

The Bronze section of the award involves four sections:

- Service
- Skill
- Physical Recreation
- Expedition

Service

This is all about helping people and the community. It could include helping with ATC, Boys Brigade, Cubs, Scouts, and Guides. It could be any Youth work with your local church, taking a first aid course or helping in a charity shop. If you are a Sports Leader or help run a lunchtime activity at school this would count.

Skill

This is all about discovering new hobbies and interests (or improving one you already do). If you play an instrument you are halfway there! There are nearly 200 suggestions on the website www.dofe.org, ranging from Astronomy to Stamp collecting.

Physical Recreation

This is the perfect opportunity to take up a new sport and get fit at the same time (ready for the expeditions). Again the website has many examples, ranging from archery to yoga. Those of you who play sport on a regular basis for a local team would be able to count this as your physical activity.

All of these sections require 3 months commitment; you must choose one to follow for 6 months.

The Expedition.

This involves preparing for, and carrying out, an adventurous journey as part of a team. HHS takes their students on a practice expedition in the Chilterns in May and a qualifier in June; each expedition lasts for two days and involves an overnight camp. If you don't get lost you should walk about 25 km.

Training

This covers a wide range of essential skills and knowledge to prove yourselves competent to go out on expedition. Topics include first aid, camp craft, how to put up tents and cook food, how to read a map, what to wear, the countryside code, how to avoid blisters and how to use a compass.