

Getting started

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| Step 1 | Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). |
| Step 2 | Contact your Girlguiding County DofE Adviser. If you don't know who this is, your Leader/Adviser/local Commissioner can help you. |
| Step 3 | Decide with your Leader or DofE Adviser what you are going to do for each section of your DofE programme. Remember to check what can be counted towards Girlguiding Awards and Qualifications and that you meet the requirements of both. Check out the guidance for more information. Whatever level you're doing you'll create your own personal programme with the help of your Leader. Check out www.DofE.org/sections for loads of inspiring ideas. |
| Step 4 | Get started! Don't forget to record what you are doing on eDofE and in your <i>Look Wider and more</i> Record Book and ask people to sign off each section as you complete it. |
| Step 5 | Once your DofE programme is complete, contact your DofE Leader. |

How long will it take?

The time it will take to complete your programme and achieve an Award is in many ways down to you. The minimum time for each section of the DofE programme is given in months. The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, 12 months; and your Gold, 18 months (for direct entrants).

During your programme you'll need to do each activity for an average of an hour a week over this time. Don't forget – you have until your 25th birthday to complete any programme and achieve an Award! The age range is different for some of the Girlguiding awards and qualifications.

Find out more...

- **Girlguiding Awards:** speak to your Leader, Adviser or local Commissioner. Alternatively, contact us on 020 7834 6242 or visit www.girlguiding.org.uk
- **The DofE:** speak to your County DofE Adviser or take a look at www.DofE.org



The Duke of Edinburgh's Award is a Registered Charity no. 1072490 and a Royal Charter Corporation no. RC000806.
Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU 27/03/14
Girlguiding is an operating name for The Guide Association. Registered Charity No. 306016



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Girlguiding



Working together

Girlguiding and The Duke of Edinburgh's Award
– making it easy for you



www.DofE.org

Girlguiding and the DofE

As a member of Girlguiding in The Senior Section, you can undertake a wide range of awards and qualifications. These include Girlguiding's Queen's Guide Award, Young Leader Qualification, the adult Leadership Qualification and Look Wider. But did you know that you can also achieve a Duke of Edinburgh's Award? There is a lot of overlap between DofE programmes and the programme activities you might take part in with Girlguiding. This leaflet has been put together to give you an idea of just a few of these. It might be much easier than you think to gain more than one of these awards and qualifications.

Doing your DofE

Bronze (14+ years old)

To achieve your Bronze Award, you need to complete the following sections:

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
You must also undertake a further three months in the Volunteering, Physical or Skills section.			

Silver (15+ years old)

To achieve your Silver Award, you need to complete the following sections:

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
If you have not achieved your Bronze Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections.			

Gold (16+ years old)

To achieve your Gold Award, you need to complete the following sections:

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	
If you have not achieved your Silver Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections.				

There are many different activities which you will get involved with through your guiding experiences and many of these can be used for different sections of your DofE Award, regardless of which level you are undertaking. We've outlined some ideas here.

Volunteering: Why not see if what you are already doing can be counted? Working towards your Queen's Guide Award, Young Leader Qualification, adult Leadership Qualification, or helping in local guiding in other ways such as being a Peer Educator on a regular basis can also count towards your DofE.

Physical and Skills: Don't forget to make sure you count what you are doing for your Physical or Skills sections towards your Octant challenges. Event-planning is a skills activity so why not see how planning a guiding event in your area can count towards your DofE?

Expedition: As you are doing an expedition for your DofE, why not take a look at The Senior Section Permit? Your practice DofE expedition is the perfect time to do your Permit, so that you can use your qualifying expedition for both Awards.

Residential: There are lots of opportunities to carry out a residential activity within guiding. Just remember that you should be with a group of people who are unfamiliar to you, so going to a County Camp with people not from your unit would count, as would going to an international camp!

Already volunteering...?

If you are already volunteering for Girlguiding, you can count what you have already done towards your DofE Award as long as it was done in the preceding three months and that you would have been the right age to start your DofE.

Why not do both?

If you're doing your Queen's Guide Award, then why not count your activities for your DofE too? Chat it through with your mentor. By registering for your DofE and Girlguiding Awards you can gain more recognition for the efforts you put in. Both Girlguiding and Duke of Edinburgh's Awards are recognised by colleges, universities and employers. The following table explains how you can make the most of each activity:

Queen's Guide Award	Gold DofE Award
Service in guiding <ul style="list-style-type: none"> Practical in a group (Element 1). Residential (Element 2). Planning an event (Element 3). Being involved at national level (Element 4). 	<ul style="list-style-type: none"> Volunteering section. Residential. Skills section (event planning). Skills section (Committee skills).
Outdoor Challenge <ul style="list-style-type: none"> Going Away With Scheme or The Senior Section Permit (Element 1). Expedition/exploration (Element 2). 	<ul style="list-style-type: none"> Planning element could be used for Skills section. Expedition or practice expedition.
Personal Skills development <ul style="list-style-type: none"> 60 hours over 12 months. 	<ul style="list-style-type: none"> Depending on the activity chosen, this could fulfil the Skills or Physical section.
Community action <ul style="list-style-type: none"> 12 month project involving research and practical action. 	<ul style="list-style-type: none"> The research could be counted for the Skills section and the practical action could be Volunteering.
Residential experience <ul style="list-style-type: none"> 3 days, 2 nights minimum. 	<ul style="list-style-type: none"> If lengthened to 5 days and 4 nights, this could be used for the Residential section.