



**D***of***E**

THE DUKE OF  
EDINBURGH'S AWARD



## The worlds leading achievement award for young people

*Last year...*

- 250,000 young people started their DofE's Award
- In 141 countries
- 2,580,000 Awards achieved in the UK since 1956

Your DofE programme is your opportunity to have a real adventure.

It doesn't matter who you are or where you're from. You just need to be in year 9 to start and finish before you are 25.

You can do DofE programmes at three levels:

- **Bronze** (Year 9+)
- **Silver** (Year 10+)
- **Gold** (Age 16+)

- Colleges and universities love it
- Employers love it
- Your opportunity to gain recognition for what you do in your free time
- Your opportunity to make new friends and learn new skills (or get better at existing ones!)
- Your opportunity to have an independent adventure.
- **It's fun**

You achieve an Award by completing a personal program of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.

# Choosing Activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you like.



- Activities could be something that you are already doing or perhaps one you've always wanted to try.



# Bronze Award (year 9+)

| Volunteering | Physical | Skills   | Expedition   |
|--------------|----------|----------|--|
| 3 months     | 3 months | 3 months | Plan, train for and complete a 2 day, 1 night expedition |

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

- 1 hour per section, per week
- Total = 6 months minimum



# Silver Award (year 10 +)

| 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>Direct entrants (participants who have not completed the Bronze award) must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i> |   |        |  |

# Gold Award (16+ years old)

| 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 group activity in a residential setting away from home for 5 days and 4 nights where the majority of people in the group are unknown to you |

*Direct entrants (participants who have not completed the Silver award) must undertake a **further** 6 months in either the Volunteering or the **longer** of the Physical or Skills section.*

# Volunteering

## Aim

- To inspire you to make a difference within your community or to another individual's life
- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

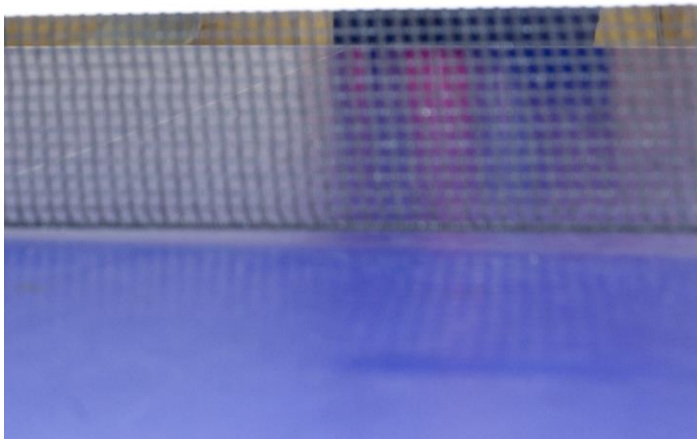


# Physical



## Aim

- To inspire you to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts

# Skills



## Aim

- To inspire you to develop practical and social skills and to spark personal interests.
- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports

# Expedition



## Aim

- To develop initiative, build resilience and have an adventure, by planning, training for and completing an adventurous journey.

...achieving an Award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.



...you're getting recognised for doing things you want to do (and may even be doing already).

...above all, it's a great laugh - the question should really be why wouldn't you bother?

...you'll make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.

# Timescales for qualifying expeditions

| <b>Level</b>  | <b>Duration</b>     | <b>Minimum hours of planned activity each day</b>                                   |
|---------------|---------------------|---|
| <b>Bronze</b> | 2 days and 1 night  | At least 6 hours during the daytime (at least 3 of which must be spent journeying)  |
| <b>Silver</b> | 3 days and 2 nights | At least 7 hours during the daytime (at least 3½ of which must be spent journeying) |
| <b>Gold</b>   | 4 days and 3 nights | At least 8 hours during the daytime (at least 4 of which must be spent journeying)  |



- [www.DofE.org](http://www.DofE.org)
- Talk to Mr Carruthers for more information and how to sign up
  - Take a letter after this assembly
- DofE meetings will be held for you to find out more and learn all the skills you need to participate

**Have fun!**