

Getting started

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|---------------|--|
| Step 1 | Decide which level of DofE programme you would like to do (this will depend on your age, time commitments etc). |
| Step 2 | Talk to your Training Officer or DofE Officer. Register to do a DofE programme and receive your eDofE account and <i>Welcome Pack</i> . |
| Step 3 | Decide with your DofE Officer what you are going to do for each section of your DofE programme. |
| Step 4 | Get Started! Don't forget to record on eDofE what you are doing and ask your Assessors to sign off each section as you complete them. |
| Step 5 | Step 5 When you have completed all the sections of your DofE programme submit your Award in eDofE to your DofE Officer, who will arrange for your achievement to be confirmed. |
| Step 6 | Attend a presentation ceremony to receive your Certificate and Badge. |
| Step 7 | Continue onto the next level of the DofE programme (if appropriate). |

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 shortest amount of time in which you could complete your Bronze programme is six months; your Silver, six months; and your Gold, 12 months (direct entrants will take longer).

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!



Find out more...

www.clcgb.org.uk/d-of-e and www.DofE.org or email DofE@clcgb.org.uk

THE DUKE OF EDINBURGH'S AWARD



Working together...

A guide to running DofE programmes in
The Church Lads' & Church Girls' Brigade



Doing your DofE

Members of the Church Lads' & Church Girls' Brigade aged 14-24 can use their Brigade activities for their DofE programme and gain international recognition for their efforts.

There is a lot of overlap between DofE programmes and the programme activities you might take part in as a member. This leaflet outlines how your involvement in the CL&CGB can work even more to your advantage.

Choosing your level

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.

Some examples of activities that can be used:

- Volunteering:** Service at Brigade; fundraising for a charity, helping a community group...
- Physical:** Dance, cycling, sailing, gym work, yoga, diving, pilates, cricket, fencing, kneeboarding, athletics, aerobics...
- Skills:** First aid; performing arts, cookery, music, arts and crafts, website building, photography...
- Expedition:** Expedition training followed by practice and assessed expeditions.



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 your Volunteering or the **longer** of your Physical or Skills sections.

Some examples of activities that can be used:

- Volunteering:** Religious education, litter picking, peer education, urban conservation, helping people in need...
- Physical:** Ballet, tennis, cheerleading, gymnastics, archery, cross country running, swimming, walking, canoeing, ice skating...
- Skills:** Circus skills, agriculture, puppetry, dog training, IT, zoology, fishing...
- Expedition:** Practice and assessed expeditions.



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.

Some examples of activities that can be used:

- Volunteering:** Working in a charity shop, mountain rescue, event management, dance leadership, youth leadership...
- Physical:** Physical Achievement, participation in a recognised sport, hurling, badminton, orienteering, running...
- Skills:** Ceramics, DIY, interior design, table games, hair & beauty, chess....
- Expedition:** Practice and assessed expeditions.
- Residential:** Open residential or Brigade camps, cookery courses, outdoor activity courses, photography course...