



## Flying high with the DofE

Reach for the sky with the  
Air Training Corps and The  
Duke of Edinburgh's Award

# Doing your DofE

Members of the Air Cadet Organisation aged 14-24 can use their Cadet and Staff activities for their DofE programme and gain international recognition for their efforts.

The Air Training Corps is the top achieving National Operating Authority for the DofE. This leaflet will help you to choose the most appropriate way to achieve a Duke of Edinburgh's Award.

Whilst Cadet and Staff training will contribute significantly towards your DofE programme, you are encouraged to look at other activities outside Cadets when you participate. Simply completing your Air Cadet activities will not be enough to achieve your Duke of Edinburgh's Award – it will require extra effort.

## 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 of the Air Cadet activities that can be used:

- Volunteering:** Practical First Aid; service to the ATC; fundraising for RAF Benevolent Fund, RAFA or Royal British Legion.
- Physical:** Squadron Physical Achievement; participation in a recognised sport. On each of the above improvement has to be demonstrated during the period.
- Skills:** Aeronautics; First aid; Marksmanship; Aircraft recognition; Music; Radio.
- Expedition:** ACP 31 initial 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 of the Air Cadet activities that can be used:

- **Volunteering:** Service to the ATC or fundraising for RAF Benevolent Fund, RAFA or Royal British Legion.
- **Physical:** Squadron Physical Achievement; participation in a recognised sport. On each of the above improvement has to be demonstrated during the period.
- **Skills:** Aeronautics; Marksmanship; Aircraft recognition; Music; Radio.
- **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 of the Air Cadet activities that can be used:

- **Volunteering:** Service to the ATC or fundraising for RAF Benevolent Fund, RAFA or Royal British Legion.
- **Physical:** Sqn Physical Achievement; participation in a recognised sport. On each of the above improvement has to be demonstrated during the period.
- **Skills:** Aeronautics; Marksmanship; Aircraft Recognition; Music; Radio.
- **Expedition:** Practice and assessed expeditions.
- **Residential:** Leadership courses; residential gliding or flying scholarships; International Air Cadet Exchange; annual camp (but only where specific criteria are met, see ACTI 74).

*Achieving your Gold Award will lead to enhanced marks for your BTEC in Public Services.*

## Getting started

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|---------------|--|
| <b>Step 1</b> | Decide which level of DofE programme you would like to do (this will depend on your age, time commitments etc).  |
| <b>Step 2</b> | Talk to your Squadron DofE Officer. Register to do a DofE programme and receive your eDofE account and <i>Welcome Pack</i> .   |
| <b>Step 3</b> | Decide with your DofE Officer which activity you want to do in each section.   |
| <b>Step 4</b> | 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.                                  |
| <b>Step 5</b> | 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. |
| <b>Step 6</b> | Attend a presentation ceremony to receive your certificate and a badge to put on your uniform.   |
| <b>Step 7</b> | Continue on to the next level of 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 minimum time for each section 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!

## Why do both?

Why not? If you enjoy being a Cadet or Staff, then the DofE gives you even more to enjoy and increases the challenge and the reward! The DofE is the world's leading achievement award for young people, recognised and highly respected by employers, colleges and universities. If you move on from Cadets you can continue with your DofE programme in your new situation.

### Find out more...

- **Air Training Corps:** Speak to your Squadron DofE Officer & register for your DofE, or contact us via [www.aircadets.org](http://www.aircadets.org)
- **The DofE:** visit [www.DofE.org](http://www.DofE.org)



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