



Introduction to the DofE



...the world's leading achievement award
for young people.

Its balanced programme of activities develops the
mind, body and soul in an environment of social
interaction and team working.

It encourages young people to
live life as an adventure.



“If there is one thing which the experience of DofE programmes reaffirms and emphasises time and again, it is the involvement and dedication of adults that is absolutely critical to its success.”



To inspire, guide and support young people
in their self-development and recognise
their achievements.

The guiding principles

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable



The School is a Licensed Organisation (LO) and holds a licence to manage the delivery of DofE programmes and authorise Awards.

To get a licence, LOs must:

- Be able to safeguard young people
- Maintain the DofE's aims and standards
- Have relevant policies and procedures in place
- Have an administrative framework to function correctly and ensure continuity

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

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 (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.</i>			

Silver Award (15+ years old)

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 further 6 months in the Volunteering or the longer of the Physical or Skills sections.</i>			

- **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. Participants can select practically any activity they wish – as long as it's legal and morally acceptable.

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

Choosing activities

You should think and advise your child about:

- **The young person** – their level of expertise, their maturity and level of confidence.
- **The goals** – they should be challenging but achievable.
- **Prior activities** – an activity done during the preceding 2 months of starting a DofE programme could count towards the achievement of an Award.
- **When activities take place** – participants should be able to show that their activities required a substantial contribution of personal time and voluntary effort.

Starting the next level

Participants should be encouraged to achieve their Award before embarking on the next level.

They may start on a section of the next level if they:

- Have reached the minimum age of entry.
- Obtain a Participation Place for this level.
- Have completed **that** section of the previous Award.
- Are not working on all three levels at the same time.

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.



What is required?

- Volunteering is simple. It's about choosing to give time to something useful, **without getting paid**.
- Team volunteering can be beneficial to young people and to the project they have chosen.
- At least 3/4 of activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
 - Change their content to include practical volunteering e.g. raising awareness project
 - Count towards the Skills section – Life skills category

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?

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

Participants 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

Ultimately participants must be able to prove that they have broadened their understanding and increased their 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



Volunteering section

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Helping people:

Helping children
Helping children to read in libraries
Helping older people
Helping people in need
Helping people with special needs
Youth work

Community action & raising awareness:

Campaigning
Cyber safety
Council representation
Drug & alcohol education
Home accident prevention
Peer education
Personal safety
Promotion & PR
Road safety

Working with the environment or animals:

Animal welfare
Environment
Rural conservation
Preserving waterways
Working at an animal rescue centre
Litter picking
Urban regeneration

DoE Leadership
Group leadership
Leading a voluntary organisation group:
- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
Sports leadership
Music tuition

Physical section

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Individual sports:

Archery
Athletics (any field or track event)
Biathlon/Triathlon/Pentathlon
Bowling
Boxing
Croquet
Cross country running
Cycling
Fencing

Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

Dance:

Ballet
Ballroom dancing
Belly dancing
Bhangra dancing
Cercoc
Contra dance
Country & Western
Flamenco
Folk dancing
Jazz
Line dancing
Morris dancing
Salsa (or other Latin styles) dancing
Scottish/Welsh/Irish dancing
Street dancing/breakdancing/hip hop
Swing
Tap dancing

Racquet sports:

Badminton
Maukot
Racketon
Rapid ball
Real tennis
Squash
Table tennis
Tennis

Fitness:

Aerobics
Cheerleading
Fitness classes
Gym work
Gymnastics
Medau movement
Physical achievement
Pilates
Running/jogging

Aikido
Capoeira
Ju Jitsu
Judo
Karate
Self-defence
Sumo
Tae Kwon Do
Tai Chi

Team sports:

American football
Baseball
Basketball
Boccea
Camogie
Cricket
Curling
Dodge disc
Dodgeball
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Octopushing
Polo
Rogaining
Rounders
Rugby
Sledge hockey
Stoolball
Tchoukball
Ultimate flying disc
Underwater rugby
Volleyball
Wallyball
Water polo

Skills section

Science & technology

Aerodynamics
Anatomy
Astronomy
Biology
Botany
Chemistry
Ecology
Electronics
Engineering
Entomology
IT
Marine biology
Oceanography
Paleontology
Physics
Rocket making
Taxonomy
Weather/meteorology
Website design
Zoology

Care of animals

Agriculture (keeping livestock)
Aquarium keeping
Beekeeping
Caring for reptiles
Dog training & handling
Horse/donkey/lama/alpaca handling & care
Keeping of pets
Looking after birds (i.e. budgies & canaries)
Pigeon breeding & racing

Music

Church bell ringing
Composing
DJing
Evaluating music & musical performances
Improvising melodies
Listening to, analysing & describing music

Cost Includes

- License fee
- Enrollment cost
- School Admin costs
- Qualified, Experienced Outdoor Instructors
- Transport to/from Expeditions
- Technical Kit – Tent, Stove, maps, compass
- Specialist Kit – Bike trailers, Canoes etc
- Staff cover, accommodation and expenses

Cost

- Bronze - £280 (£140 deposit, £140 Final payment)
- Silver Walking and mountain biking - £500 (£200 deposit, £300 final payment)
- Silver Canoeing- £550 (£225 deposit, £325 final payment)

Personal Equipment – You will need Sleeping bag, Rucksack and mat. We do have limited equipment for special circumstances.

Reminder of Key dates

- **Bronze:**

- Training 28-29 March –Edgbarrow
- Practice 25-26 April – Chilterns
- Assessed 2-21 June – Stoke Poges

- **Silver Walk and MTB**

- Training 28-29 March- Edgbarrow
- Practice 30 April-3 May – Brecon
- Assessed 9-12 July, Mid wales

- **Silver Canoeing**

- Training and Practice – 30 April-3 May, Marlow
- Assessed 9-12 July, Wye Valley

Key dates continued

- Register of interest – 23rd September
- Registration from 27 Sep (online)
- Deposits by 25 October (Fri before half term)
- Final payments by 1 Mar 2020

You may make interim payments as you wish

In a Nutshell

- Its not as easy as you might think.....
- Activities need to be authorised before starting..
- Evidence of sustained commitment (1hour per week) is essential.. Timesheet/diary, photos, assessors report.
- Group selection. We will leave this until just before expedition season begins as friendships change...
- Our partner Activity providers are chosen for their expertise...



THE DUKE OF
EDINBURGH'S AWARD

Thank You

Any questions?

See www.dofe.org for more
information