



## Sacred Heart's Silver Final Expedition 2016

### Timetable for the trip:

Day 1: Arrived at Billingshurst and set off on the first stage out towards Wisborough Green. Then the groups came back towards the first campsite at The Limeburners Arms.

Day 2: Students set off around 9am and head towards Five Oaks village. They met up with Madam Burrell who assessed their navigation skills. All four groups then successfully navigated to the final campsite at Sumner Ponds.

Day 3: Students departed from the final campsite and made their way south and then back towards the train station at Billingshurst.



The successful expedition groups at their final checkpoint, Billingshurst station.

### First group arrive at the first check point

The first group to arrive at the day 1 check point was Derrick Ibeto's group which included Ellie, Callum, Michaela, Ruben, Anne-Marie and Naomi. They had a nice bright sunny day to start with and were only carrying the bare essentials needed for their three day expedition in West Sussex.



## Student Report



This years Silver Duke of Edinburgh was amazing. It was a great experience but there were a few scary moments, like walking past the cows; they stared and followed us for sometime, but the key thing was to keep quiet and ignore them. We've learnt that we should abide by our routes rather than trying to take short cuts because if you aren't sure you could end up in a place that you are not supposed to be in.

Watch out for stinging nettles and thorns, because it can harm you and cause redness and stinging on the surface of your skin. To relieve the pain you can apply a "dock" leaf on the area of which it hurts, this has a natural soothing chemical that helps the sting.

Sharlene Asmah & Melanie Sodje

Leaving the campsite energised for the day ahead, it wasn't long before the energy began to fade. It was quite stressful having to continuously drag your feet in large piles of a combination of mud and animal faeces. Each step we took our hiking boots deteriorated. The never ending fields of crops which at the time seemed like an eternal path.



A minimum of at least 6 hours spent trekking with your group; socialising and getting to know each other a bit more. Despite the stress that Duke of Edinburgh entails, it's a great way to bond with other members in your year group and learn for yourselves how to survive in the wilderness.

Do I recommend it? Most definitely!

Anne-Marie Akinwale

It will probably rain in the next few minutes, but look, we are prepared



Wow, I've never walked that far in my life (3km in)

## Student Report



Hugging helped us ignore the stresses each new day would bring



Cooking in the rain was difficult, but enjoyable for some

When you go on Duke of Edinburgh, if you didn't know the word "etiquette" before, you will know it now. Etiquette is a crucial part of Duke of Edinburgh because it not only ensures that your crew has a good time, but also that the public has a good time too.

Let's discuss campsite etiquette.

- First and foremost, one must pick up their litter. By cleaning up after yourself it protects the local wildlife. For instance, we found out the HARD way ducks like to eat litter.
- Secondly, campsites are a shared public area. After 11pm most people have gone to sleep. Therefore it's polite to keep your secrets at a low pitch or else everyone will find out. Tents aren't sound proof.
- Thirdly, some campsites have bathroom facilities. Most of which are well below average. However once in a blue moon you'll get a decent one. As a sign of respect it is best not to abuse your privileges despite the money you paid as once again you are sharing with the public.

By Isabel Solarte, Zoe Wegbe, Michaella Opoku and Bridget Akinwuni

All smiles as they wake up to a rare dry morning on the second day



It was essential the teachers knew they had to camp as well

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*Our outcomes:*

- We developed our self-belief and self-confidence
- We developed new talents and abilities
- We developed leadership and teamwork skills
- We developed our ability to plan and use time
- We developed our ability to learn from and give to others in the community
- We developed new friendships within our year group
- We developed problem solving, presentation and communication skills

Thank you to Mr Whybrow for organizing the DofE trips and to Mr Coomber, Madam Cosgrove and Madam Whyte for supporting us **as well. We are considering Gold...**

