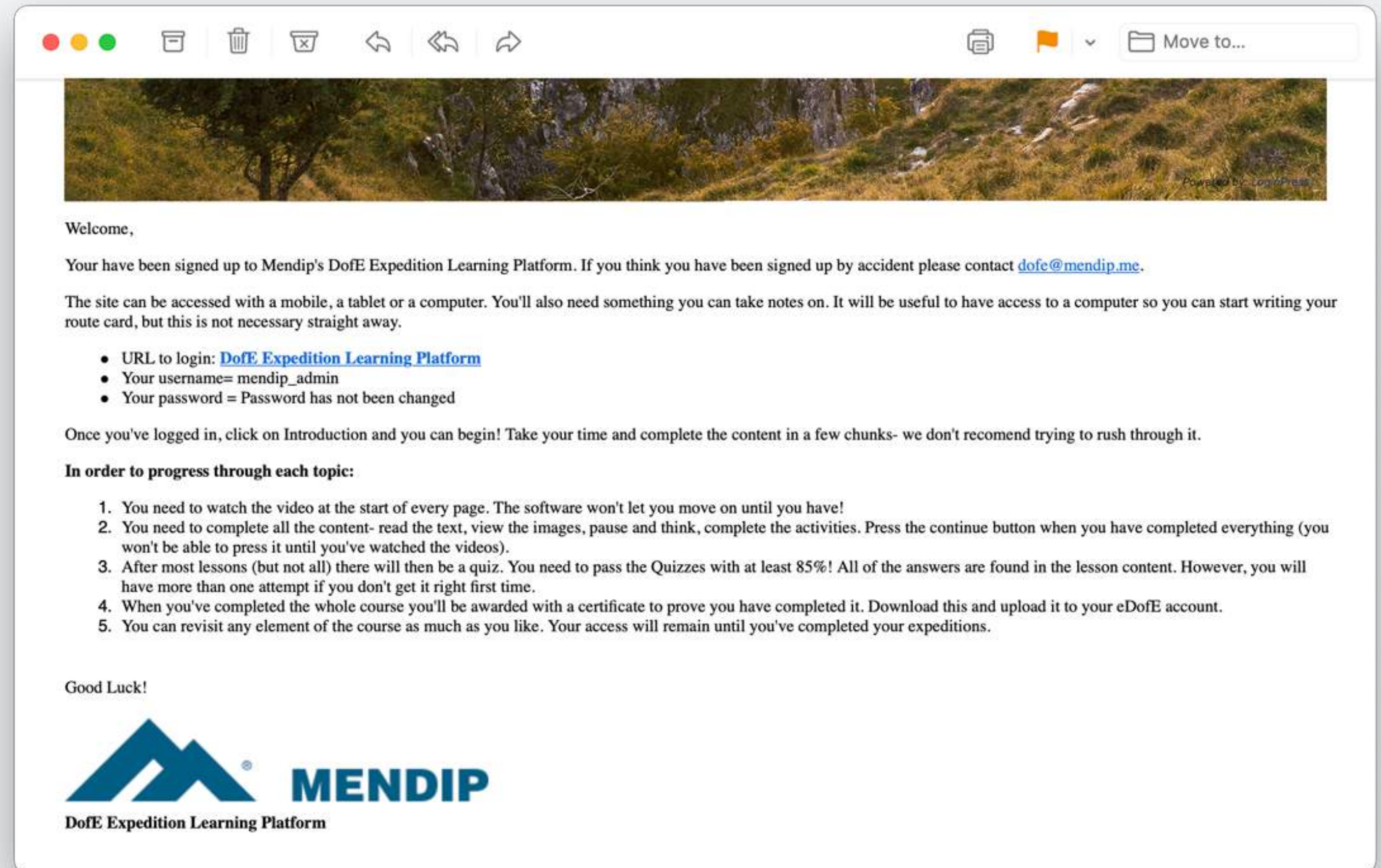
- **Conclusion**

- What's next?

Automatic enrolment

Students are automatically enrolled and sent their log in information to the course whenever you are ready for them to commence.

They can complete it whenever suits them. We encourage them to learn in bite-size chunks and spend no more than an hour at a time on the course.



Engaging content

“Mental wellbeing describes your mental state – how are you feeling and how well you can cope with day-to-day life. Our mental wellbeing is dynamic. It can change from moment to moment, day to day, month to month or year to year.”

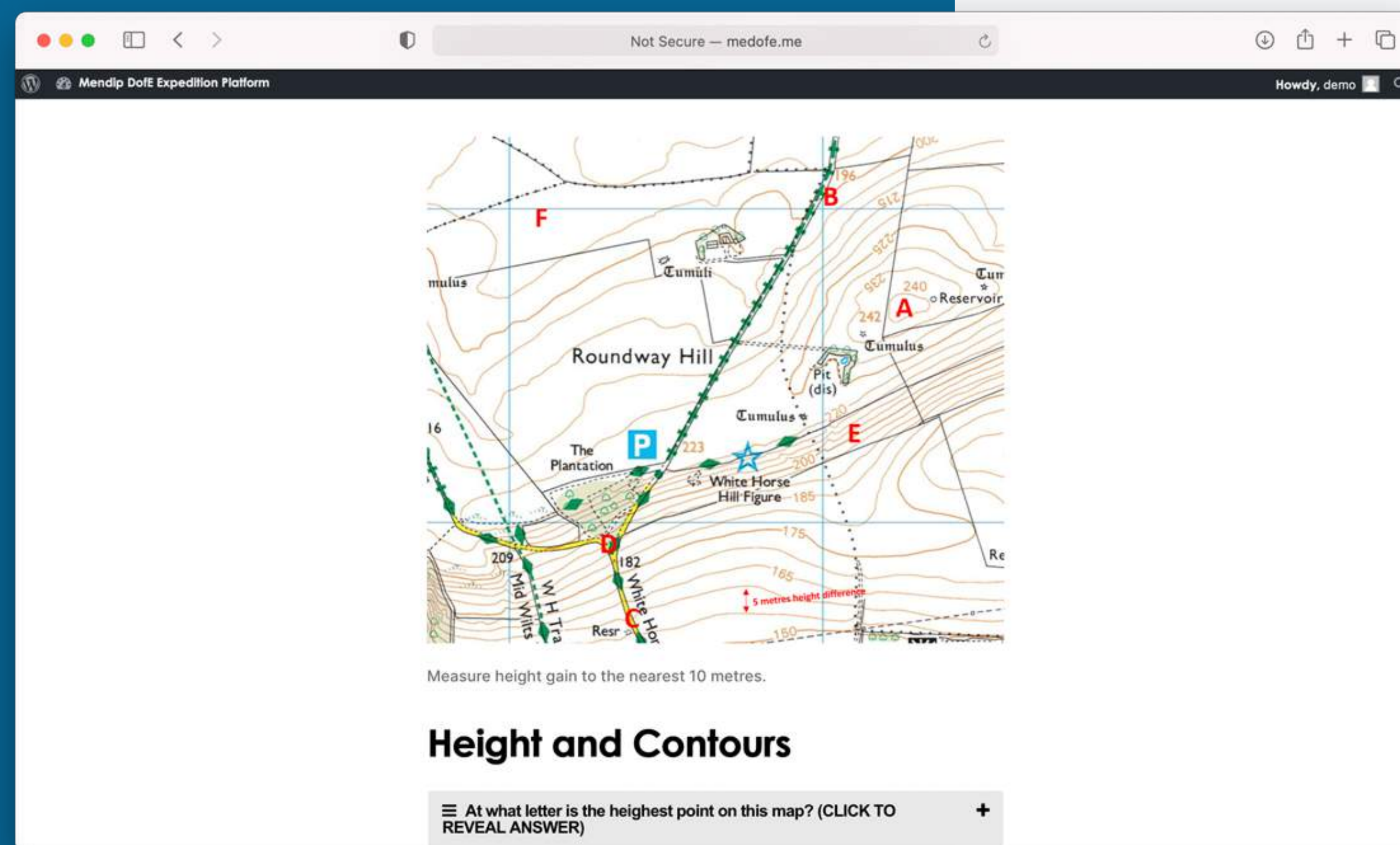
mind.or.uk

What is a map? “A map is a drawing of particular area such as a city, a country, or a continent, showing its main features as they would appear if you looked at them from above.”

Collins Dictionary

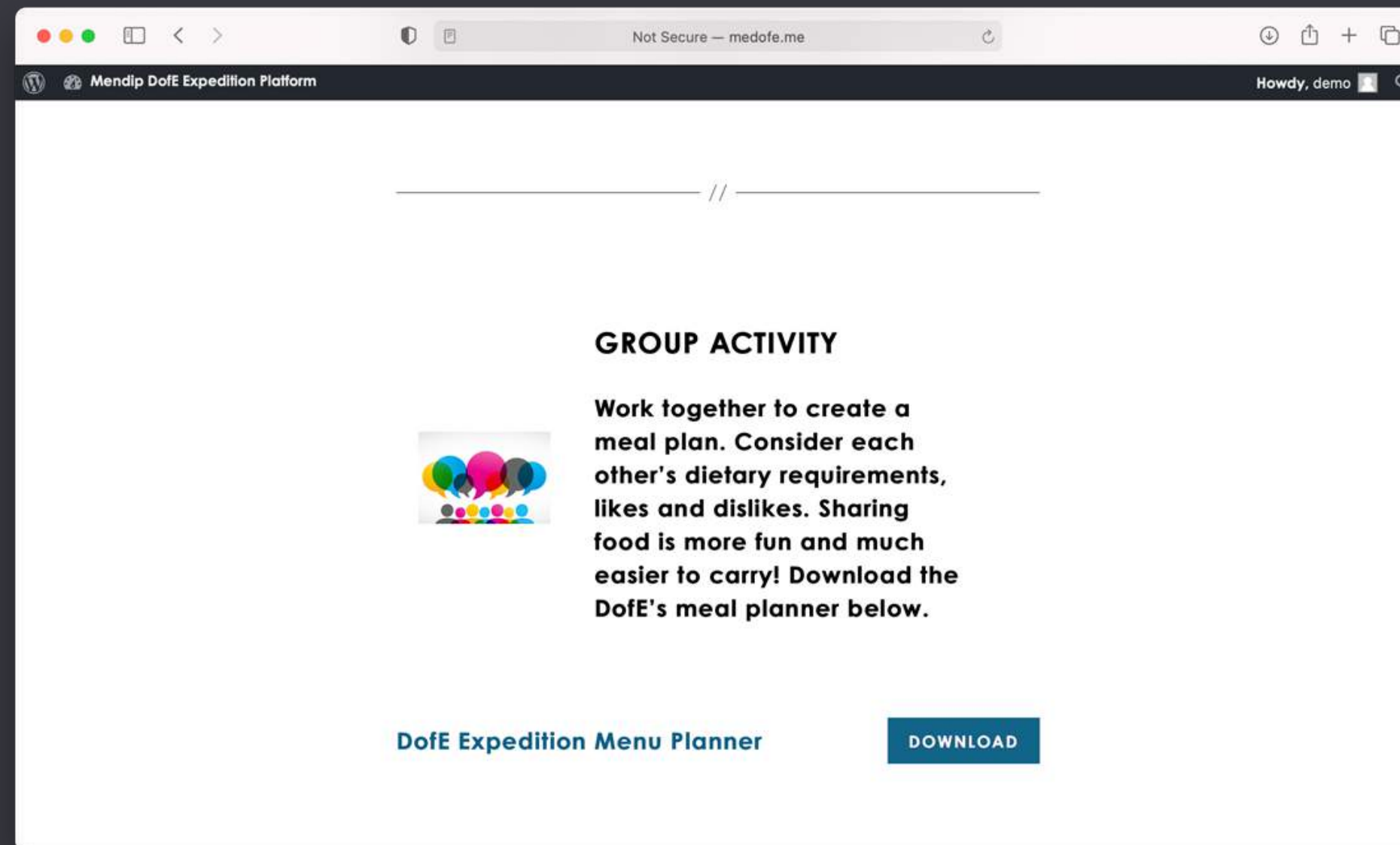


Contour numbers show what direction the hill is. They read up hill – so the top of the number is up hill and the bottom of the number is downhill.



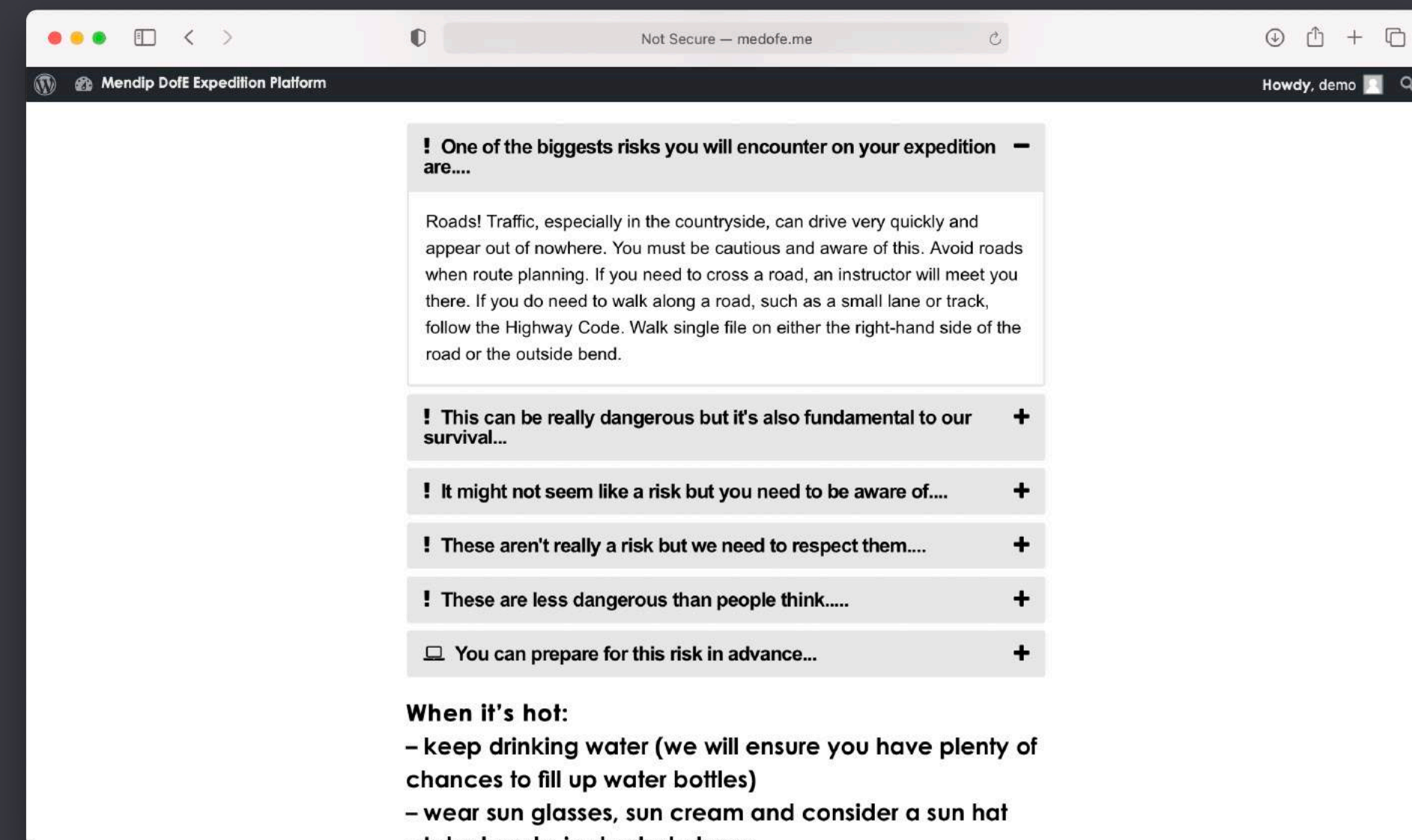
Group and individual activities

Group Activity



The screenshot shows a web browser window with the URL "Not Secure — medofe.me". The page title is "Mendip DofE Expedition Platform" and the user is logged in as "Howdy, demo". The main content area is titled "GROUP ACTIVITY" and features a colorful icon of people. The text reads: "Work together to create a meal plan. Consider each other's dietary requirements, likes and dislikes. Sharing food is more fun and much easier to carry! Download the DofE's meal planner below." At the bottom, there is a link "DofE Expedition Menu Planner" and a blue "DOWNLOAD" button.

What risks will you encounter on your expedition?



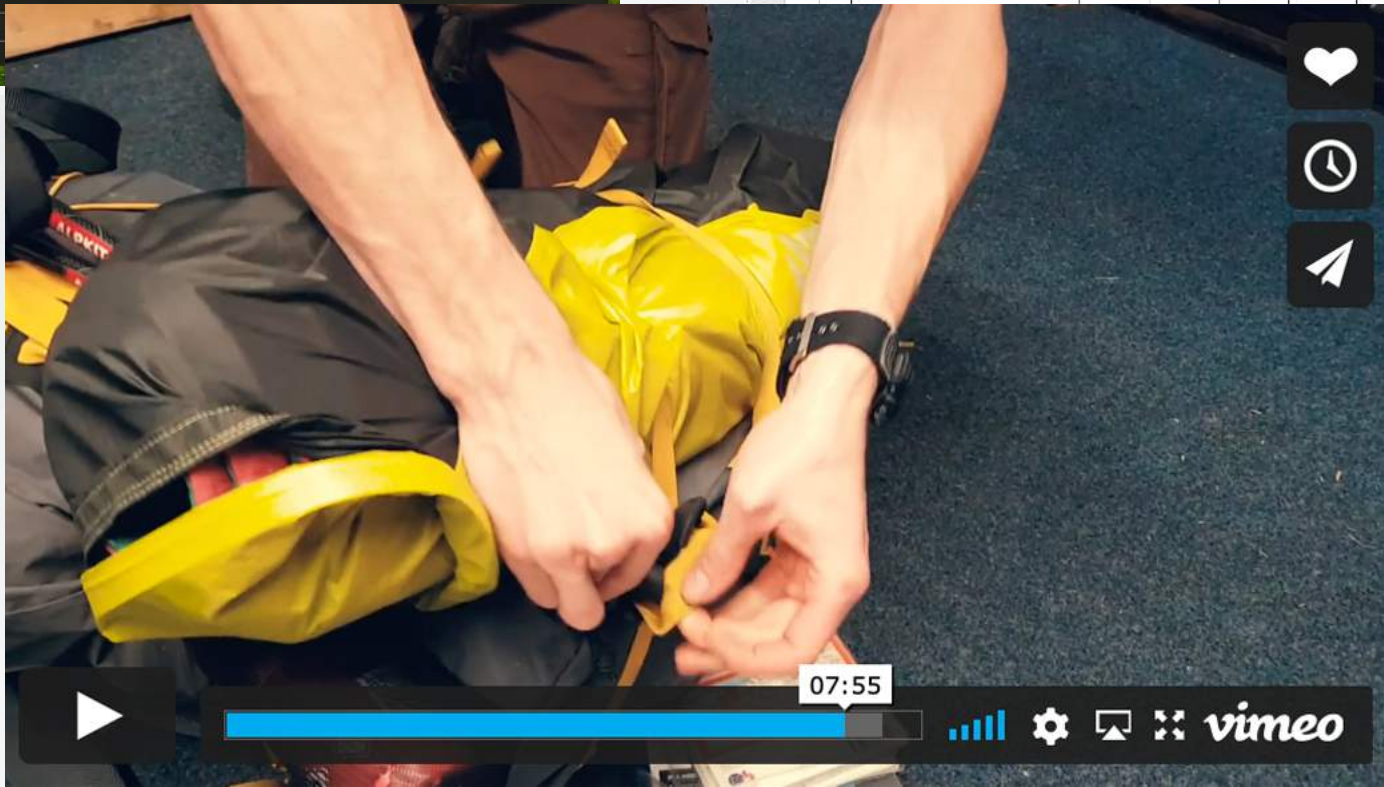
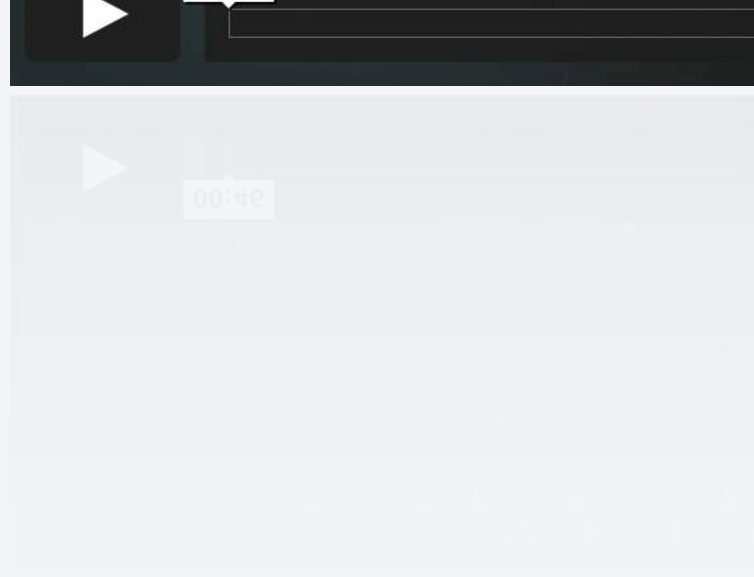
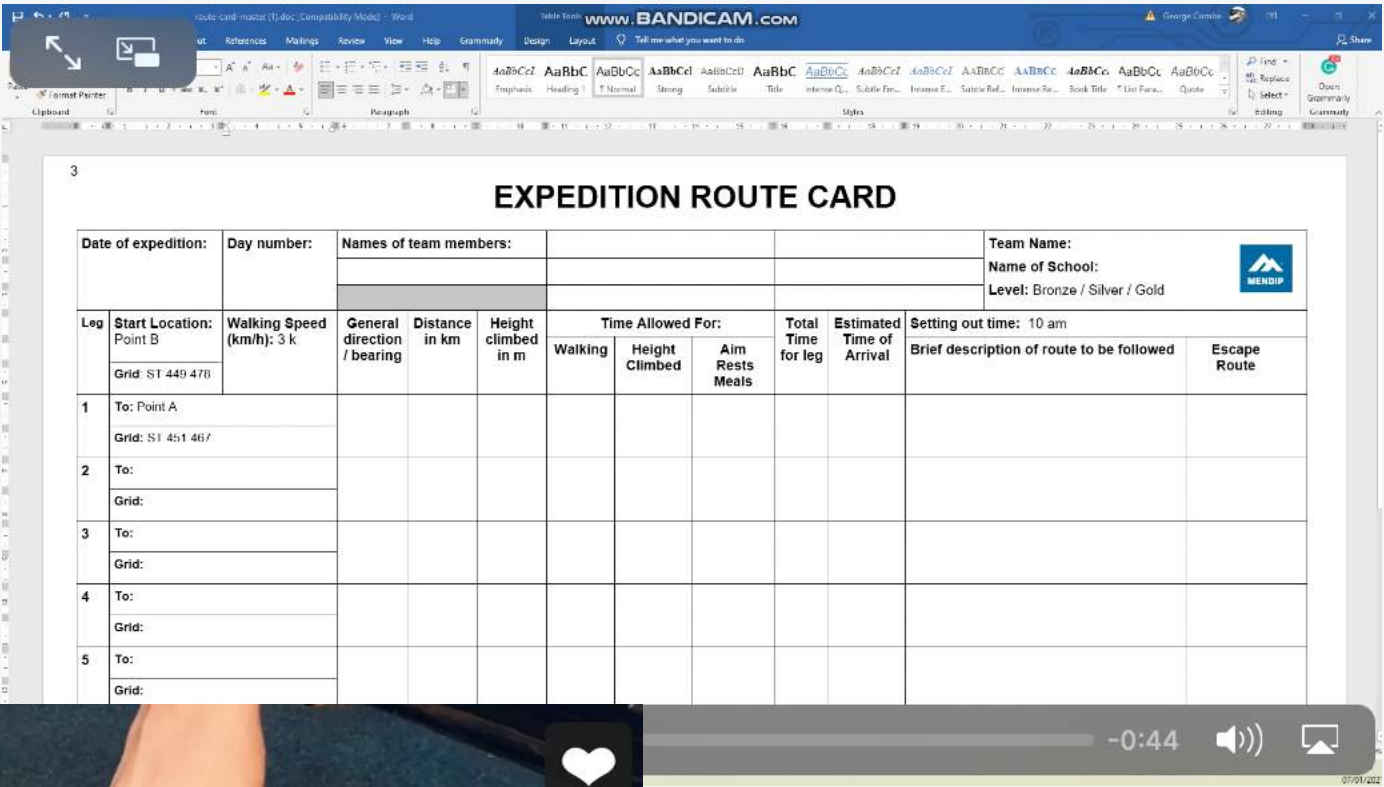
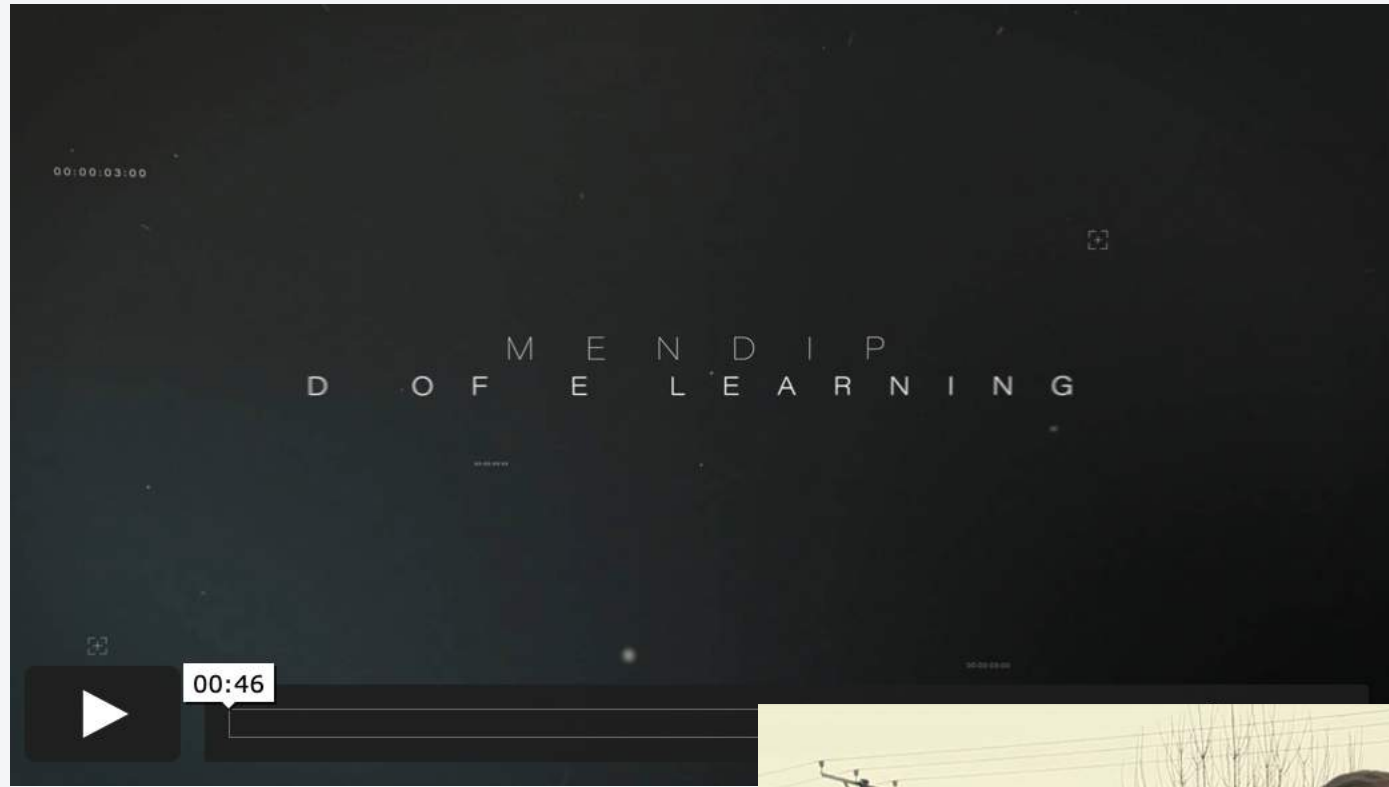
The screenshot shows a web browser window with the URL "Not Secure — medofe.me". The page title is "Mendip DofE Expedition Platform" and the user is logged in as "Howdy, demo". The main content area is titled "What risks will you encounter on your expedition?" and features a list of risks with expandable details. The risks are:

- ! One of the biggest risks you will encounter on your expedition are....** (Expanded text: Roads! Traffic, especially in the countryside, can drive very quickly and appear out of nowhere. You must be cautious and aware of this. Avoid roads when route planning. If you need to cross a road, an instructor will meet you there. If you do need to walk along a road, such as a small lane or track, follow the Highway Code. Walk single file on either the right-hand side of the road or the outside bend.)
- ! This can be really dangerous but it's also fundamental to our survival...**
- ! It might not seem like a risk but you need to be aware of....**
- ! These aren't really a risk but we need to respect them....**
- ! These are less dangerous than people think....**
- ! You can prepare for this risk in advance...**

Below the risks, there is a section titled "When it's hot:" with the following advice:

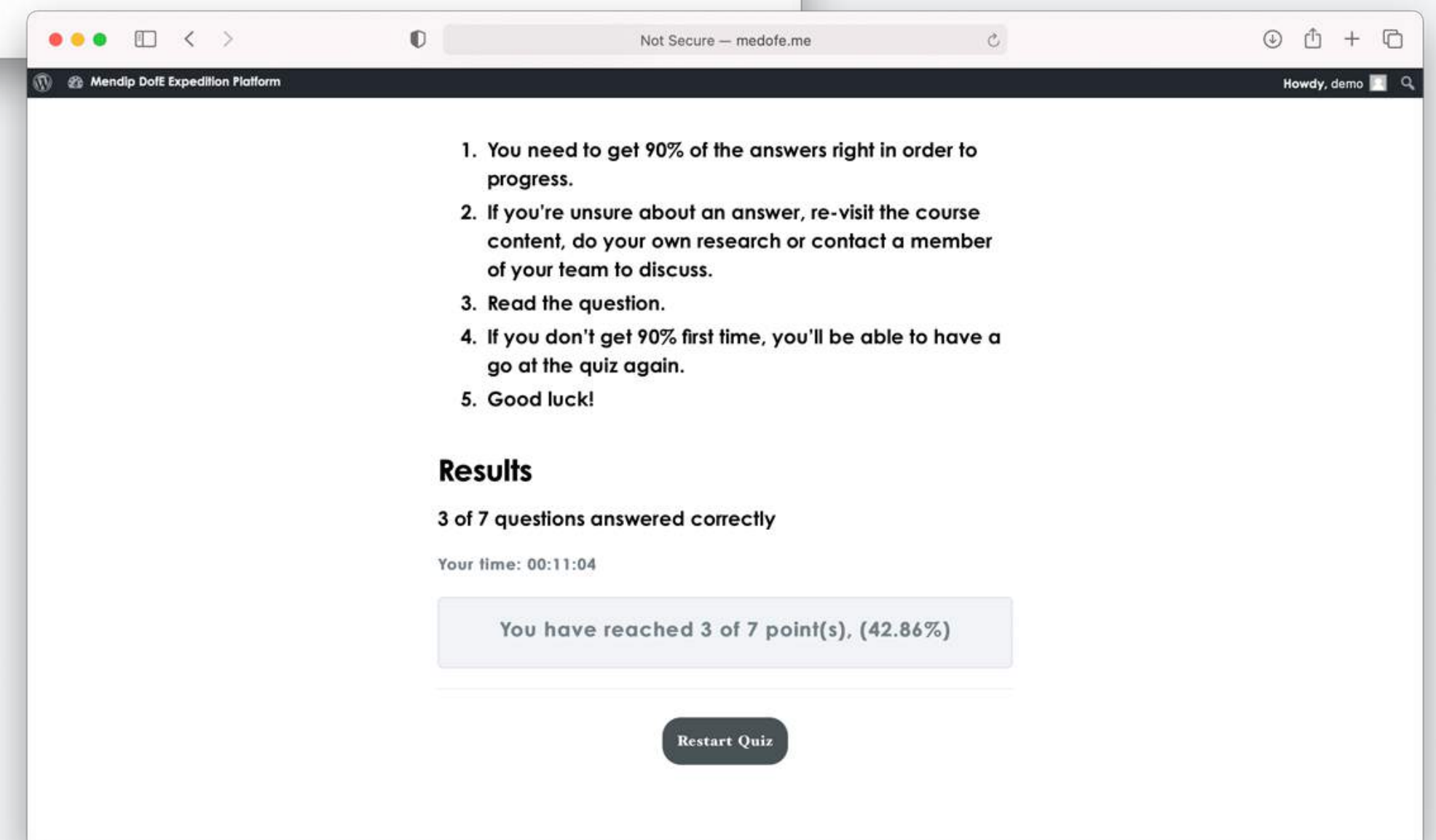
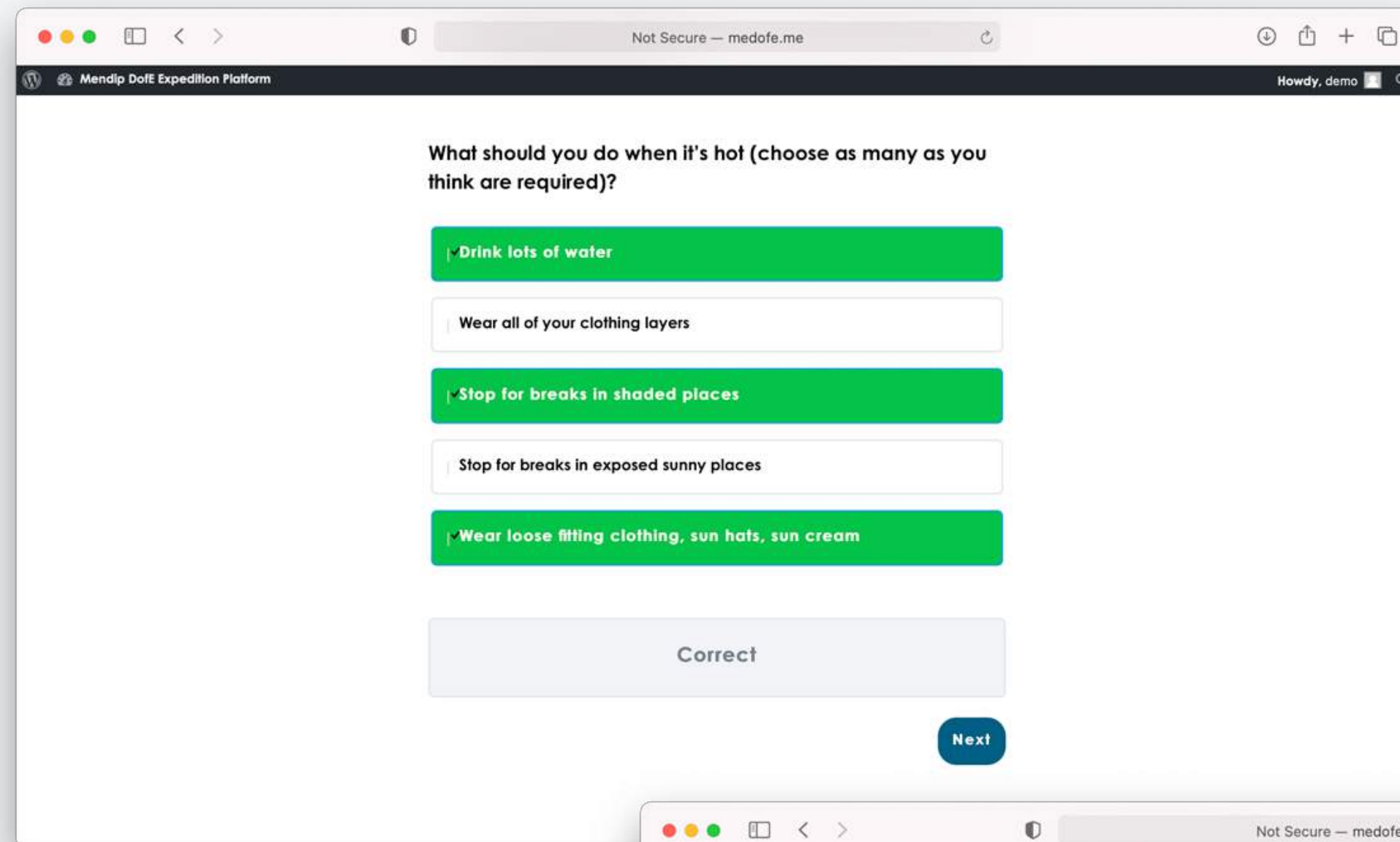
- keep drinking water (we will ensure you have plenty of chances to fill up water bottles)
- wear sun glasses, sun cream and consider a sun hat
- take breaks in shaded places

Videos



Quizzes

- Single choice
- Multiple choice
- Free answers
- Match the answers
- Set the order
- Email upon completion





Congratulations Demo User!

You have successfully completed your Online DofE Expedition Training.

Date of completion: February 5, 2021, 9:11 pm

Student email address: dofe@mendip.me

Your average quiz results were 97.57%. In total you spent 1 hour 22 minutes 33 seconds on the course.

Well done & good luck on your expedition
Mendip DofE Team



Certificate on completion

- Personalised
- Can be downloaded & uploaded to the students EDofE account
- Proof of completion
- Students can revisit the course until they have finished their expeditions

Get in contact

Contact our friendly team today to find out more about our DofE packages and get a quote.

Email: dofe@mendip.me

[VIEW WEBSITE](#)