



**What is the DofE?**

Your DofE programme is a real adventure.  
It doesn't matter who you are or where you're from.  
You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- **Bronze** (Year 9)
- **Silver** (Year 10)
- **Gold** (Year 12)

...which lead to a Duke of Edinburgh's Award.

You achieve an Award by completing a personal programme 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.

# Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous level Award holders
<b>Bronze</b>	<b>6 months</b>	<b>n/a</b>
<b>Silver</b>	<b>12 months</b>	<b>6 months</b>

*Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.*

# 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.*

# 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 must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i>			

# Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

# Choosing activities

Think about what you want to do for each section, and check with Mr Hanna that your choices can be counted.

Use the helpful lists and category finder on **[www.DofE.org/sections](http://www.DofE.org/sections)**.



# Volunteering

## Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



# Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

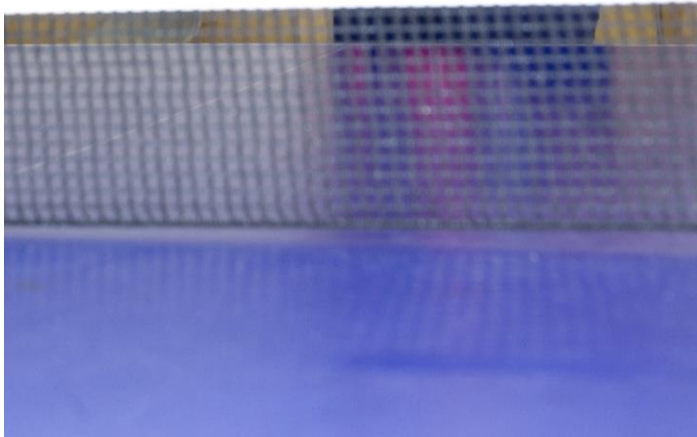


# Physical



## Aim

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



# What is a physical activity?

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In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

# Physical categories

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





# Skills



## Aim

- To inspire young people to develop practical and social skills and personal interests.

# Something old or something new

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Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

# Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports





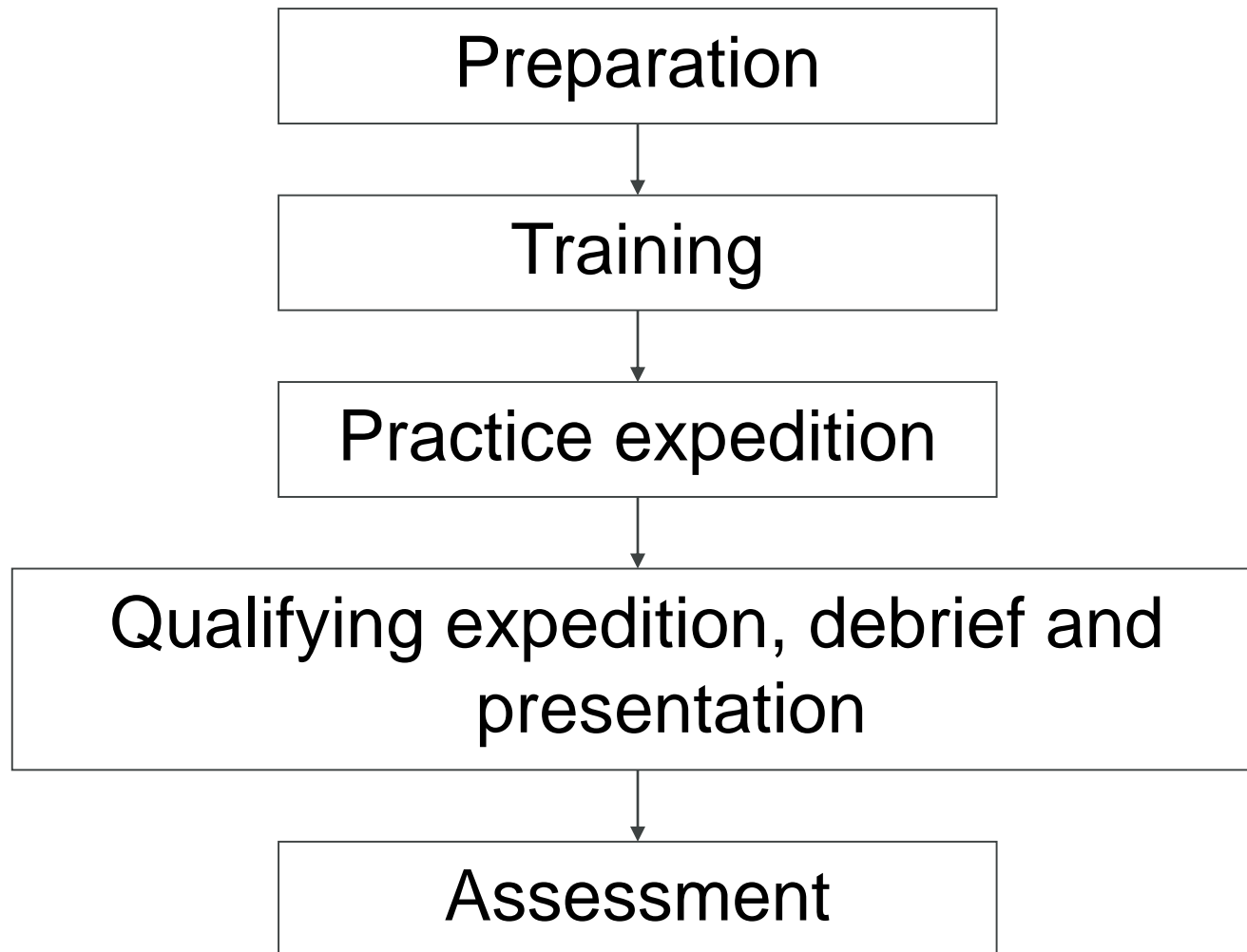
# Expedition



## Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

# The expedition process



# What will I be doing on expedition?



# Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
<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)

# Expedition Dates and Training Sessions

<b>Bronze A</b>	
Practice Expedition: Sat 28 <sup>th</sup> – Sun 29 <sup>th</sup> April	Mondays 3:00-4:00pm
Assessed Expedition: Tue 19 <sup>th</sup> – Wed 20 <sup>th</sup> June	

<b>Bronze B</b>	
Practice Expedition: Sat 12 <sup>th</sup> – Sun 13 <sup>th</sup> May	Tuesdays 3:00-4:00pm
Assessed Expedition: Thu 28 <sup>th</sup> – Fri 29 <sup>th</sup> June	

<b>Silver</b>	
Practice Expedition: Tue 10 <sup>th</sup> – Thu 12 <sup>th</sup> April <i>(Half Term)</i>	Thursdays 3:00-4:00pm
Assessed Expedition: Mon 16 <sup>th</sup> – Wed 18 <sup>th</sup> July	

**Any questions?**