



Five steps to your DofE Award

1 Make contact

Talk to your Unit Training Officer or DofE Leader and arrange to register to participate in the DofE.

2 Pick your level

Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). Pay a small fee (funding may be available) and register to do your DofE. You'll then receive your Welcome Pack and will be emailed a link to your eDofE account.

3 Choose your activities

Decide with your DofE Leader what you are going to do for each section of your DofE programme. Whatever level you're doing you'll create your own personal programme with the help of your Leader. Check out **DofE.org/do** for loads of inspiring ideas, or visit our programmes on the Sea Cadets Portal: activities.sea-cadets.org/

4 Do the activities

Get started. You'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your Assessors will sign off each section as you complete them.

5 Achieve your DofE Award

When you've finished all of your sections, submit your Award in eDofE to your DofE Leader. They'll arrange for your achievement to be confirmed - congratulations, you've achieved your Award and will receive a certificate and a badge! Then, you can continue onto the next level (if appropriate).

Find out more

If you are interested in getting involved, please check out the Sea Cadets Portal activities.sea-cadets.org/

For more detailed information visit: DofE.org/do



Use your Sea Cadets Experience to achieve your DofE Award



YOUTH WITHOUT LIMITS

DofE.org

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YOUTH WITHOUT LIMITS



Sea Cadets and the DofE



Members of the Sea Cadets aged 14-24 can use their cadet and volunteer activities for their DofE programme and gain international recognition for their efforts. There is a lot of overlap between DofE programmes and the activities you might take part in at Sea Cadets.

This leaflet outlines how your involvement in cadets can work even more to your advantage.

Ages and timescales

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 a 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.

You'll need to do each activity for an average of an hour a week and you have until your 25th birthday to complete a programme.

BRONZE (YEAR 9+)	 VOLUNTEERING 3 MONTHS	 PHYSICAL 3 MONTHS	 SKILLS 3 MONTHS	 EXPEDITION 2 DAYS AND 1 NIGHT
	Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER (YEAR 10+)	 VOLUNTEERING 6 MONTHS	 PHYSICAL 6 OR 3 MONTHS	 SKILLS 6 OR 3 MONTHS	 EXPEDITION 3 DAYS AND 2 NIGHTS
	Physical and Skills sections: one section for 6 months and the other section for 3 months. If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD (AGE 16+)	 VOLUNTEERING 12 MONTHS	 PHYSICAL 12 OR 6 MONTHS	 SKILLS 12 OR 6 MONTHS	 EXPEDITION 4 DAYS AND 3 NIGHTS	 RESIDENTIAL 5 DAYS AND 4 NIGHTS
	Physical and Skills sections: one section for 12 months and the other section for 6 months. If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

Choose your activities Here are some ideas :

There are many different activities which you will get involved with through your Sea Cadets experience. Lots of these can be used for sections of your DofE Award, regardless of which level you are undertaking.

VOLUNTEERING

Why not see if what you are already doing can be counted?

'Cadet in the community' activities and helping within your unit can be used for the Volunteering section. You could try instructing cadets, sponsored events, unit maintenance, community events or take part in a Sea Cadets working group.

EXPEDITION

As part of a small team, you'll improve your communication and leadership skills. This is a great opportunity to have a great time exploring the outdoors. This section consists of expedition training followed by practice and assessed expeditions on foot, mountain biking, paddling, sailing or rowing.

SKILLS

Discover something that you're good at or get better at something you already do – like playing a musical instrument. Or, why not learn something new, like completing iDEA or cooking? Sea Cadets activities from Specialisations to Proficiencies offer the chance to try seamanship, catering, drill, music or marksmanship. We also run specific DofE Skills programmes for a variety of specialisations.

RESIDENTIAL

Spend time away from home on a shared activity in a five-day course at area or national level with people you've never met before. There are lots of exciting possibilities for you to get involved with. Why not take the opportunity to make new friends on a residential activity on a land base or offshore? (Gold level only)

PHYSICAL

This is a chance to focus on your health and fitness and have fun. From water sports to adventure training, the list is almost endless. Sea Cadets activities include physical training, sailing, paddlesport, rowing, windsurfing or adventure training.

