



**DE** | THE DUKE OF  
EDINBURGH'S AWARD



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 programmes at three levels:

- **Bronze** (aged 14+)
- **Silver** (aged 15+)
- **Gold** (aged 16+)

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

You achieve an Award by completing 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.

# Bronze Award (14+ years old)

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 (so you will do **one** for 6 months).*

*These must be activities that you do for around an hour a week.*

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## Volunteering

- You must complete at least 3 months of a volunteering placement.
- Examples: Volunteering at youth centres, charity shops, residential homes, sports clubs etc.
- **Last year:** Helping in the school library, working in charity shops, youth work, coaching basketball / PE, helping in shops

You must complete at least 1 hour a week for the duration of your placement.

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## Physical

- You must complete at least 3 months of physical training.
- Examples: Extra curricular sports clubs, playing for a sports team outside of school.
- **Last year:** Basketball, baseball, football, martial arts, cricket and Zumba.

You must complete at least 1 hour a week for the duration of your placement.

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## Skill

- You must complete at least 3 months of learning a new skill or improving on one.
- Examples: Sports officiating, knitting, learning a musical instrument, improving your maths skills.
- **Last year:** Developing language and religious skills (Arabic), artistic skills, officiating sports, cooking, science, research skills, playing piano and media skills.

You must complete at least 1 hour a week for the duration of your placement.

# First Aid Training

Everyone will take part in basic first aid training.

If they want to, the student can become a fully qualified first aider.

**+** FIRST AID **+**  
TRAINING





# The Expedition







## On the expedition:

- For the Bronze practice, each team will have a staff member with them at all times on the first day of walking. Depending on their skill, they may be independent at times on the second day.
- On the qualifying expedition, students will be given independence, but will be remotely supervised by staff.
- Student will have access to their mobile phones for emergencies and for personal use at the camp site in the evening.
- **Any inappropriate behaviour will result in sanctions and can result in us phoning you to collect the student.**

# Costs

There may be the potential for funding support with some pupils, please speak with Mr Vaughan.

**total = £120**

**I had to buy:**

- **Sleeping bag – £30**
- **Tent – £40 (split with a friend)**
- **Roll mat – £10**
- **Rucksack – £50**
- **Cooking stove – £20 (split with friend)**
- **Fuel – £5**

**Mr Vaughan's total: £275**

• **Campsite fees = £46\***

• **Deposit = £20**

**We provide you with:**

- **Sleeping bag**
- **Tent**
- **Roll mat**
- **Rucksack**
- **Cooking stove**
- **Fuel**

**Total = £70 + £20 deposit**

# What the students will need to purchase...

- Walking Boots (£11.99+)



- Water proof clothing (£16+)

- Decathlon – Waterproof Jacket £6.99+
- Waterproof Trousers £8.99+

- Decathlon, J9 M6 (Wednesbury)

- Food (£?)



# Silver Award (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	6 <b>or</b> 3 months	6 <b>or</b> 3 months	Plan, train for and complete a 3 day, 2 night expedition <b>in more difficult terrain</b>

*You will either do your physical for 3 months and your skills for 6 or vice versa.*

*These must be activities that you do for around an hour a week.*

## Key dates

- Bronze Practice – 18<sup>th</sup>-19<sup>th</sup> May
- Bronze Qualifying – 22<sup>nd</sup> – 23<sup>rd</sup> June
- Silver Practice – 24<sup>th</sup> – 26<sup>th</sup> May
- Silver Qualifying – 14<sup>th</sup> – 16<sup>th</sup> June



# So why take part?

This is a chance to:

- Challenge yourself
- Try something new
- Get out of school for 4 days
- Improve your CV / college applications

It isn't always easy, but it is worth it.

If you have any more questions, speak to Mr Vaughan (DofE coordinator), Bronze leader (Mr Gordon) and Silver leader (Ms Doherty).