



Introduction to the DofE

- <https://www.youtube.com/watch?v=ZZjimYqdFfo&list=PLJwqW7XmD1vIQuZy07M-36SXamlwLO2TC&index=23>

...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.

Young people have their say

“Volunteering for the Score Project has been great as I have a laugh while helping others.”

Faisal, DofE participant



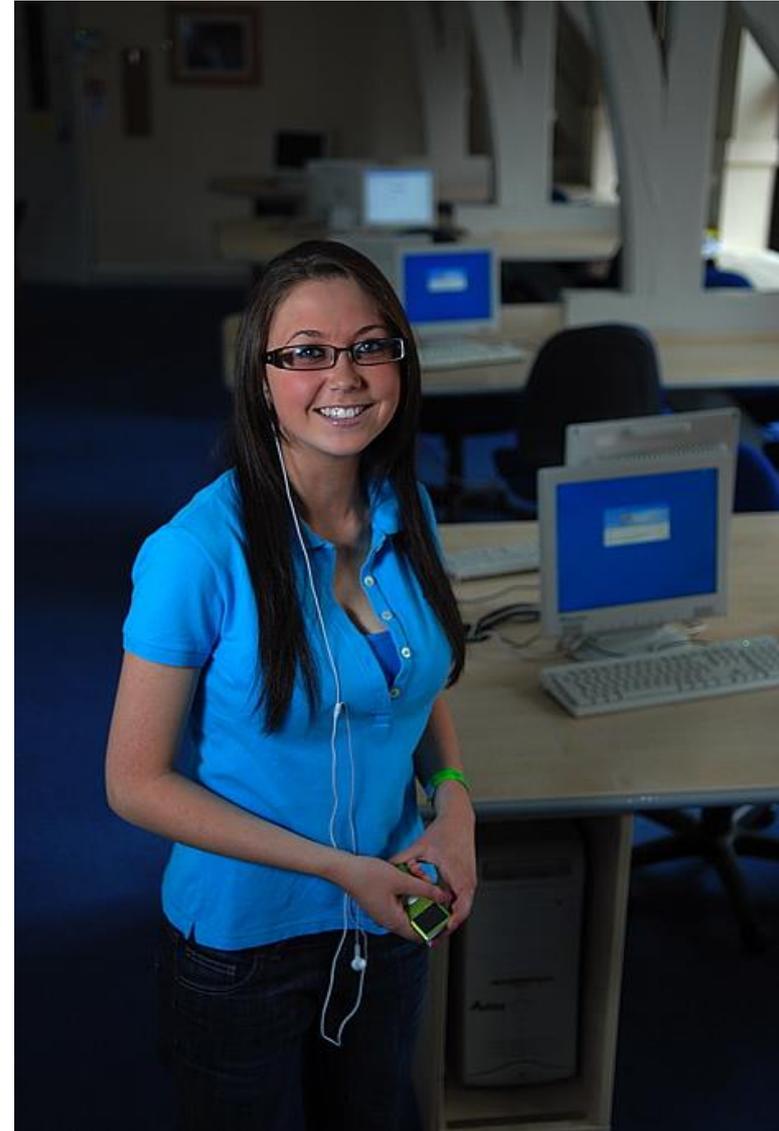
“Doing your DofE helps you build on an existing hobby. With just a little extra effort you can prove your ability.”

Emma, DofE participant

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

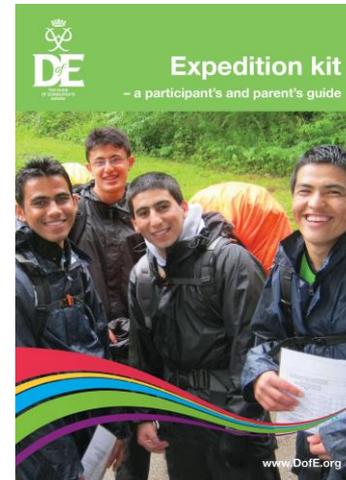
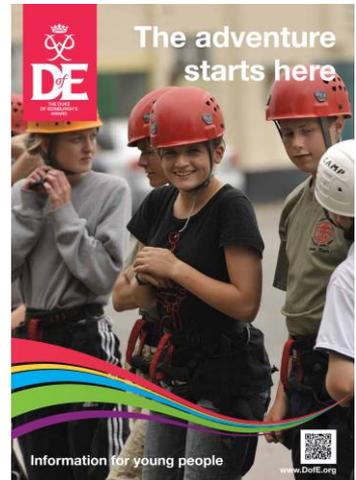
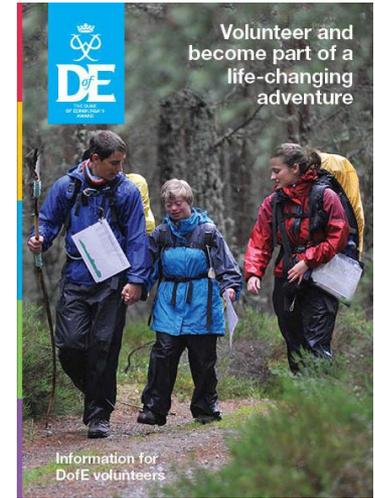
Our guiding principles

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



- Self-belief
- Self-confidence
- A sense of identity
- Independence of thought and action
- Respect and understanding of people from different backgrounds, cultures and walks of life
- A sense of responsibility

- An awareness of their potential
- New talents and abilities
- An understanding of strengths and weaknesses
- The ability to plan and use time effectively
- The ability to learn from and give to others in the community
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team



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

Gold Award (Year 11+)

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 shared activity in a residential setting away from home for 5 days and 4 nights
<i>Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills section.</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
- At Gold level, participants must do an additional fifth **Residential** section, which involves working and staying away from home doing a shared activity

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.

- 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.

As a parent, when advising on programmes, you should think 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 three 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.

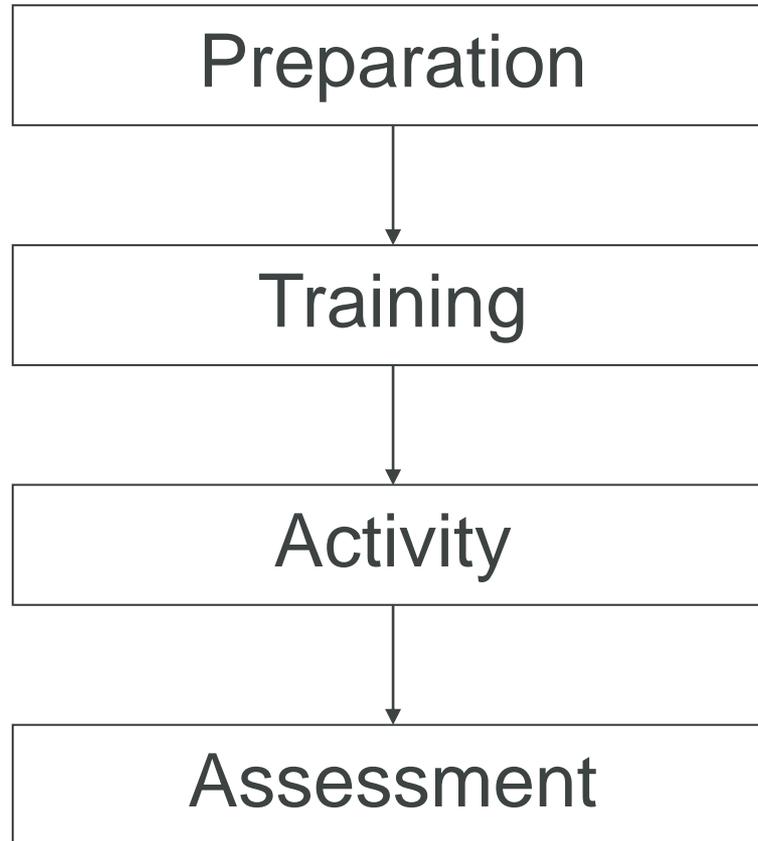
Starting the next level

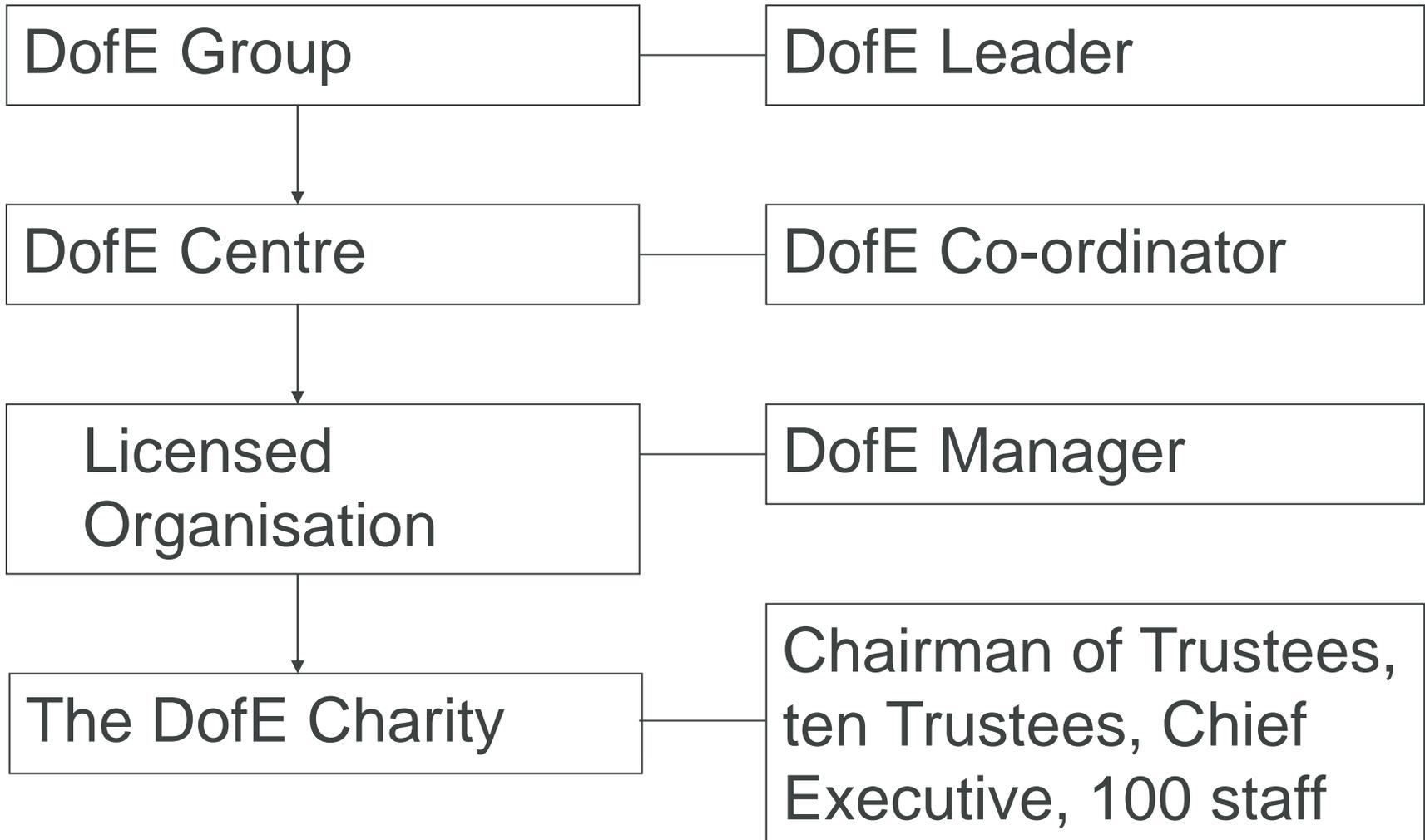
Participants should be encouraged to achieve their Award before embarking on the next level.

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

- Have reached the minimum age of entry.
- Have completed that section of the previous Award.
- Are not working on all three levels at the same time.

The steps for the 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.



Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

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



Volunteering Ideas

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 conservation
Beach and coastline conservation
Zoo/farm/nature reserve work

Helping a charity or community organisation:

Administration
Being a charity intern
Being a volunteer lifeguard
Event management
Fundraising
Mountain rescue
Religious education
Serving a faith community
Supporting a charity
Working in a charity shop

Coaching, teaching and leadership:

Dance leadership
DofE Leadership
Group leadership
Leading a voluntary organisation group:

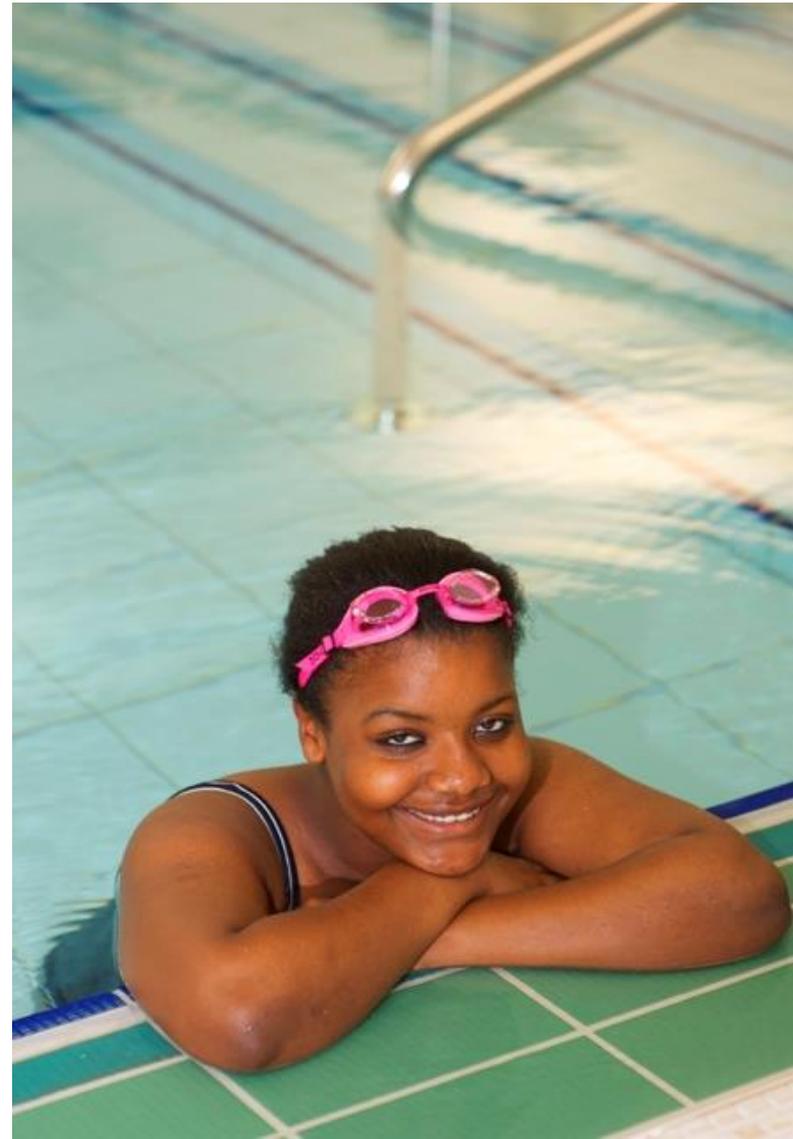
- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade

Sports leadership
Music tuition

Physical

Aim

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



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

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



Individual sports:

Archery
 Athletics (any field or track event)
 Biathlon/Triathlon/
 Pentathlon
 Bowling
 Boxing
 Croquet
 Cross country running
 Cycling
 Fencing
 Golf
 Horse riding
 Modern pentathlon
 Orienteering
 Pétanque
 Roller blading
 Running
 Static trapeze
 Wrestling

Water sports:

Canoeing
 Diving
 Dragon Boat Racing
 Free-diving
 Kneeboarding
 Rowing & sculling

Swimming
 Synchronised swimming
 Windsurfing

Dance:

Ballet
 Ballroom dancing
 Belly dancing
 Bhangra dancing
 Ceroc
 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
 Motket

Fitness:

Aerobics
 Cheerleading
 Fitness classes
 Gym work
 Gymnastics
 Medau movement
 Physical achievement
 Pilates
 Running/jogging
 Trampolining
 Walking
 Weightlifting
 Yoga

Extreme sports:

Caving & potholing
 Climbing
 Free running (parkour)
 Ice skating
 Mountain biking
 Mountain unicycling
 Parachuting
 Skateboarding
 Skydiving
 Snow sports (skiing, snowboarding, snowkiting)

Martial arts:

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

Team sports:

American football
 Baseball
 Basketball
 Boccia
 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

Visit

www.DefE.org/physical

Skills

Aim

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



Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

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



Expedition

Aim

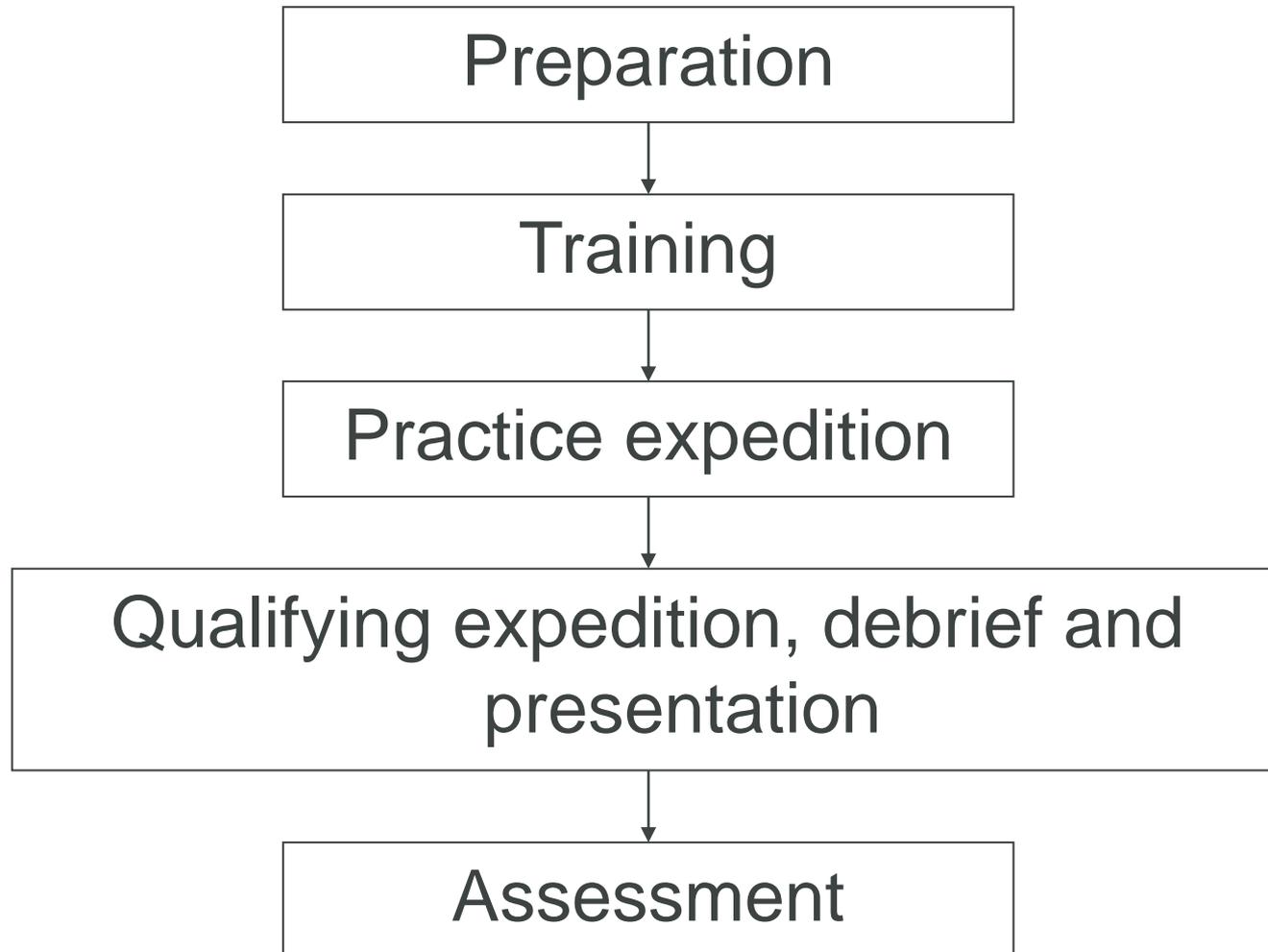
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

The expedition process



Timescales for qualifying expeditions

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

Residential

Aim

- To inspire participants through a concentrated involvement with people they don't know, who are usually from different backgrounds, and bring alternative views to the challenges they will face.



Benefits

- Meet people.
- Develop the confidence to thrive in an unfamiliar environment.
- Build new relationships and show concern for others.
- Work as part of a team towards shared goals.
- Accept responsibility for themselves and others.
- Develop communication skills and effective coping mechanisms.
- Develop respect and understanding for others.
- Show initiative.
- Develop the skills and attitudes to live and work with others.

Residential examples

- Developing an existing interest or something new:
 - Assisting at a kids' summer camp
 - Joining a conservation project
 - Doing a photography course
 - Improving language skills on an intensive course



Costs

- Bronze - £135
- Silver - £145
- Gold – TBC (will be slightly more expensive but not too much more)

This includes:

Participation place and handbook,

Campsites fees,

Use of camping equipment (tents, tranguiers, fuel, compasses, maps)

All training sessions and any administration (paperwork, worksheets etc...)

Compasses and maps

Hiring of tracking equipment

Volunteers expenses

What it does not include

- Walking boots, walking clothing and waterproofs
- 65L rucksack
- Food (students plan all meals and carry this with them all weekend)
- Transport to and from the Peak District. This works better when parents share lifts.
- Any costs incurred for the other sections (this cost can be as little or large as you make it)
- **NB:** There are some rucksacks which can be borrowed from school, available on a first come first served basis

Expectations

- DoE is a remote activity. There are periods of time when your child is unsupervised. Ensure you are happy with where they are completing their sections
- Please note: Silver/gold award participants sleep at a nearby campsite on one of the two nights.
- DoE represents independence. It is up to **the participant** to complete the sections and upload evidence.
- Limited contact on expeditions (no mobile phones)
- Attendance to training/meetings etc...
- Planning and preparation completed in groups in own time
- **Help from parents on expeditions (1 per group, per day. This is to intercept the group along their route to ensure they have water)**

What to do now

- Fill in the **enrolment form** and return it to student reception by **Monday 7th November**

(Payment information will follow)

- Visit the DoE website for ideas for the sections and any other information (there is a lot of helpful information)
- Dates of expedition: TBC
- Email: I will communicate through email and text about expedition training.



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EDINBURGH'S AWARD

Thank You

Any questions?