



Introduction to the DofE



The Duke of Edinburgh's Award

What is DofE?



<https://www.youtube.com/watch?v=yN7wTcxK408>

The DofE is.....

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



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

Three levels of challenge



You can do DofE at three levels:

Bronze (aged 13+)

Silver (aged 14+)

Gold (aged 16+)

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

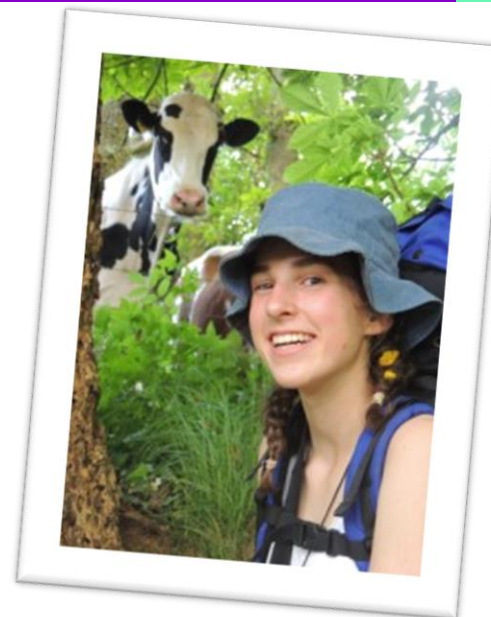
Four sections to work on



- Volunteering
- Physical
- Skill
- Expedition
- Residential (at Gold level only)

Bronze Award

- There is a **massive choice** of activities that count towards a DofE programme
- Activities could be something that you are already doing or completely new
- All activities **must be outside of normal school curriculum**. Lunch and after school clubs and activities are fine
- The activity should be done for **approximately an hour a week**
- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**



BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night

PLUS a further 3 months in the Volunteering, Physical or Skills section.



Silver Award

- There is a **massive choice** of activities that count towards a DofE programme
- Activities could be something that you are already doing or completely new
- All activities **must be outside of normal school curriculum**. Lunch and after school clubs and activities are fine
- The activity should be done for **approximately an hour a week**
- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**



SILVER

Volunteering **6 months**

Physical

Skills

one section for
6 months, the
other for 3 months

Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.

Expedition **3 days 2 nights**



Gold Award

- There is a **massive choice** of activities that count towards a DofE programme
- Activities could be something that you are already doing or completely new
- All activities **must be outside of normal school curriculum**. Lunch and after school clubs and activities are fine
- The activity should be done for **approximately an hour a week**
- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**



GOLD

Volunteering **12 months**

Physical

one section for
12 months, the
other for 6 months

Skills

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

DofE Levels

- There is a **massive choice** of activities that count towards a DofE programme
- Activities could be something that you are already doing or completely new
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- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**

BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

PLUS a further 3 months in the Volunteering, Physical or Skills section.

Expedition **2 days 1 night**



SILVER

Volunteering **6 months**

Physical **one section for 6 months, the other for 3 months**

Skills **one section for 6 months, the other for 3 months**

Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.

Expedition **3 days 2 nights**



GOLD

Volunteering **12 months**

Physical **one section for 12 months, the other for 6 months**

Skills **one section for 12 months, the other for 6 months**

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.

Expedition **4 days 3 nights**

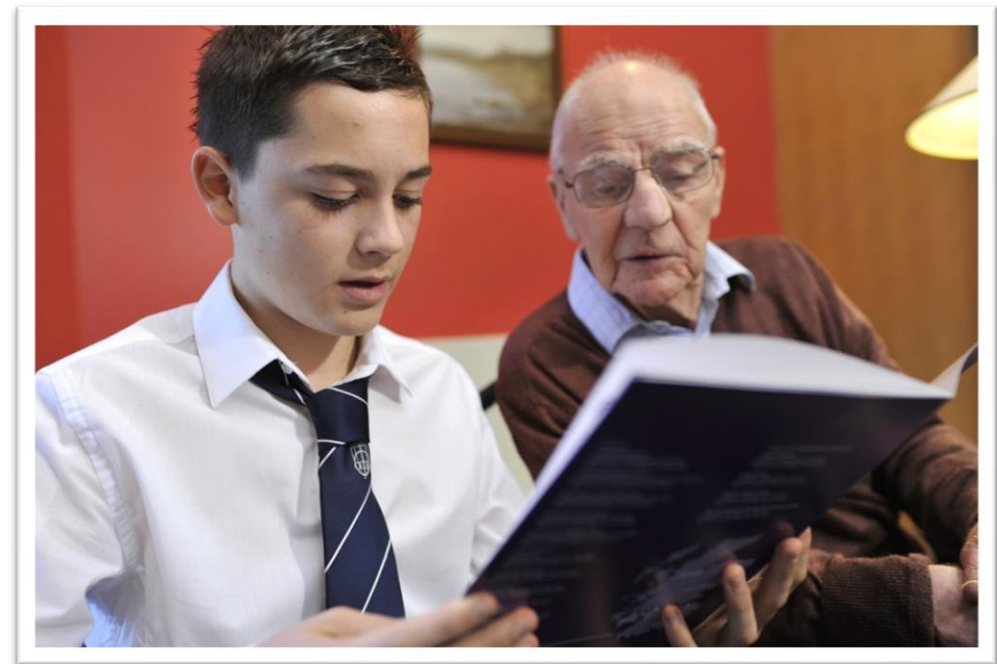


Residential **5 days 4 nights**

Volunteering

Volunteering is simple. It's about choosing to give time to something useful, without getting paid.

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



Physical

Get Active! Anything that requires a sustained level of physical energy and involves doing an activity

- Team Sports
- Individual Sports
- Water Sports
- Racquet Sports
- Dance
- Fitness
- Extreme Sports
- Martial Arts



Skill

To develop practical and social skills and personal interests by developing a new skill or improving an existing one

- Creative Arts
- Performance Arts
- Science & Technology
- Music
- Life Skills
- Learning & Collecting
- Media & Communications
- Games and Sports



Expedition

Planning, training & completing a challenging expedition

You will complete practice & qualifying expeditions

You will be unaccompanied and self-sufficient by the time you undertake your qualifying



I didn't realise cows came in different colours !!

Level	Training	Duration		Minimum hours of planned activity each day
		Practice	Qualifying	
Bronze	Including.... Campcraft, Map Skills, First Aid	Minimum 1 days and 1 night	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)

Expedition

Planning, training & completing a challenging expedition

You will complete practice & qualifying expeditions

You will be unaccompanied and self-sufficient



Level	Training	Duration		Minimum hours of planned activity each day
		Practice	Qualifying	
Silver	Including... Campcraft, Map Skills, First Aid,	Minimum 2 days and 2 night	3 days and 2 night	At least 7 hours during the daytime (at least 3.5 of which must be spent journeying)

Expedition

Planning, training & completing a challenging expedition

You will complete practice & qualifying expeditions

You will be unaccompanied and self-sufficient



Level	Training	Duration		Minimum hours of planned activity each day
		Practice	Qualifying	
Gold	Including...Camp craft, Map Skills, First Aid,	Minimum 2 days and 2 night	4 days and 3 night	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

Expedition

Planning, training & completing a challenging expedition

You will complete a practice & qualifying expedition

You will be unaccompanied and self-sufficient



Level	Training	Duration		Minimum hours of planned activity each day
		Practice	Qualifying	
Bronze	Including.... Camp craft Map Skills, First Aid,	Minimum 1 days and 1 night	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	Including.... Camp craft Map Skills, First Aid,	Minimum 2 days and 2 night	3 days and 2 night	At least 7 hours during the daytime (at least 3.5 of which must be spent journeying)
Gold	Including.... Camp craft Map Skills, First Aid,	Minimum 2 days and 2 night	4 days and 3 night	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

Expedition examples

Your Expedition can be far flung or close to home:

- Exploring team dynamics on foot in the Cairngorms
- Using cycle paths in Germany to compare to the UK
- Following a disused railway track by wheelchair
- Utilising canoe trails in Canada on a wilderness trip
- Exploring bridle paths in the Brecon Beacons



Residential

Working, learning and staying away from home for 5 days 4 nights.

It's a great opportunity to build new relationships with people you have not met before, whilst working as part of a team to achieve shared goals, staying in shared accommodation.

- University taster course
- Language course
- Cookery courses
- Outdoor activity centre
- Conservation projects
- Zoo Keeper course
- First Aid course
- Summer Camps
- NCS Approved residential



In-house Expedition Details (exact dates subject to change)



Training Afternoon Date: 12th Feb 2026

Navigation Walk Date: 12th March 2026

Location: Waddesdon Manor Estate

Price: £0

Practice Expedition Date: 15th – 16th May 2026

Location: Calvert OR Cosgrove

Price: Approx. £80

Qualifying Expedition Date: 26th – 27th June 2026

Location: Chilterns

Price: Approx. £80

+ an additional Day Hike, if necessary.



PRICE TOTAL: Approx. £160
(Same as Action4Youth's package price)

Why Gold



**We asked Gold Award holders about
their experience, here's what they said:**



93%

**Developed better
teamworking skills**



Communicated better



89%

**Felt physically
fitter**



90%

**Would recommend
taking part**



80%

Felt more motivated



Your Future

In a tough economic climate, it's even more important to make your CV stand out from the crowd.

Skills participants said they gained through their DofE...



Team working: 91%

Communication: 75%

Problem solving: 59%

Self-management: 55%

Positive approach to work: 55%



The Volunteering section came out top in helping participants prepare for the working world.

The activities undertaken on a Duke of Edinburgh's Award programme are proven to help boost university applications and CVs.

DofE Ambassador



Have you completed a DofE level and working towards your Silver or Gold?

Do you want to develop your leadership or mentoring skills?

Are you looking for a volunteering activity?

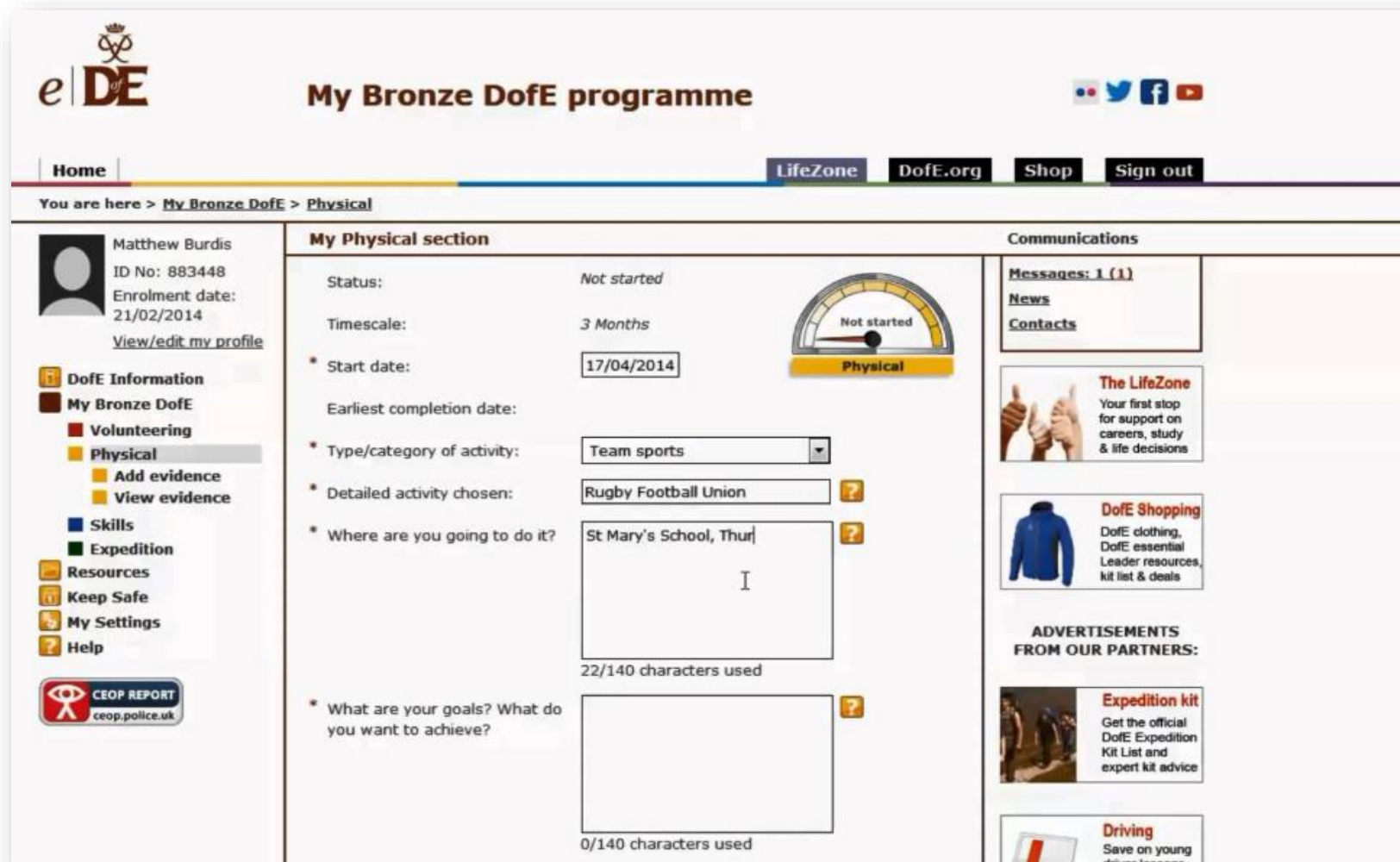
If the answer is yes to any of these questions then become a DofE Ambassador!



**4.44/5 rating
for their experience
being a
DofE Ambassador**

What is eDofE?

eDofE is the online account participants use to record their DofE Award



The screenshot shows the 'My Bronze DofE programme' interface. At the top, there's a navigation bar with 'Home', 'LifeZone', 'DofE.org', 'Shop', and 'Sign out'. Below this, a breadcrumb trail reads 'You are here > My Bronze DofE > Physical'. The left sidebar contains a user profile for Matthew Burdis (ID No: 883448, Enrolment date: 21/02/2014) and a menu with options like 'DofE Information', 'My Bronze DofE', 'Volunteering', 'Physical' (selected), 'Add evidence', 'View evidence', 'Skills', 'Expedition', 'Resources', 'Keep Safe', 'My Settings', and 'Help'. The main content area is titled 'My Physical section' and includes a status gauge showing 'Not started' for the 'Physical' section. Below the gauge, there are form fields for 'Start date' (17/04/2014), 'Earliest completion date', 'Type/category of activity' (Team sports), 'Detailed activity chosen' (Rugby Football Union), 'Where are you going to do it?' (St Mary's School, Thur), and 'What are your goals? What do you want to achieve?'. The right sidebar features 'Communications' (Messages: 1 (1), News, Contacts), 'The LifeZone' (Your first stop for support on careers, study & life decisions), 'DofE Shopping' (DofE clothing, DofE essential Leader resources, kit list & deals), 'ADVERTISEMENTS FROM OUR PARTNERS:', 'Expedition kit' (Get the official DofE Expedition Kit List and expert kit advice), and 'Driving' (Save on young driver lessons).

My Bronze DofE programme

Home LifeZone DofE.org Shop Sign out

You are here > My Bronze DofE > Physical

My Physical section

Status: Not started

Timescale: 3 Months

* Start date: 17/04/2014

Earliest completion date:

* Type/category of activity: Team sports

* Detailed activity chosen: Rugby Football Union

* Where are you going to do it? St Mary's School, Thur

22/140 characters used

* What are your goals? What do you want to achieve?

0/140 characters used

Communications

Messages: 1 (1)

News

Contacts

The LifeZone

Your first stop for support on careers, study & life decisions

DofE Shopping

DofE clothing, DofE essential Leader resources, kit list & deals

ADVERTISEMENTS FROM OUR PARTNERS:

Expedition kit

Get the official DofE Expedition Kit List and expert kit advice

Driving

Save on young driver lessons

eDofE mobile site

Participants can also use the **eDofE** mobile site (m.edofe.org)

