



**D***of***E**

THE DUKE OF  
EDINBURGH'S AWARD



Your DofE programme is a real adventure.  
It doesn't matter who you are or where you're from.  
You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- **Bronze** (year 9)
- **Silver** (year 10)
- **Gold** (sixth form)

...which lead to a Duke of Edinburgh's Award.

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

# Bronze Award (year 9)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

# Silver Award (year 10/11)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entrants must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i>			

# Gold Award (year 12/13)

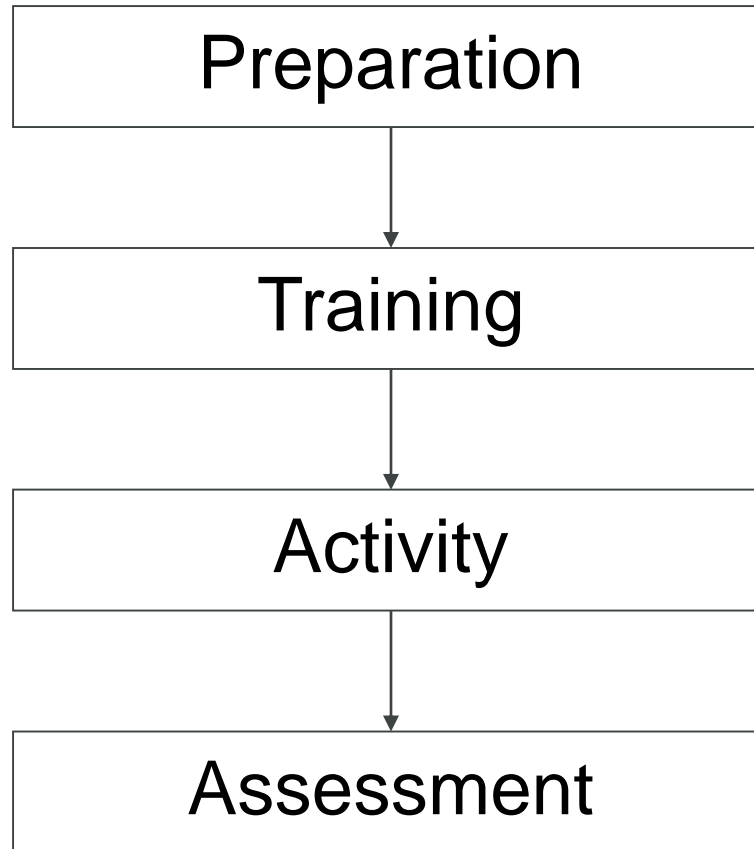
Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights
<i>Direct entrants must undertake a <b>further</b> 6 months in either the Volunteering or the <b>longer</b> of the Physical or Skills section.</i>				

# Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

# The steps for the sections





# Volunteering

## Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



# Benefits

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- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

# What is required?

- Volunteering is simple. It's about choosing to give time to something useful, without getting paid.
- Team volunteering can be beneficial to you and to the project you choose.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
  - Change their content to include practical volunteering e.g. raising awareness of the project.
  - Count towards the Skills section – e.g. Life skills category.

# Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

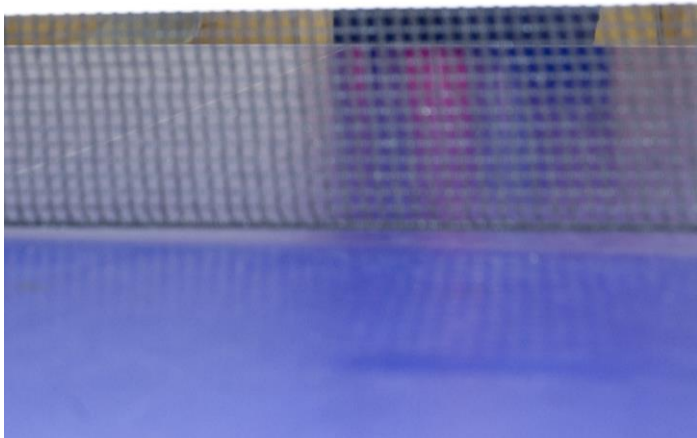


# Physical



## Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



# Benefits

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- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

# What is a physical activity?

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In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

# Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts





# Skills



## Aim

- To inspire young people to develop practical and social skills and personal interests.

# Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

# Something old or something new

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Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

# Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports





## Aim

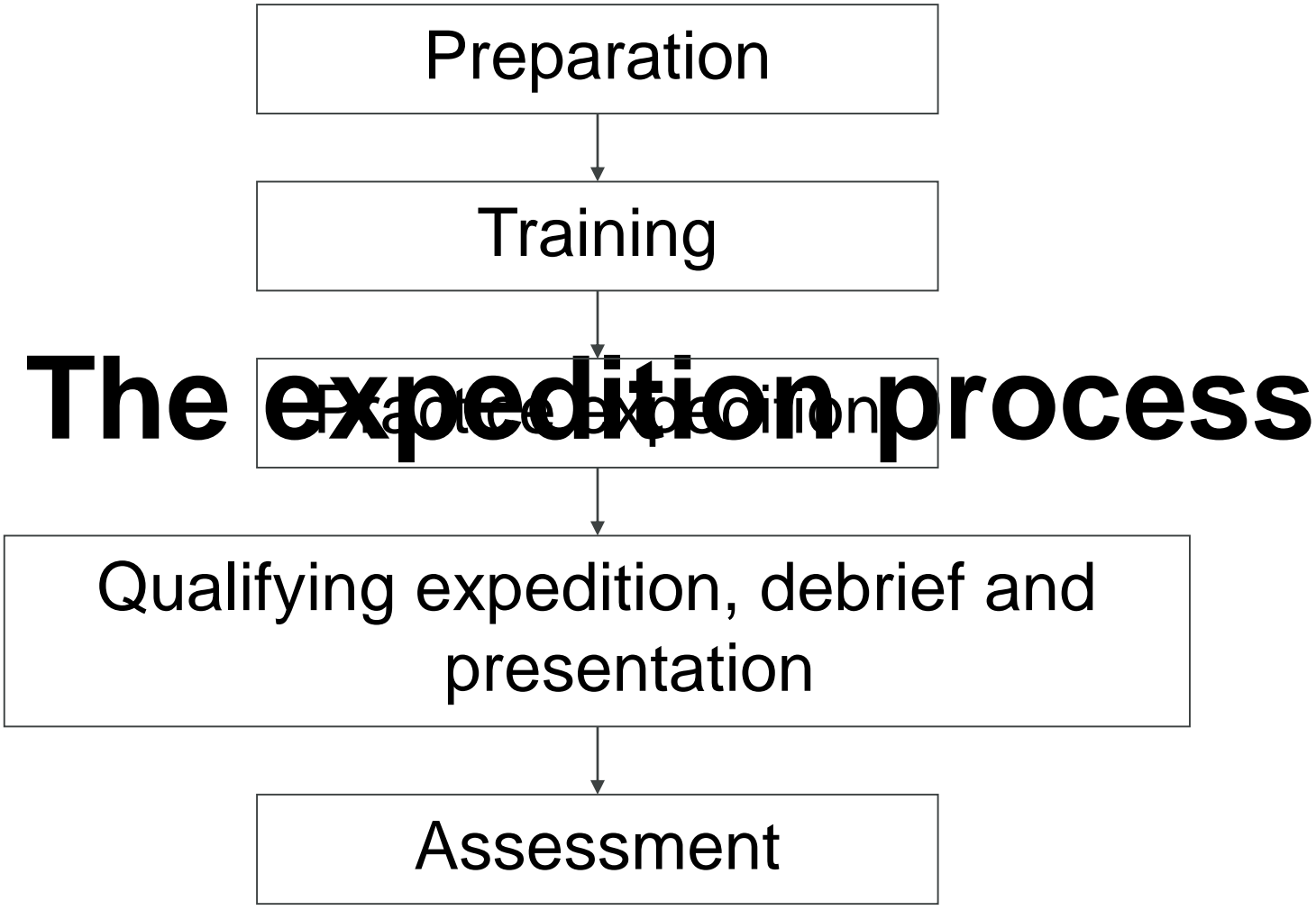
To inspire young people  
to  
develop initiative and a  
sense of adventure and  
discovery, by planning,  
**Expedition**  
training for and  
completing  
an adventurous journey  
as  
part of a team.

# Benefits

**Gain an appreciation of and respect for the outdoor environment.**

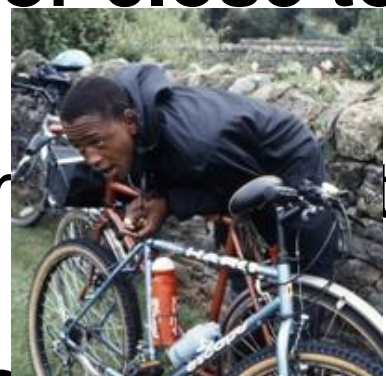
**Learn the value of sharing responsibility for success.**

**Learn the importance of attention to detail and organisational ability.**



# Expedition examples

This can be far flung or close to





# Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
<b>Bronze</b>	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
<b>Silver</b>	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
<b>Gold</b>	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

# What is a residential? (Gold ONLY)

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A residential must fulfil the following criterion:

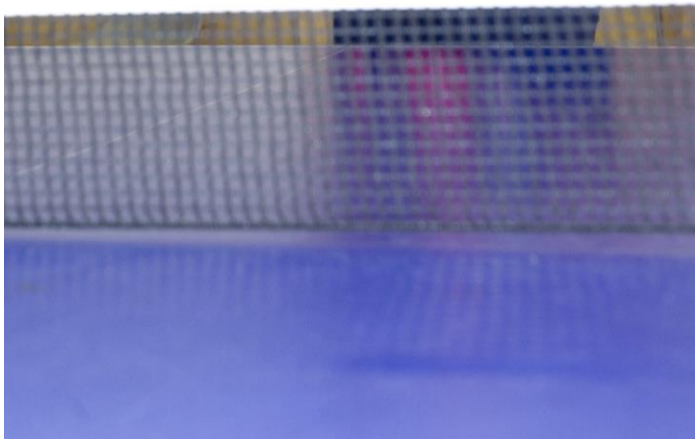
- 5 days, 4 nights
- Undertake a specific course or group activity
- With people you do not know
- Away from home and in an unfamiliar environment
- Led by an approved activity provider of charity
- Evenings are spent being productive
- It should broaden your experience or interest

# Residential (Gold ONLY)



## Aim

- You'll learn how to work with people from different backgrounds and build confidence staying in new environments.
- It may be that you want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



# Residential (Gold ONLY)

- Snowboarding in Scotland
- Cookery course in Switzerland
- Winter mountain skills in Scotland
- Community education in Peru
- Working at a YHA in the Lake District
- Beekeeping on Dartmoor
- Supporting camps for children with serious health challenges



# Interested?

- Talk to your tutor
- Talk to your parents
- Talk to students who have previously completed the award
- Visit the website- <https://www.dofe.org/>
- Instagram/ Facebook/ twitter/ youtube

