



The school expedition specialists

Professional, affordable and accessible to all



British Standard
8848

The Gold Duke of Edinburgh award



- The Duke of Edinburgh scheme is invaluable for enhancing life experience and future employability
- Students learn new skills, gain confidence and have fun!
- The Gold award is for those aged 16+
- It has 5 sections including volunteering, physical, skills, an expedition and a residential section

GOLD

Volunteering **12 months**

Physical

one section for 12 months, the other for 6 months

Skills

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

BXM International Gold Duke of Edinburgh Expeditions in UK and Abroad



- BXM is the UK's leading company in its field working with schools from all over the country
- The company is an approved activity provider and has high instructor to student ratios
- We use high quality instructors all fully qualified for areas in which they work
- The Duke of Edinburgh scheme is invaluable for enhancing a participant's life experience
- BXM gives participants the chance to experience a different culture and landscape with its international expeditions in:
 - The Hardangervidda National Park in Norway
 - Triglav National Park in Slovenia



Why do you Gold D of E in Norway?



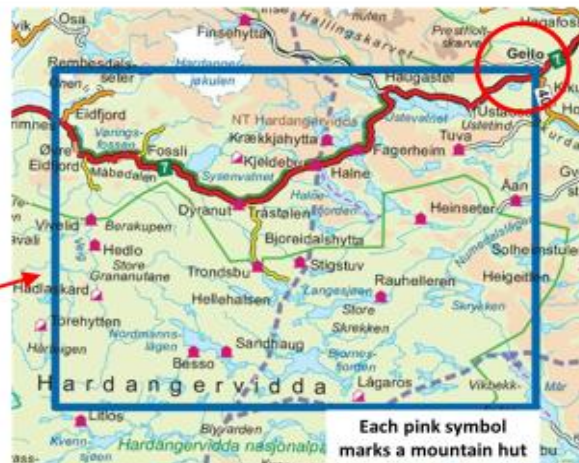
- The breathtaking scenery of the Hardangervidda Plateau, with its far-reaching views and dramatic glacier-shaped landscape
- Complete freedom to explore due to the Norwegians' commitment to "right to roam"
- The chance to travel across a remote landscape with few walkers and experience the solitude of wild camping in a pristine wilderness environment
- Friendly and helpful locals who speak very good English
- Amazing waffles!



Norway and the Hardangervidda Plateau



The Hardangervidda National Park is 220 km North West of Oslo



Each pink symbol marks a mountain hut

Geilo



- Geilo is a small ski town on the edge of the Hardangervidda National Park and is our base for all the Norwegian Gold expeditions
- The mountain of Prestholt overlooks Geilo and is a perfect place for our acclimatisation walk. The local area offers many activity opportunities



Accommodation in Geilo



- Cabin Accommodation at Geilo Youth Hostel
- All meals provided in Youth Hostel Cafeteria when not on expedition



What to expect



- Distance: 15 – 20 km per day 60 - 80 km total
- Terrain: Wide open mountain plateau with stunning scenery
- Plateau Height: 1000 m to 1300 m
- Weather: 4 seasons in 1 day and participants should be prepared for warm, cold and very wet weather
- Journey: Remote paths between manned huts with emergency communication. Located every 15 km
- Supervision: Contact Every 90 Mins, with instructors walking ahead of / behind groups on some stretches
- Camping: Wild camping



Hardangervidda is the largest mountain plateau in Europe



- The Plateau is vast, covering 6,500 km² and was famously crossed by the heroes of Telemark in Winter 1943
- Hardangervidda sits at around 1000 m. Much of the Plateau is above the tree-line with a north Europe alpine climate
- The area is the southernmost habitat of the arctic fox and the snowy owl. It is also home to Europe's largest population of wild reindeer



The plateau is covered with lakes and rivers



Wild camping is allowed anywhere on the plateau, which is covered with trails marked by the DNT, Norwegian Trekking Association



Terrain can be rocky and snow patches may still be seen in the summer



Mountain huts are found across the plateau, 15 – 20 km apart



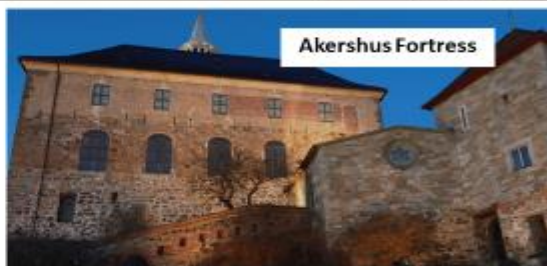
Norway activity day at Dagali Fjellpark



Visit to an Oslo attraction on the last day



Viking Ship Museum



Akershus Fortress



Oslo Old Town



Oslo Waterfront

Sample Itinerary



- Day 1: Early morning flight to Oslo and coach to youth hostel accommodation near Geilo:
 - Check kit
 - Check routes
- Day 2: Acclimatisation walk up Prestholt:
 - Pack kit
 - Safety briefing
- Days 3 to 6: Expedition on the Hardangervidda, wild camping each night
- Day 7: Activity day – have fun!
- Day 8: Leave early for some sightseeing in Oslo, then go to Oslo Airport for late flight home



Slovenia and Triglav National Park

Why do you Gold D of E in Slovenia?



- Dramatic Alpine scenery with steep mountains and deep gorges
- The chance to explore a part of Europe with a rich and complicated history, particularly around WW1 and WW2.
- An opportunity to stay in Alpine huts and meet walkers from many other countries
- Meeting Slovenians who are open, welcoming, and proud of their culture and heritage
- English is widely spoken in the tourist areas but be prepared to get out your phrase book!



The expedition is based in Kranjska Gora which is 50km NW of Ljubljana, the capital of Slovenia near the Austrian Italy border



Triglav National Park is in the Julian Alps close to Italy & Austria

Kranjska Gora



- Kranjska Gora is a small ski town on the Northern edge of Triglav National Park and is the base for all our Slovenian expeditions
- It sits in the foothills of the Julian Alps and is a perfect location for our acclimatisation walk up one of the local mountains and scheduled activity day



Accommodation in Kranjska Gora



- Based in the Hostel Nika located on the outskirts of Kranjska Gora
- Accommodation is in simple bunkrooms, with communal areas downstairs
- All meals provided in the on-site cafe



What to expect



- Distance: 10 – 20 km per day, 60 - 70 km total
- Terrain: Dramatic scenery with long steep sections involving uphill / downhill for several hours
- Height gain: From 800m to 1,400m on one day, to get over the main mountain passes
- Weather: Low 30 c in Summer but mountain weather and storms always possible. May need to carry up to 3 litres of water per day to avoid dehydration
- Journey: Alpine trails between mountain huts, near mountain roads and passing through small villages
- Supervision: Contact Every 90 Mins, with instructors walking ahead of or behind groups on some stretches
- Camping: Mountain huts or campsites (wild camping is not allowed anywhere in the park)



The protected area around Mount Triglav (2863m) is Slovenia's only National Park



- Triglav National Park was first protected in 1924 and covers nearly 900 km² of the Julian Alps
- The area was the scene of considerable conflict in WW1 and WW2. Many artefacts have been preserved along the "Peace Trail"
- The Julian Alps are home to Ibex, chamois, marmots, eagles – as well as some elusive bears & lynx



Mountain huts are found every 10 – 15 km and have dormitory accommodation shared with other walkers. Wild camping is not allowed anywhere in the park



Paths are graded and waymarked by the Slovenian Alpine Association and can be steep and narrow



Slovenia activity day



Visit to Bled on the last day



Lake Bled



Bled Castle



Castle bathing area



Boat trip to island

Sample Itinerary

- Day 1: Early morning flight to Ljubljana and coach transfer to youth hostel in Kranjska Gora:
 - Check kit
 - Check routes
- Day 2: Acclimatisation walk up Ciprnik (1745m):
 - Pack kit
 - Safety briefing
- Days 3 to 6: Expedition traversing the Julian Alps staying in campsites / huts
- Day 7: Activity day – have fun!
- Day 8: Leave early for some sightseeing in Bled, then go to Ljubljana Airport for late flight home



Safety

- High staff to student ratios, with 1 leader per group. All staff :
 - Have relevant Mountain Leader and first aid qualifications
 - Are trained to deal with emergency situations
 - Are familiar with local emergency services' procedures
- Satellite communication devices assigned to each group and all leaders
- Each expedition has an expedition coordinator (with vehicle) responsible for monitoring teams' progress and providing daily weather / path status reports to leaders and group
- Access to UK based expedition doctor to deal with any issues whilst abroad
- Both Norway and Slovenia have voluntary mountain rescue networks as well as excellent search and rescue resources (with helicopter evacuation, supplied by both the civilian authorities and the military)

Practice expedition in the UK



- Full day training in school:
 - First aid
 - Navigation
 - Emergency procedures
 - Menu planning
 - Kit
 - Route planning
- Practice Expedition: 4 day expedition in either the Brecon Beacons (for Norway) or North Wales (for Slovenia)



Gordon's Gold Practice Expedition dates are set as Monday 20 July – Friday 24 July 2020.

DofE like there to be a two-week gap between practice & final, so final dates would be after 7 August.