



**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 expedition at three levels:

- **Bronze** (aged 14+) Year 9
- **Silver** (aged 15+) Year 10 and 11
- **Gold** (aged 16+) Year 12 and 13

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

## Year 9

- Offered to undertake Bronze programme
- Complete all 3 sections in this year before expedition.
- Expedition

## Year 10

- Offered Silver Programme.
- All 3 sections completed before expedition at end of Year 11.



# At each level the DofE is...

Achieved 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.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

# Bronze Award

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 (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 <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. Expected time is 1hr per week for the number of calendar months chosen.

- 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.

# 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 you and to the project you choose.
- At least 3/4 of the 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 of the project.
  - Count towards the Skills section – e.g. 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

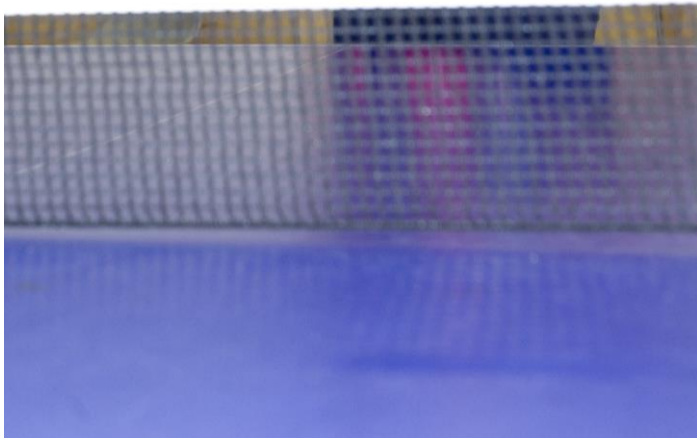


# Physical



## 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?

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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.

# 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 respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and accept consequences.
- Learn to manage risk.
- Learn through experience.

# Expedition examples

- This 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.
  - Utilising canoes to explore river systems.
  - Exploring bridle paths in the Brecon Beacons.



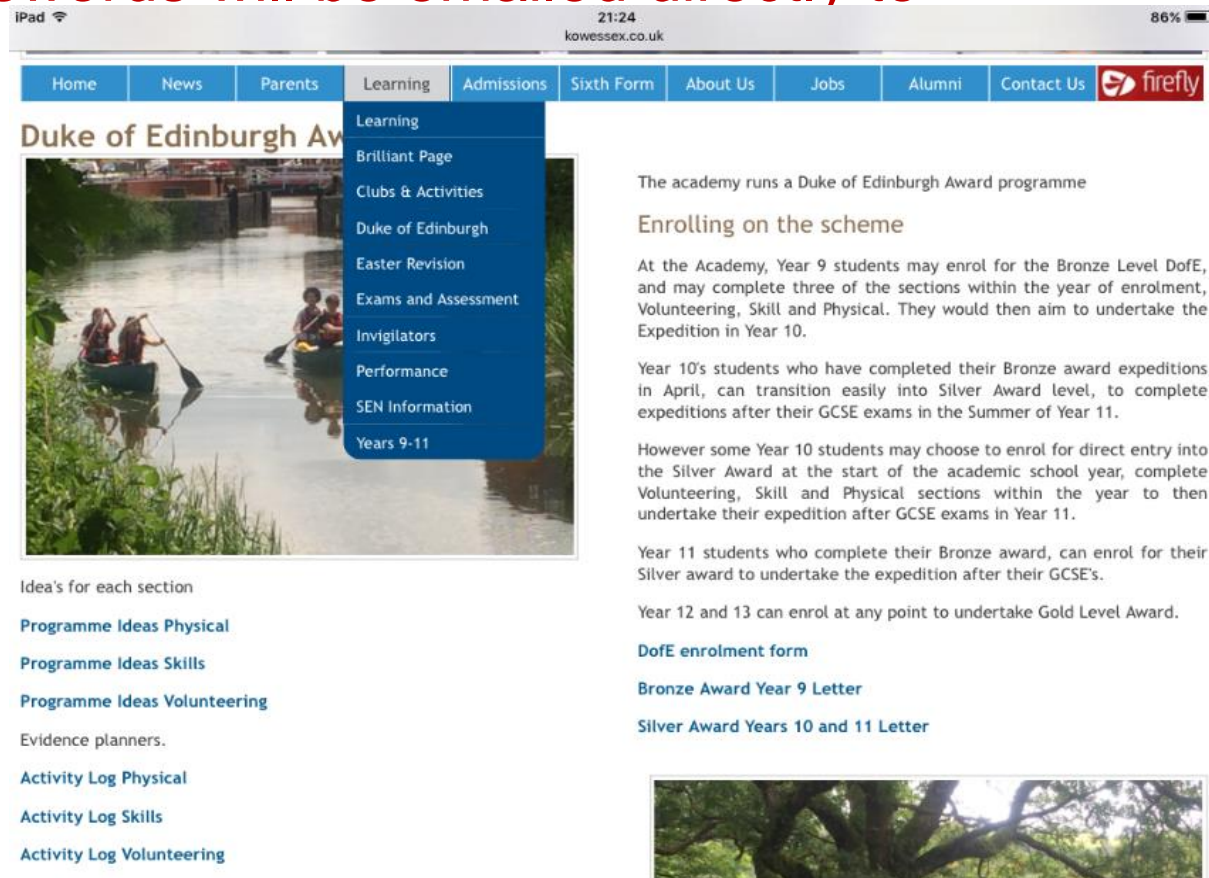
# Timescales for qualifying expeditions

<b>Level</b>	<b>Duration</b>	<b>Minimum hours of planned activity each day</b>
<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)
<b>Gold</b>	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

# What happens next

- Once monies, consent and enrolment forms are received, an electronic profile is created.
- Username and passwords will be emailed directly to parents from DofE

Support PDF's are available on the Learning, Duke of Edinburgh section of the Academy website.



The screenshot shows a mobile website interface on an iPad. The top navigation bar includes links for Home, News, Parents, Learning, Admissions, Sixth Form, About Us, Jobs, Alumni, and Contact Us, along with a 'firefly' logo. The 'Learning' menu is open, listing options such as Brilliant Page, Clubs & Activities, Duke of Edinburgh, Easter Revision, Exams and Assessment, Invigilators, Performance, SEN Information, and Years 9-11. Below the menu, a section titled 'Duke of Edinburgh Award' features a photo of people kayaking on a river. To the right, text describes the academy's DofE programme, including enrollment details for Year 9, 10, and 11 students, and links to 'DofE enrolment form', 'Bronze Award Year 9 Letter', and 'Silver Award Years 10 and 11 Letter'. A list of PDF resources is provided at the bottom, including 'Programme Ideas Physical', 'Programme Ideas Skills', 'Programme Ideas Volunteering', 'Evidence planners', and 'Activity Log' documents for Physical, Skills, and Volunteering.

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## Duke of Edinburgh Award

Learning  
Brilliant Page  
Clubs & Activities  
Duke of Edinburgh  
Easter Revision  
Exams and Assessment  
Invigilators  
Performance  
SEN Information  
Years 9-11

Idea's for each section

- Programme Ideas Physical
- Programme Ideas Skills
- Programme Ideas Volunteering
- Evidence planners.
- Activity Log Physical
- Activity Log Skills
- Activity Log Volunteering

The academy runs a Duke of Edinburgh Award programme

### Enrolling on the scheme

At the Academy, Year 9 students may enrol for the Bronze Level DofE, and may complete three of the sections within the year of enrolment, Volunteering, Skill and Physical. They would then aim to undertake the Expedition in Year 10.

Year 10's students who have completed their Bronze award expeditions in April, can transition easily into Silver Award level, to complete expeditions after their GCSE exams in the Summer of Year 11.

However some Year 10 students may choose to enrol for direct entry into the Silver Award at the start of the academic school year, complete Volunteering, Skill and Physical sections within the year to then undertake their expedition after GCSE exams in Year 11.

Year 11 students who complete their Bronze award, can enrol for their Silver award to undertake the expedition after their GCSE's.

Year 12 and 13 can enrol at any point to undertake Gold Level Award.

**DofE enrolment form**

**Bronze Award Year 9 Letter**

**Silver Award Years 10 and 11 Letter**

# What happens next

- Students complete their personal details online, this generates a 'Welcome pack' to be sent through the post.
- Students place their choices for each section onto their profile.
- They MUST send for authorisation immediately.
- Add evidence (video, photos, letters of signatures etc), submit.
- Add assessor reports; blank ones in Welcome Pack or assessors complete direct at [www.dofe.org/assessor](http://www.dofe.org/assessor). Assessors will need Students edofe ID number.
- Expedition section – training dates, qualifying dates and information and assessment information MUST also be placed on-line and sent for authorisation.

# Clothing and Equipment

A list of all equipment and clothing required is supplied nearer to the expedition by Somerset Adventures.

- There are no-no's on clothing; strappy tops/sports tops and small gym shorts.
- There is a phone policy which is shared at the training day.



# Any Questions

- **Specific questions about a student or general enquiries;**

please email me [ebryans@kowessex.co.uk](mailto:ebryans@kowessex.co.uk)