THE DUKE
OF EDINBURGH'S
AWARD
INTRODUCTION TO THE DofE
THE DofE IS...

...the world’s leading achievement award for young people

• Non-competitive
• Achievable by all
• Voluntary
• Personal development
• Personalised
• Balanced
• Progressive
• Achievement focused
• Demand commitment
• Enjoyable
• There is a **massive choice** of activities that count towards a DofE programme

• Activities could be something that you are already doing or completely new

• All activities **must be outside of normal school curriculum**. Lunch and after school clubs and activities are fine

• The activity should be done for **approximately an hour a week**

• **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**
SILVER AWARD

- There is a **massive choice** of activities that count towards a DofE programme

- Activities could be something that you are already doing or completely new

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- The activity should be done for **approximately an hour a week**

- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**
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**GOLD AWARD**

**Volunteering**

12 months

**Physical**

One section for 12 months, the other for 6 months

**Skills**

**Expedition**

4 days 3 nights

**Residential**

5 days 4 nights

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven’t got Silver.
DOFE LEVELS

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Volunteering is simple. It’s about choosing to give time to something useful, without getting paid.

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation
Get Active! Anything that requires a sustained level of physical energy by taking part in a sport activity.

- Team Sports
- Individual Sports
- Water Sports
- Racquet Sports
- Dance
- Fitness
- Extreme Sports
- Martial Arts
To develop practical and social skills and personal interests by developing a new skill or improving an existing one.

- Creative Arts
- Performance Arts
- Science & Technology
- Music
- Life Skills
- Learning & Collecting
- Media & Communications
- Games and Sports Appreciation
EXPEDITION

Planning, training & completing a challenging expedition

You will complete practice & qualifying expeditions

You will be unaccompanied and self-sufficient

<table>
<thead>
<tr>
<th>Level</th>
<th>Training</th>
<th>Duration</th>
<th>Minimum hours of planned activity each day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>Including… Campcraft, Map Skills, First Aid</td>
<td>Minimum 1 day and 1 night</td>
<td>At least 6 hours during the daytime (at least 3 of which must be spent journeying)</td>
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<tr>
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<td>2 days and 1 night</td>
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<td>Practice</td>
<td>Qualifying</td>
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<tr>
<td>Silver</td>
<td>Including... Campcraft, Map Skills, First Aid, Min 2 days and 2 night</td>
<td>3 days and 2 night</td>
<td>At least 7 hours during the daytime (at least 3.5 of which must be spent journeying)</td>
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<td>Including...Camp craft, Map Skills, First Aid,</td>
<td>Minimum 2 days and 2 night</td>
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EXPEDITION

Planning, training & completing a challenging expedition

You will complete a practice & qualifying expedition

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EXPEDITION DETAILS

Practice Date:
Location:
Price:

Qualifying Date:
Location
Price:
RESIDENTIAL

Working, learning and staying away from home for 5 days 4 nights.

It’s a great opportunity to build new relationships with people you have not met before, whilst working as part of a team to achieve shared goals, staying in shared accommodation.

- University taster course
- Language course
- Cookery courses
- Outdoor activity centre
- Conservation projects
- Zoo Keeper course
- First Aid course
- Summer Camps
- NCS Approved residential
What is eDofE?

eDofE is the online account participants use to record their DofE Award.
eDofE mobile site

Participants can also use the eDofE mobile site

https://m.edofe.org/
WHY GOLD

We asked Gold Award holders about their experience, here’s what they said:

- 93% Developed better teamworking skills
- 88% Communicated better
- 89% Felt physically fitter
- 90% Would recommend taking part
- 80% Felt more motivated
In a tough economic climate, it’s even more important to make your CV stand out from the crowd.

Skills participants said they gained through their DofE...

- Team working: 91%
- Communication: 75%
- Problem solving: 59%
- Self-management: 55%
- Positive approach to work: 55%

The activities undertaken on a Duke of Edinburgh’s Award programme are proven to help boost university applications and CVs.

The Volunteering section came out top in helping participants prepare for the working world.
Parental Role

- Guidance
- Encouragement
- Expedition support
- Reminders
- Recognise their achievements
“DofE was a great experience, I made new friends and learnt new skills, I am really looking forward to the Silver Expedition.”
Tom, DofE Participant, King Alfred’s Academy

“I have really enjoyed taking part in the DofE Award at the Academy. It has been great to have support from the Academy in terms of equipment but also with my skills, volunteering and physical parts of the award. I have taken both my Bronze and Silver awards and could not have done it without the support of Brompton Academy.”
Lewis, Year 12 DofE Participant, Brompton Academy

“Doing DofE both at Bronze and Silver level has developed me in many different ways. My communication skills and teamwork has improved significantly through taking part in DofE however, my self-confidence has been developed the most.”
Alyssa Meacock, DofE participant, The Langley Academy
ANY QUESTIONS?