



Five steps to your DofE Award

1 Find a DofE group

Speak to your Scout or Senior Scout Master and let them know you'd like to start a DofE Award.

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 your DofE enrolment fee and register to do DofE with your troop. Once you've entered your details into eDofE, you will be sent your welcome pack.

3 Choose your activities

Decide with your leader what you are going to do for each section of your DofE programme. It might be worth finding out what scouting activities could also be used. Whatever level you're doing you'll create your own personal programme with the help of your leader. Check out DofE.org/sections for more 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 or the DofE app. Your assessor will sign off each section as you complete them.

5 Achieve your DofE Award

When you've finished all 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 badge. Maybe you want to try the next Award?

Find out more

If your group has not yet signed up as a DofE Centre, which does not cost you anything, then contact the DofE Manager through the Association Secretary or your Area Commissioner.

See more information on the programme sections on our website: www.traditionalscouting.co.uk

For more detailed information visit: DofE.org/do



How to achieve your DofE Award through your Scout Programme



YOUTH WITHOUT LIMITS

DofE.org

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YOUTH WITHOUT LIMITS

DofE.org



B-PSA and the DofE



Are you a Scout? Senior Scout? Rover Scout? Ready for a life changing experience? Then why not do your DofE through the B-PSA, and achieve Awards which will help you get into college or university, or secure a job, by proving you have resilience, commitment, self-motivation, leadership and team working skills.

As a Scout you can use your scouting activities towards gaining this internationally recognised Award! This leaflet outlines how your involvement with scouting 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 detailed below.

You'll need to do each activity for an average of an hour per 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.				

COLD (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 :

VOLUNTEERING

This is about making a difference to other people's lives. Why not see if what you are already doing can be counted?

Helping at Beavers or Cubs for your Instructor Badge, fundraising, reading to young children at the local library, conservation work, volunteering at a charity shop are just a few suggestions.

SKILLS

Discover something you are good at or maybe try something new? There are many things that can be used such as learning a musical instrument or baking. You could also use one of your scouting badges as a starting point and continue to build on what you have learnt including: Astronomer, Home Cook, Fisherman, Senior Photographer and Naturalist.

PHYSICAL

This is a chance to focus on your health and fitness and have fun along the way. You can do this on your own or as part of a team. You could use your Master at Arms, Senior Athlete, Master Canoeist, Rock Climber, or Master Swimmer badges to get started and then regularly commit to an hour per week for your timescale.

EXPEDITION

As part of a small team, you'll get to grips with the great outdoors. You'll improve your leadership and communication skills as well as making memories. Your First Class Hike, Explorer or Hiker Badge, Venturer Award Expedition or the Discovery Award can be used towards this section. You will do your Bronze expedition training through your First Class Award

RESIDENTIAL

Spend time away from home on a shared activity with people you've never met before. Scouts have joined other groups on camp, gone on a tall ship sailing trip, volunteered on a conservation project or even attended a space school! **(Gold level only)**

