

## 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 local DofE Leader and arrange to register to do your DofE programme.  |
| <b>Step 3</b> | Decide with your Leader what you are going to do for each section of your DofE programme.  |
| <b>Step 4</b> | Get started! Don't forget to record what you are doing on eDofE and ask people to sign off each section as you complete it.          |
| <b>Step 5</b> | Once your DofE programme is complete, contact your local DofE Leader who will arrange for you to receive your certificate and badge. |



## Why do both?

Why not? You can gain twice the recognition for your efforts and both are recognised by employers, colleges and universities.

## Find out more...

Talk to your local DofE Leader to get more information and take a look at [www.DofE.org](http://www.DofE.org) For a full list of training and expedition dates visit: [www.jlgb.org/DofE](http://www.jlgb.org/DofE)

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THE DUKE OF EDINBURGH'S AWARD

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Working together...

The DofE and The JLGB  
Enterprise Award

## What is the DofE and why should I get involved?

The concept of the DofE is simple – anyone aged 14 to 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

Because DofE programmes are all about getting out there, having fun and self development, everyone can achieve something. You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).

## What do I need to do to achieve my DofE Award?

A DofE programme is made up of four sections: Volunteering, Skills, Physical and Expedition, with an additional section, the Residential, at Gold. You'll need to show persistence, commitment and personal development. It's not something that can be achieved in a short burst of enthusiasm. You can use your JLGB Enterprise Award credits to count towards up to three of these sections.

## How do the JLGB activities overlap?

Being a JLGB member has many exciting benefits one of which is to be able to complete your DofE programme whilst taking part each week at your JLGB group with the credits you earn through the JLGB Enterprise Award. This leaflet will help you to understand how you can do this.

JLGB:	DofE:
Citizenship and Community	Volunteering
Learning & creativity or Social & Emotional	Skills
Active & Healthy	Physical

As you know you can get two enterprise credits for each session you participate in. This means as part of the balanced programme that you can get four credits each week and even more for outside activities and camps.

As soon as you enrol for your DofE, let your local JLGB leader know and they will activate your profile on the JLGB online system to start counting your credits. Once this is activated you will get an email alert as soon as you have reached your required target in each section.

Once you have started collecting your credits you will need to upload as much evidence as possible onto your online eDofE profile. Remember that the more evidence you upload the fuller and better your *Achievement Pack* will be.



## How long will it take?

There is no obligation for you to use your enterprise credits for your DofE, you can use it for as many sections as you like. Don't forget that for your volunteering you can also help at a JLGB junior group, this can also help towards your promotions and training.

### So speak to your local JLGB leader now!

The only section you cannot do on a weekly JLGB night is your expedition. For this you will need to do some additional training, either some extra weekly session or over two Sundays followed by your practice and assessed expeditions.

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 as well as JLGB credits. 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.

The tables below show the minimum timescales for each level of DofE Award:

### Bronze (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months (20 credits)	3 months (20 credits)	3 months (20 credits)	Plan, train for and complete a 2 day, 1 night expedition
You must also undertake a <b>further</b> three months (20 credits) in the Volunteering, Physical or Skills section.			

### Silver (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months (40 credits)	One section for 6 months and the other section for 3 months (40 credits/20 credits)		Plan, train for and complete a 3 day, 2 night expedition
If you have not achieved your Bronze Award you must undertake a <b>further</b> six months (40 credits) in either your Volunteering or the <b>longer</b> of your Physical or Skills sections.			

### Gold (16+ years old)

Volunteering	Physical	Skills	Expedition	Residential
12 months (80 credits)	One section for 12 months and the other section for 6 months (80 credits/40 credits)		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 <b>further</b> six months (40 credits) in either your Volunteering or the <b>longer</b> of your Physical or Skills sections.				