

Five steps to your DofE Award

1: Make contact

Talk to your local DofE Leader or Regional DofE Award Support Officer 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 and register to do your DofE. You'll then receive your *Welcome Pack* and be emailed a link to your eDofE account.

3: Choose your activities

Decide with your Leader or Regional DofE Award Support Officer 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/sections for loads of inspiring ideas.

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

For more information speak to your DofE Leader, Regional DofE Award Support Officer or email DofE@sja.org.uk.

For more detailed information visit: DofE.org/do



@DofE



theDofE



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Do your DofE

A guide to completing your DofE Award programme as a Cadet and young adult volunteer with St John Ambulance

DofE.org

SJA and the DofE

There is a lot of overlap between DofE programmes and the activities you might take part in within your role at St John Ambulance.

This leaflet has been put together to give you an idea of just a few of these. It might be much easier than you think to gain one or more of these awards or qualifications.

Have you been learning first aid or volunteering at events already? Remember that previous volunteering could count towards a DofE Award, so don't forget to mention this when you sign up.
Completing your DofE expedition can even get you a Grand Prior Award subject.

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 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 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 3 nights	Residential 5 days 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

There are many different activities which you will get involved with through your guiding experiences. Lots of these can be used for sections of your DofE Award, regardless of which level you are undertaking. Here are some ideas:

Volunteering

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

Providing first aid event cover, helping out at your local Badger Sett, fundraising events, training young people in first aid as a Peer Educator, helping out at your Cadet unit in a leadership role.

Skills

Discover something that you're good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. The sky's the limit when it comes to skills. Peer education training, driving skills or bicycle maintenance could count here.

Physical

This is a chance to focus on your health and fitness and have fun. Think about activities you've enjoyed on camps, such as archery, climbing or kayaking. Or pick a sport or game you enjoy outside of St John Ambulance, or maybe something you've wanted to try. If you're already a cycle responder, this could count here.

Expedition

As part of a small team, you'll improve your communication and leadership skills. This is a great opportunity to team up with other SJA volunteers or youth organisations and have a great time exploring the outdoors. This section consists of expedition training followed by practice and assessed expeditions.

Residential (Gold level only)

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with. Why not take the opportunity to make new friends on summer camp with another SJA region or other similar event?

