

# MORNING STAR TRUST

## Duke of Edinburgh Expeditions

### Joining Instructions

Specific joining instructions for the port your voyage is starting from will be sent to you by email a couple of weeks before your expedition begins. You can also find them on our website:

[www.mst.org.uk/joining](http://www.mst.org.uk/joining)

### Kit List and General Information

You can find general information about what to expect onboard, including a kit list and parent/guardian FAQs on our website: [www.mst.org.uk/expect](http://www.mst.org.uk/expect)

The expedition cost includes all the food, mooring fees and equipment use for the entire duration of the expedition voyage.

### Expedition Aim

Every expedition has to have an aim! The aim of your expedition is important because it will help you decide where to sail and what to do when you get to each destination. You will need to prepare a presentation during the expedition to show to your assessor as proof that you achieved your expedition aim.

The expedition aim will usually be decided during the practice part of the voyage, with help from the crew. If you need to fill your aim in on eDofE before the expedition starts, DofE HQ have confirmed that you can just write *"We will finalise our expedition aim with the help of the ship's crew during our training and practice time onboard the boat"*.

Examples of past expedition aims have included documenting the history of military coastal fortifications, recording marine mammals encountered, learning a practical skill such as ropework, or making a video about how to sail the boat.

### Presentation

At the end of the expedition, you will have to give a presentation about your voyage and how you have achieved the expedition aim.

Our boats are equipped with iPads which you can use to help you make your expedition presentation or you may wish to bring other equipment to assist you such as a camera or laptop. You will not be penalised, however, if your presentation is spoken or on paper.

### Assessment

Your expedition will be assessed by a member of the MST team who has undertaken additional training with the DofE. Their role is to ensure that you have been able to complete the expedition in a safe manner in accordance with the 20 Conditions. The Assessor may sail with you for the full period, or they may meet the boat at intervals during the expedition.

The Assessor will set their expectations clearly at the beginning of the assessment. They will want to know your expedition aim and your passage plans. The assessor will watch your presentation at the end of your expedition and submit a report to eDofE.

## **Expedition Phase One**

Phase one of the expedition is normally five days and includes time for training and your practice expedition. During this phase you will meet the assessor and decide on your expedition aim.

### **Training**

You will spend the first few days on the boat learning about how everything works, to enable you to safely travel for your expedition. During phase one you will have the opportunity to work towards an RYA certificate to recognise your skills.

### **Practice**

You will spend a few days simulating the conditions of the qualifying expedition, to ensure that you are properly prepared and ready.

By the end of this phase you will have the skills required to successfully complete your assessed expedition and safely sail the yacht with support from the sea staff.

## **Expedition Phase Two**

Phase two is when you will plan and complete the assessed part of your expedition.

### **Planning**

Looking at the weather and tides and working with the sea staff, the group will plan where you want to go during your expedition. You will plan and prepare the boat for the journey including shopping for your meals!

### **Qualifying Expedition**

You will need to complete eight hours of planned activity for four days and three nights, of which at least four hours each day must be spent travelling. During the qualifying expedition you will meet regularly with the assessor to discuss how the expedition is going.

During the qualifying expedition, the voyage crew (you!) will take as much responsibility for sailing and navigating the boat as you can. The Sea Staff will remain onboard to support you to achieve this, and most importantly to keep everyone safe.

### **Presentation**

On the final day you will give the presentation to the assessor.

If you have any questions about your expedition, or would like any advice, please contact us on [info@mst.org.uk](mailto:info@mst.org.uk) or 01243 908026

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