

Be part of it

- 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 the Barnardo's Activities in the Black Country Team. You can email them on dukeofedinburgh@barnardos.org.uk.
- Step 3** Register to do a DofE programme and receive your *Welcome Pack* and eDofE account.
- Step 4** Decide with your Leader what you are going to do for each section of your DofE programme.
- Step 5** 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 6** When you have completed all the sections of your DofE programme, submit your Award for approval in eDofE.
- Step 7** Attend a presentation ceremony to receive your DofE certificate and badge.
- Step 6** 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. You have until your 25th birthday to complete any programme and achieve an Award.



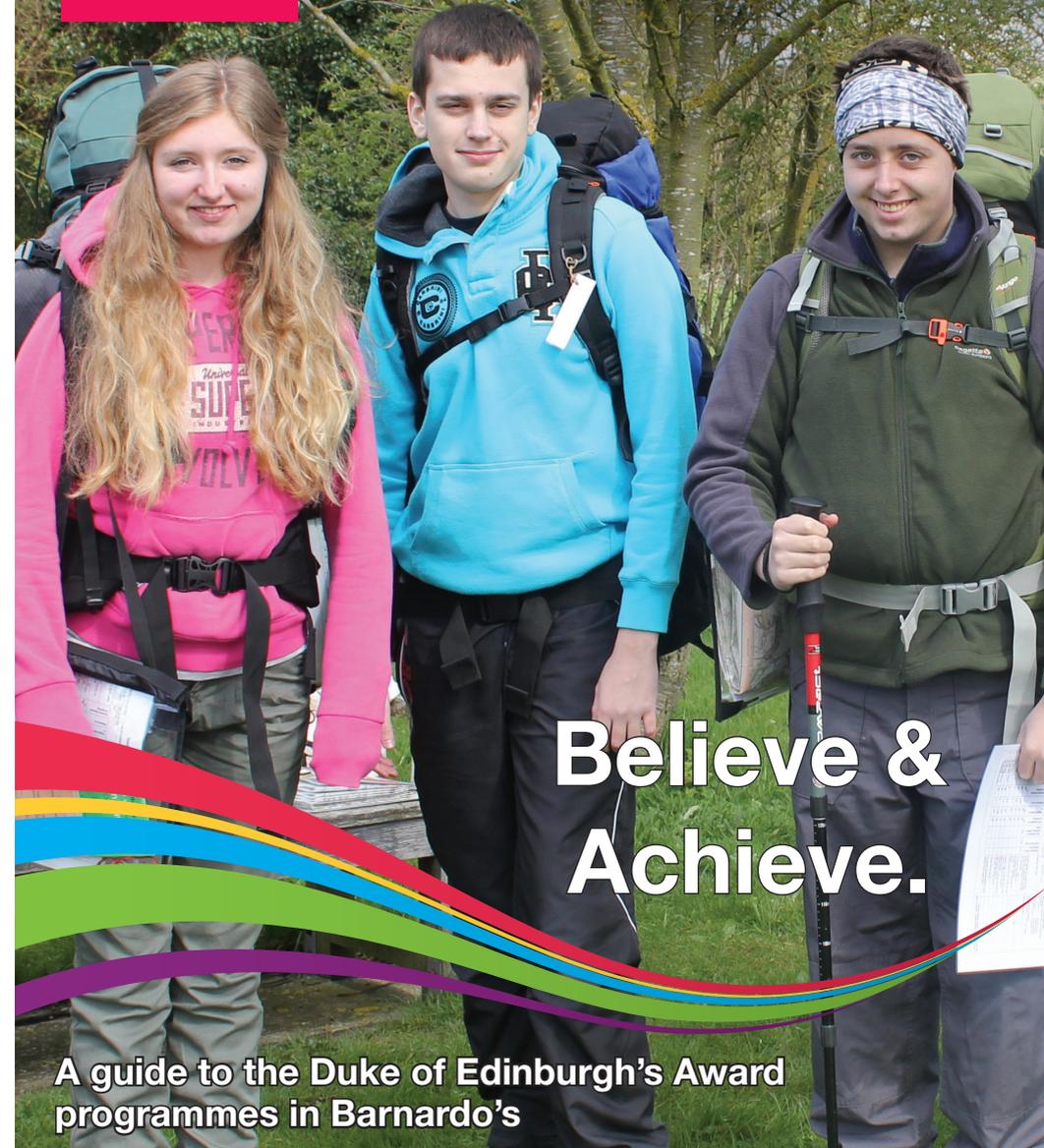
Find out more...

Visit www.DofE.org or email dukeofedinburgh@barnardos.org.uk

The Duke of Edinburgh's Award is a Registered Charity No. 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No. RC000806.
Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU 06/01/16



Believe in
children
 Barnardo's



Believe &
Achieve.

A guide to the Duke of Edinburgh's Award
programmes in Barnardo's

Doing your DofE

Barnardo's Activities in the Black Country provide a bespoke service to support projects, organisations and young people to access the DofE Award.

Barnardo's believes in children and young people regardless of their circumstances, gender, race, disability or behaviour. Its purpose as a charity today is to transform the lives of the UK's most vulnerable children and young people.

The DofE is the world's leading achievement award for young people and is recognised and highly respected by colleges, universities and employers.

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
<i>You must also undertake a further three months in the Volunteering, Physical or Skills section.</i>			

Some examples of activities that can be used:

- Volunteering:** Fundraising for a charity, helping a community group, litter picking...
- Physical:** Swimming, dance, gym work, golf, cycling, cricket, hockey, ten-pin bowling, judo...
- Skills:** First aid, performing arts, cookery, music, arts and crafts, photography, life skills...
- 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
<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 examples of activities that can be used:

- Volunteering:** Working in a Barnardo's shop, conservation work, helping people in need...
- Physical:** Tennis, cheerleading, archery, walking, goalball, ice skating, gymnastics, cross-country running...
- Skills:** Circus skills, collecting, IT, journalism, table games, fishing, website building...
- Expedition:** Expedition training followed by 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
<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 examples of activities that can be used:

- Volunteering:** Young volunteer, peer mentoring, cyber safety, campaigning, sports leadership, DofE leadership...
- Physical:** Badminton, boccia, wheelchair basketball, climbing, bouldering, street dance, table tennis...
- Skills:** DIY, chess, skills for employment, drama, digital lifestyle, DJ-ing, jewellery making, singing, playing an instrument...
- Expedition:** Expedition training followed by practice and assessed expeditions.
- Residential:** Attend a conference, conservation or environmental project, volunteer at a sporting event, outdoor activity courses, academic or art courses...