



Air Cadets

Working together...

Spread your wings with the Girls
Venture Corps Air Cadets and the DofE

Doing your DofE

As a member of the Girls Venture Corps Air Cadets (GVCAC), you can undertake a DofE programme as well as the GVCAC Awards. This is done through being a member of a GVCAC Unit.

This leaflet aims to outline the basic information you need to choose the most appropriate levels for you, get started on them and who can help you through them.

DofE programmes & GVCAC Awards

The Challenge Awards are those which are most closely matched to the DofE Awards. As the Challenge Awards are available to Cadets from the age of 11, it is possible that they may have completed the 1st Year Challenge Award and 2nd Year Challenge Award before starting their Bronze DofE programme. If this is the case, the 3rd Year Challenge Award and upwards should be followed alongside your DofE programme.

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 of the GVCAC activities that can be used:

- Volunteering** Service to the Community
- Physical** Walking could be pursued for the Physical section of DofE programmes and GVCAC Awards.
- Skills** Air Ability satisfies the Skills/interest sections for both DofE programmes and GVCAC Awards. First aid could also be used for the Skills section.
- Expedition** To satisfy the expedition section, complete the Outdoor Section of the Challenge Award.



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 |
| <i>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.</i> | | | |

Some of the GVCAC activities that can be used:



- **Volunteering** A Police course followed by a voluntary role could be used for the volunteering section of both DoFE and Challenge Awards. (Practical volunteering must take place for at least three quarters of the section.)
- **Physical** Skiing could be used in the Physical section of both.
- **Skills** Air Proficiency (part one) could be followed for the Skills/interests section of both.
- **Expedition** To satisfy the expedition section, complete the Outdoor Section of the Challenge Award.

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 |
| <i>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.</i> | | | | |

Some of the GVCAC activities that can be used:



- **Volunteering** The Staff Cadet Award could be gained for the Volunteering section of both DoFE & GVCAC Awards.
- **Physical** Badminton could be taken up for the Physical section of both.
- **Skills** Air Proficiency (parts 2/3) could be followed for the Skills/interest section of both DoFE and GVCAC Awards.
- **Expedition** To satisfy the expedition section, complete the Outdoor Section of the Challenge Award.
- **Residential** Official activities such as the National Annual Camp; an NCO Course (Leadership or Drill); or Officer or Basic Training Courses can be used for the residential section providing the conditions of the section are met.

Getting started

| | |
|---------------|--|
| Step 1 | Decide what level you want to work on (Bronze, Silver or Gold). This will depend on your age, time commitments, etc. |
| Step 2 | Talk to your Unit Officer and register for the DofE and receive your eDofE account and <i>Welcome Pack</i> . |
| Step 3 | Decide with your Unit Officer which activity you want to do in each section. |
| Step 4 | Get started on your DofE programme. When you have finished a section, make sure you record it on eDofE and get it signed off on there by your instructor/ Assessor. |
| Step 5 | When you have completed all the sections in your DofE programme, submit it for approval in eDofE to your Unit Officer, who will arrange for you to receive your Duke of Edinburgh's Award. |
| Step 4 | Attend a presentation ceremony and receive your certificate and a badge to put on your uniform. |
| Step 4 | Continue on to the next level of DofE if applicable. |

How long will it take?

This will depend on how much time you can commit to your DofE programme and the minimum number of months for each section is explained in this leaflet. For each activity in each section you will need to commit an average of about an hour per week. You have until your 25th birthday to complete any of the levels, but it takes at least six months at Bronze and Silver and 12 months at Gold. For direct entrants it takes a minimum of 12 months at Silver and 18 months at Gold.

Why do both?

Why not? By registering for the DofE and the GVCAC you can gain twice the recognition for the efforts you put in.

The DofE is the world's leading youth achievement award, recognised and highly respected by potential employers, colleges and universities. If you move on from Girls Venture Corps you can continue with your DofE in your new situation.

Find out more...

Girls Venture Corps Awards:

Speak to your Unit officer.

Take a look at: www.gvcac.org.uk

The DofE:

Speak to your county DofE Advisor or take

a look at: www.DofE.org

