

Introduction to the DofE

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

one section for
6 months, the
other for 3 months

Skills

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		<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>
Volunteering	12 months	
Physical	one section for 12 months, the other for 6 months	
Skills		
Expedition 4 days 3 nights		
Residential 5 days 4 nights		

DofE Levels

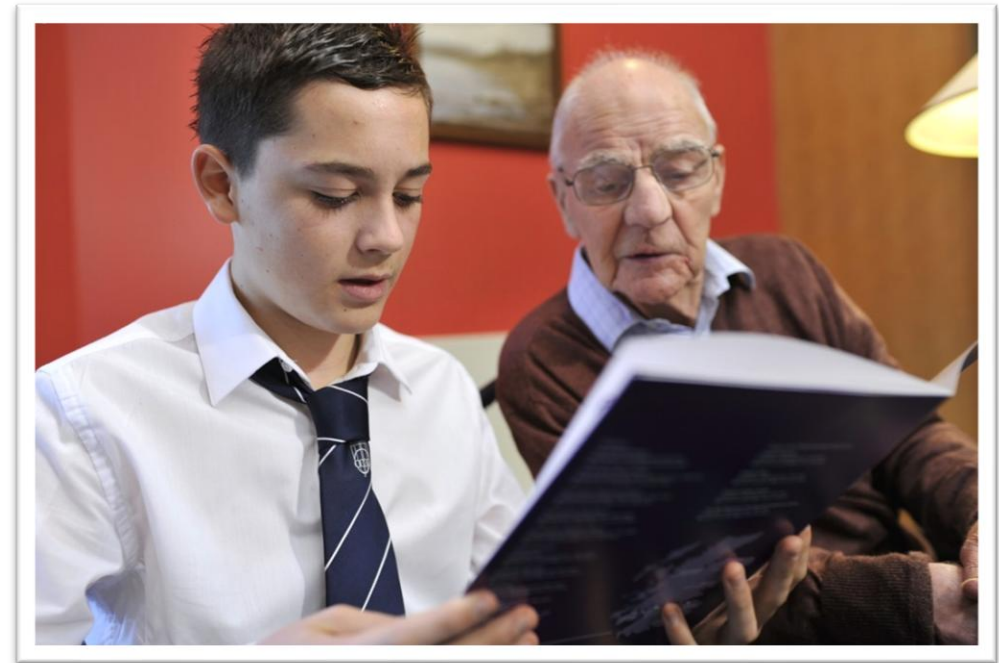


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Volunteering

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



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: 11th Feb 2027

Navigation Walk Date: 11th March 2027

Location: Waddesdon Manor Estate

Price: £0

Practice Expedition Date: 21st – 22nd May 2027

Location: Calvert OR Cosgrove

Price: Approx. £80

Qualifying Expedition Date: 9th -10th July 2027 (TBC)

Location: Chilterns

Price: Approx. £80

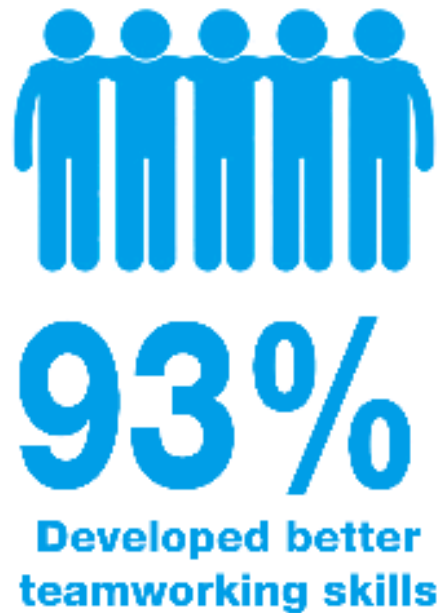
+ an additional Day Hike, if necessary.



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:



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...



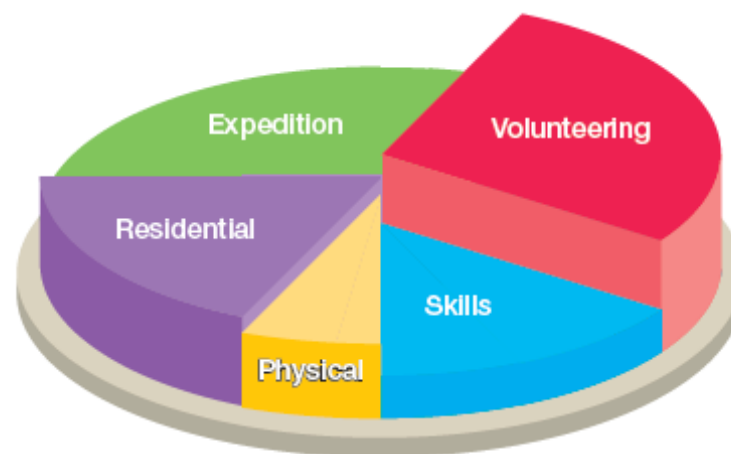
Team working: 91%

Communication: 75%

Problem solving: 59%

Self-management: 55%

Positive approach to work: 55%

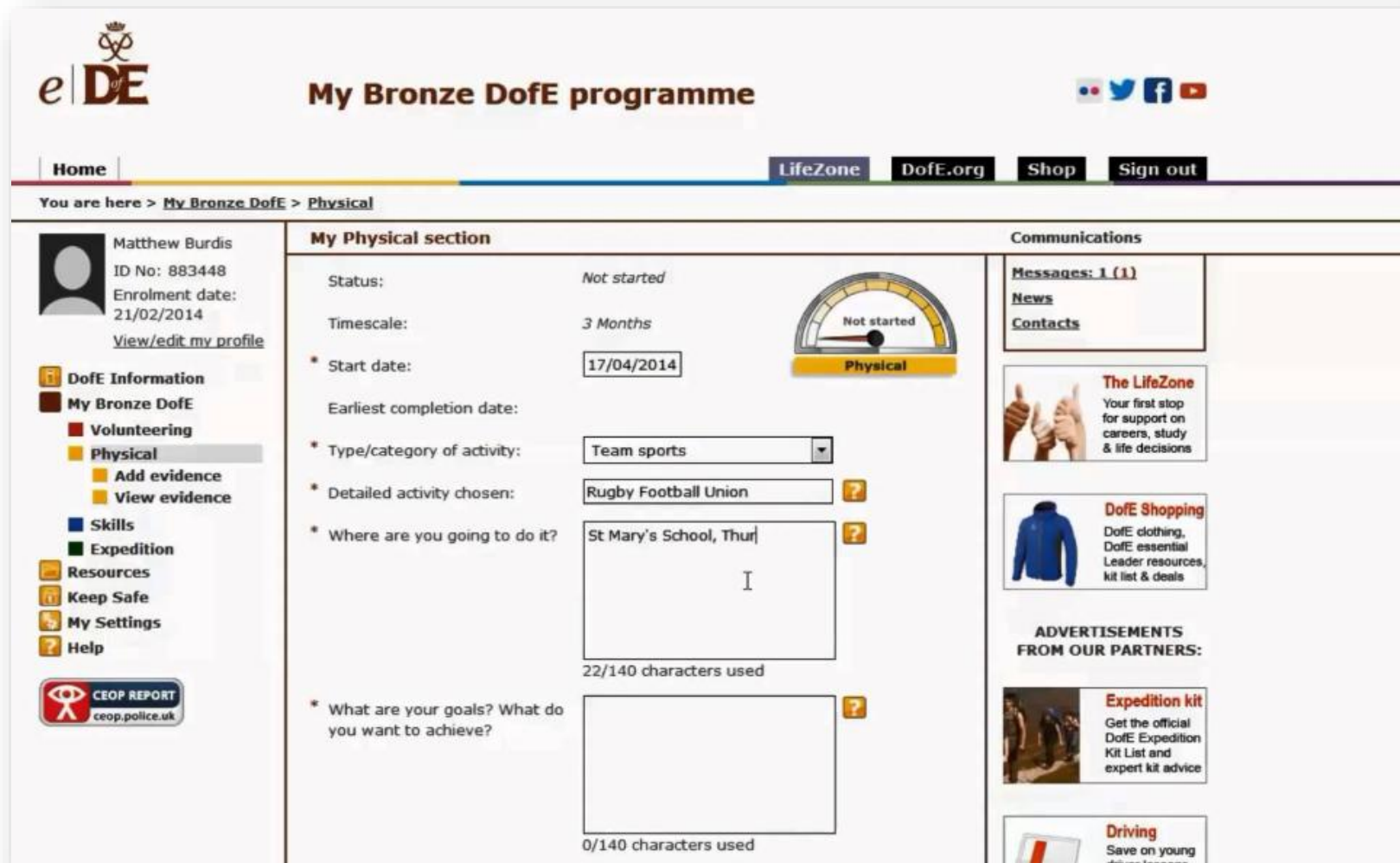


The Volunteering section came out top in helping participants prepare for the working world.

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

What is eDofE?

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



e|DofE 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:

Earliest completion date:

* Type/category of activity:

* Detailed activity chosen:

* Where are you going to do it?

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

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Save on young driver lessons

Matthew Burdis
ID No: 883448
Enrolment date: 21/02/2014
[View/edit my profile](#)

- DofE Information
- My Bronze DofE**
 - Volunteering
 - Physical**
 - Add evidence
 - View evidence
 - Skills
 - Expedition
- Resources
- Keep Safe
- My Settings
- Help

CEOP REPORT
ceop.police.uk

eDofE mobile site

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

