



Gwasanaeth
Awyr Agored

Alldeithiau Aur Dug Caeredin 2020 Duke of Edinburgh Gold Expeditions 2020

Pecyn gwybodaeth i chyfranogwyr a rhieni
Information booklet for participants and parents



@UrddAwyrAgored



Gwasanaeth Awyr Agored



www.awyragored.cymru

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Dilynwch ni! Follow us!

Byddwn yn rhannu gwybodaeth am yr alldeithiau, lluniau a fideos ar ein cyfryngau cymdeithasol yn aml. Cyfle gwych i weld eich plentyn yn cyflawni uned Alldaith Y Wobr. Rydym hefyd yn rhannu gwybodaeth am nifer o deithiau a gweithgareddau eraill tu allan i'r Wobr Dug Caeredin

We regularly update our social media accounts with information about expeditions, pictures and videos. A great opportunity to see your child completing the Expedition Unit of the Award! We also share information about upcoming events and trips outside of the D of E



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Cwrdd â staff yr Urdd Meet the Urdd staff



Emma Richards Rhys Pinner
Swyddogion Datblygu Awyr Agored
Outdoor Activity Development Officers

Rhifau cyswllt Telephone numbers

Swyddfa / Office 02922 405353

Yn ystod alldeithiau / During expeditions:

Swyddfa Glan Llyn / Office 01678 541000

Symudol / Mobile 07966434206

emmarichards@urdd.org

rhyspinner@urdd.org

Os oes gennych unrhyw gwestiynnau neu angen siarad â ni,
plis cysylltwch ar rhif y swyddfa neu ar e-bost

If you have any questions or would like to speak to us,
please contact on the office number or through e-mail

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Talu am yr alldeithiau

Paying for the expeditions

Pris yn dibynnu ar opsiwn dewiswyd ar y tudalen nesaf
Price dependant on options chosen overleaf

- | | |
|---|--|
| • Sesiynau hyfforddiant | Training day |
| • Sesiynau paratoi maps | Route planning sessions |
| • Trafnidiaeth | Transport |
| • Offer e.e pabell, stof | Equipment e.e tent, stove |
| • Hyfforddwyr profiadol i baratoi a goruchwyllo | Experienced staff to prepare and supervise |
| • Aseswr Dug Caeredin | DofE Assessor |
| • Crys T Dug Caeredin | DofE T shirt |

Gallwch ffonio i dalu dros y ffon, neu gallwch anfon siec, yn daliadwy i Urdd Gobaith Cymru, i'r cyfeiriad isod. Plis nodwch enw'ch plentyn, a pa ysgol/ gwobr ar gefn y siec

You can pay over the phone, or by cheque, payable to Urdd Gobaith Cymru, to the address below. Please note name of child and what DofE/ school on the back of the cheque

Ffon / Phone: 01678 541000

Cyfeiriad / Address: GAA, Gwersyll yr Urdd Glan Llyn,
Llanuwchllyn, Bala LL23 ZST

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Alldaith Cerdded Dug Caeredin

Beth i ddisgwyl?

Byddwch yn cwblhau dwy alldaith yn hunangynhaliol am 2, 3 neu 4 diwrnod, yn dibynnu ar lefel eich Gwobr. Mae hyn yn golygu y bydd angen i chi gario bopeth y byddech chi angen (e.e. pabell, stof, sach a mat cysgu, dillad a bwyd) am yr all-daith mewn sach gefn addas. Bydd toiledau ar gael yn y gwerys, a chyfleoedd i ail lenwi dwr. Yn ystod tywydd eithriadol o boeth, bydd staff yr Urdd efo cyflenwad dŵr i ddisgylion pan mae angen.

Byddwch chi'n cael eich goruchwyllo o bell yn ystod yr alldeithiau. Efallai byddwch yn dechrau'r alldaith yn gweithio efo staff, ond wrth i'r alldaith fynd yn ei blaen, bydd eich lefel o annibyniaeth yn cynyddu a byddwch yn trefnu i gwrdd â'r staff mewn lleoliadau penodol.

Mae angen lefel ffitrwydd da ar bawb sydd am gwblhau alldaith Dug Caeredin. Bydd eich sach gefn yn pwyso rhwng 15-25kg, yn dibynnu ar beth sydd angen i chi gario, eich maint chi, a hyd yr alldaith. Bydd yn pwyso ar eich ysgwyddau a chluniau. Byddwch yn cerdded i fyny, ac i lawr, ar amrywiaeth o dirwedd a byddwch yn defnyddio cyhyrau gwahanol i'r arfer. Byddwch yn cerdded 6-8 awr y dydd.

Mae'n angenrheidiol eich bod yn gwisgo esgidiau addas (esgidiau cerdded) gan er mwyn rhoi sefydlogrwydd a 'grip' da ar wahanol dirwedd. Drwy wisgo esgidiau amhriodol/ gwael, gallwch ddatblygu problemau megis pothelli (blisters) sydd yn gallu achosi lot o broblemau yn ystod alldaith. Trwy wisgo sanau da, paratoi eich traed cyn cerdded a chlymu'r esgidiau yn addas gallwch leihau'r tebygolrwydd o ddatblygu anaf.

Gall tywydd ym Mhrydain newid yn gyson heb unrhyw rybudd, ac felly trwy ddefnyddio adroddiadau tywydd, gallwch wneud yn siŵr eich bod yn pacio'r offer cywir wrth baratoi am alldaith. Mae dillad gwrth dwr llawn yn angenrheidiol ar bob alldaith, ac yn ddefnyddiol pan mae'r tywydd yn wlyb, gwyntog ac oer. Yn ystod eich alldaith, byddwch yn debygol o gael rhyw fath o dywydd oer neu wlyb. Mae'r tymheredd yn gostwng llawer yn ystod y nos trwy'r flwyddyn, (hyd yn oed yn ystod tywydd poeth yr haf) ond gall fod yn oer iawn yn ystod alldeithiau Hydref neu fis Mawrth/Ebrill. Bydd angen sicrhau bod gennych ddigon o haenau o ddillad neu ddillad insiwleiddio er mwyn cadw'n gynnes, hetiau a menyng a dillad gwrth-ddwr i gadw'n sych. Yn ystod tywydd eithriadol o boeth, bydd staff yr Urdd efo cyflenwad dŵr i ddisgylion a chysgod pan mae angen

Plis ewch i'n gwefan am fwy o wybodaeth

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DofE Walking Expedition

What to expect?

You will be completing 2 expeditions where you will be self-sufficient for 2, 3 or 4 days, depending on the level of the Award. This means you will need to carry everything you need (e.g. tent, stove, sleeping bag and mat, clothes and food) for the whole expedition in an expedition rucksack. There will be toilets at the campsite and chance to refill water bottles. In extremely hot weather, Urdd staff will be able to provide more water when needed throughout the day.

You will be remotely supervised throughout the expeditions, where you may start off working with a member of staff but as the expeditions progress, your level of independence will increase, and you will only see staff at set locations or agreed times.

All Duke of Edinburgh expeditions require a good base level fitness. Your rucksack will weigh between 15-25kg, depending on what you need to carry, your size and length of expedition. This will rest on your shoulders and hips with the right rucksack. You will be walking in an area which will have uphill, downhill and a variety of terrain. You will be using different muscles than you will be used to. You will be journeying for approximately 6-8 hours a day.

Wearing appropriate footwear (walking boots) is a necessity as they will provide good grip and stability for various terrains. Blisters can occur with inappropriate or ill-fitting footwear, so by wearing good socks, preparing your feet and appropriately tying the boots for hiking can help prevent blisters or other injuries.

The weather in the UK can be unpredictable at times, but by using appropriate weather reports, we can prepare the right kit for an expedition. Full waterproofs are a necessity for all expeditions, which come in handy when the weather is wet, windy and cold. During your expedition, you will most likely experience some form of rain and cold weather. The temperature drops a lot during the night at all times of the year (even during the hottest days of summer) but can be very cold during October or March/ April expeditions. You will need to ensure you have enough layers of clothes or insulating clothes, hats and gloves to stay warm and waterproofs to stay as dry as possible. In extremely hot weather, Urdd staff will be able to provide more water when needed throughout the day along with sheltered locations.

Please visit our website for more information

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Diwrnodau Hyfforddiant Training Days Dug Caeredin Aur

Rhestr offer ar gyfer diwrnod hyfforddiant

Training day/s kit list

- | | | |
|--------------------------|---|---------------------------|
| ☐ | Sach gefn 20-35l | Rucksack 20-35l |
| ☐ | Cinio a byrbrydau addas | Lunch and snacks |
| ☐ | O leiaf 2l o ddŵr | At least 2l of water |
| ☐ | Cot a throwsus gwrth dŵr | Waterproofs |
| ☐ | Dillad cerdded addas (dim jîns) | Suitable walking clothes |
| ☐ | Siwmpwr a throwsus sbâr | Spare jumper and trousers |
| ☐ | Esgidiau cerdded addas (dim trainers) | Appropriate walking shoes |
| ☐ | Sanau addas (sanau cerdded os yn bosib) | Walking socks |
| ☐ | Het, scarf a menyg | Hat, scarf and gloves |
| ☐ | Tystysgrif lechyd yr Urdd | Urdd Medical Form |
| ☐ | Pecyn cymorth 1af personol | Personal 1st Aid Kit |
- (sy'n cynnwys meddyginiaeth personol a plasteri phothell)
- (which includes medication and blister plasters)

Rhowch eich dillad sbâr mewn bag du i gadw'n sych yn eich bag os yn bwrw glaw

Bydd y Gwasanaeth yn darparu mapiau a chwmpawdau

Use a black bin bag to keep your spare clothes dry if raining

The Gwasanaeth will provide maps and compasses

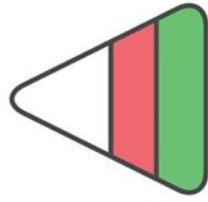
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Rhestr Offer Aldeithio *Expedition Kit List*

Esgidiau addas (esgid neu bwt cerdded)
2/3 Pâr o sanau
2 Crys-T neu Thermal – un i wisgo ag un sbâr (sych)
2 Fleece neu Siwmpwr – un i wisgo ag un sbâr (sych)
2 Trowsus – un i wisgo ag un yn sbâr (sych)
Cot a trowsus glaw
Het/menig
Sach Gefn (oleuaf 65 Litr)
Bagiau bin (l cadw offer yn sych)
Mat Gysgu
Sach Gysgu
Torch pen
**Pabell*
**Stof* (trangia & nwy)
Digon o fwyd a diod am gyfnod yr alldaith
Potel Ddŵr
Plât/powlen
Fforc / llwy / cyllell
‘Scourer’ neu sbwng a sebon i olchi llestri
**Map a cwrmpawd*
Bag ymolchi a tywel
Unrhyw Feddyginiaeth
Ffurflen ganiatâd/iechyd

Suitable footwear
2/3 pairs of sock
2 t-shirts or thermal top – one to wear, one spare (dry)
2 fleece or jumper – one to wear, one spare (dry)
2 trousers – one to wear, one spare (dry)
Waterproof coat and trousers
Hat and gloves
Rucksack (At least 65 Litre)
Bin bags/ dry bags (To keep equipment dry)
Sleeping mat
Sleeping bag
Headtorch
**Tent*
Stove (**Trangia & gas*)
Enough food and drink for the duration of expedition
Water bottle
Plate/bowl
Knife, fork, spoon
Scourer or sponge and washing up liquid
**Map and compass*
Wash bag and towel
Any medication
Consent/medical form

Bydd y GAA yn darparu'r offer yma! *The GAA will provide this equipment
Os oes angen benthgyn unrhyw offer arall plis cysylltwch
If you need any other equipment please contact us



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Rhestr wirio asesu - 20 amod

Assessment criteria - 20 conditions



The 20 Conditions of the Expedition section

DofE qualifying expedition conditions	
Planning the expedition	1 The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
	2 The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
	3 All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).
	4 There must be between four and seven participants in a team (eight for modes of travel which have tandem)
	5 The expedition should take place in the recommended environment. Bronze: Expeditions should be in normal rural countryside – familiar and local to groups. Silver: Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups. Gold: Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups.
	6 Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
	7 The expedition must be of the correct duration and meet the minimum hours of planned activity. Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day. Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day. Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day.
	8 All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.
	9 Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.
	10 Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.
Training and practice	11 Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating. Bronze: Teams must complete the required training. Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights. Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights
During the expedition	12 All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
	13 All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	14 Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	15 Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	16 Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	17 Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
	18 Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
Post expedition	19 Participants must actively participate in a debrief with their Assessor at the end of the expedition.
	20 At Silver and Gold level, a presentation must be prepared and delivered after the expedition.

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Polisi Ffon Symudol *Mobile Phone Policy*

Pwrpas adran alldaith y Wobr Dug Caeredin yw cynnig cyfleoedd i bobl ifanc gael treulio amser yn yr awyr agored yn teithio a byw yn annibynnol, i ffwrdd o'r pwysau a'r straen o fywyd bob dydd. Mae'r alldaith yn ffordd wych i berson ifanc sylweddoli pwysigrwydd gwydnwch personol a gweithio fel rhan o dim. Rydym wedi sylwi yn ddiweddar fod mwy a mwy o bobl ifanc yn dod a ffonau personol efo nhw ar alldeithiau, ac yn eu defnyddio i gadw mewn cysylltiad gyda ffrindiau a theulu, ac ar gyfer diweddarau cyfryngau cymdeithasol. Fel ymateb i hyn rydym wedi penderfynu gweithredu y polisi isod ar bob alldaith.

Ni chaniateir defnyddio ffonau symudol tra ar alldeithiau Y Wobr Dug Caeredin. Caniat-eir cario ffon o fewn y grŵp ar gyfer defnydd mewn argyfwng, ac er mwyn cysylltu gyda goruchwylwyr a hyfforddwyr pe bai angen. Tydi cyfranogwyr ddim i gysylltu yn uniongyrchol gyda'u rhieni/warchodwyr tra ar alldaith ar unrhyw gyfrif. Os mae sefyllfa yn codi lle bydd angen cysylltu gyda rhiant/warchodwr, rhaid gwneud hyn drwy'r goruchwylwyr / athrawon.

The purpose of the Duke of Edinburgh Award expedition section is to offer opportunities for young people to spend time outdoors traveling and living independently, away from the stress of everyday life. The expedition is a great way for a young person to realize the importance of personal resilience and to work as part of a team. We have recently noticed that more and more young people come with personal phones with them on expeditions, and use them to keep in touch with friends and family, and for updating social media. In response to this we have decided to implement the policy below on each expedition.

Mobile phones are not permitted while on Duke of Edinburgh expeditions. It is possible to carry a phone within the group for emergency use, safely stored in the rucksack, to contact supervisors and trainers if necessary. Participants are not to contact parents directly whilst on expedition for any reason. If there is a situation where a parent / guardian needs to be contacted, this must be done through the supervisors / teachers.

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Cofiwch ddefnyddio eich cerdyn Dug Caeredin wrth siopa.

Gallwch dderbyn ian at 20% mewn rhai siopau!

Remember to use your DofE card whilst shopping. You could receive up to 20% off in some shops!



up and under



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