



It's time to start YOUR DofE



The Duke of Edinburgh's Award

What is the DofE?



The DofE is ...the world's leading achievement award for young people

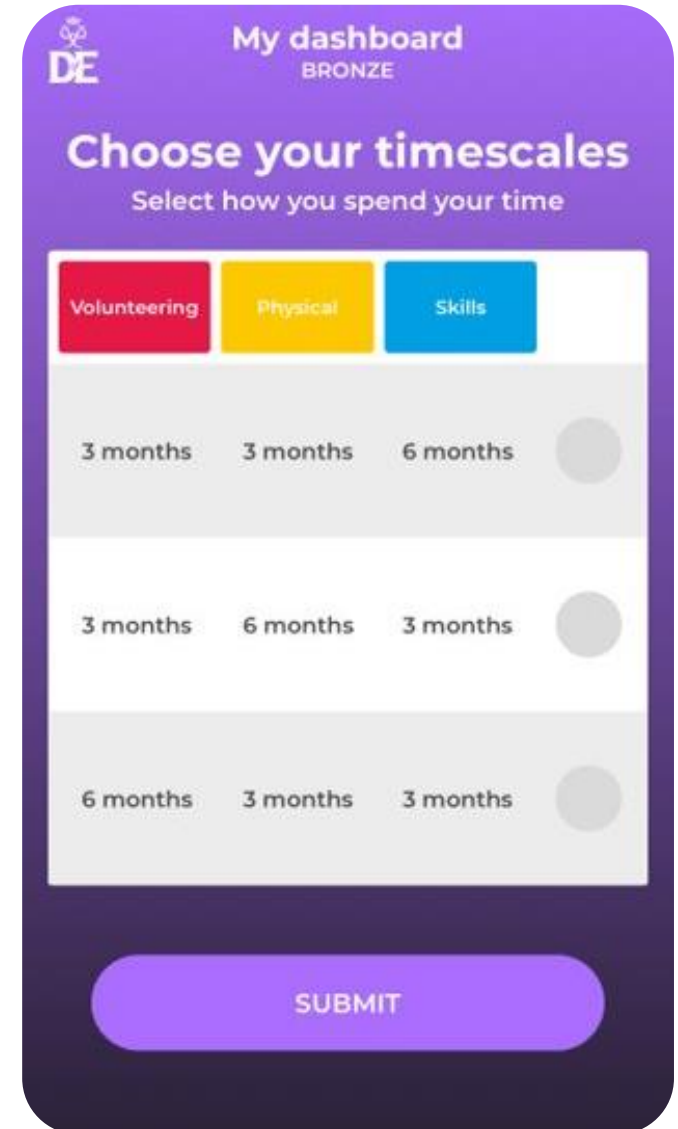
It's about going the extra mile – learning new skills for work and life, getting fitter, helping others and exploring the countryside.

A few of our Guiding Principles

- Achievable by all
- Personalised
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable



- There's **loads of activities** to choose from — most activities can count towards your DofE.
- Activities could be something that you are **already doing or completely new**
- **Weekend, lunch and after school** clubs and activities will count!
- Only **1 hour a week** per section
- Just need someone outside of your family to **write you a statement when you have finished.**



The image shows a mobile app interface for the Duke of Edinburgh's Award (DofE) 'My dashboard BRONZE'. At the top, there is a DofE logo and the text 'My dashboard BRONZE'. Below this is a section titled 'Choose your timescales' with the subtitle 'Select how you spend your time'. There are three colored buttons: 'Volunteering' (red), 'Physical' (yellow), and 'Skills' (blue). Below these buttons are three rows of time scale options, each with a radio button to its right. The first row has '3 months', '3 months', and '6 months'. The second row has '3 months', '6 months', and '3 months'. The third row has '6 months', '3 months', and '3 months'. At the bottom of the app is a large blue button labeled 'SUBMIT'.

Volunteering	Physical	Skills
3 months	3 months	6 months
3 months	6 months	3 months
6 months	3 months	3 months

Bronze

BRONZE

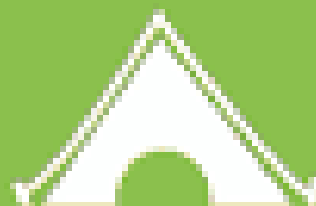
Volunteering **3** months

Physical **3** months

Skills **3** months

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

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



Silver

SILVER

Volunteering 6 months

Physical

one section for
6 months, the

Skills

other for 3 months

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



Gold

GOLD

Volunteering 12 months

Physical one section for 12 months, the
Skills 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.

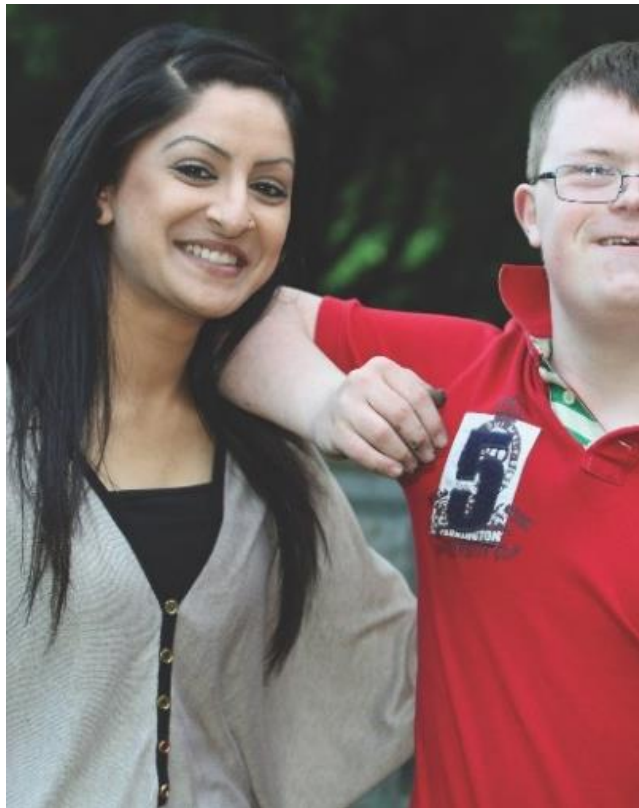
Expedition 4 days 3 nights



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

**Unfortunately volunteering at commercial businesses cannot be accepted*

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

Skills

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

Expedition

Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.

You will be **unaccompanied** and **self-sufficient**.

Groups of 4-7 participants

Training will include:

- Campcraft,
- Navigation,
- First Aid,
- Countryside code



Why should I take part?



So why should you do your DofE?

It's hard to list all the benefits of achieving your DofE Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers' value, which you can reference on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



What is eDofE?

eDofE is the online account you will use to record your activities

