



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.

At Lymm High School, we offer DofE programmes at three levels:

- **Bronze Year 9 (this year)**
- **Silver Year 10 (this year)**
- **Gold Year 12 (from next year only)**

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

You achieve an Award 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.

Time and age requirements

| Level: | Minimum period of participation by: | |
|---------------|--|-------------------------------------|
| | Direct entrants | Previous level 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> | | | |

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.

- 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.

Choosing activities

Think about what you want to do for each section, and check on the DofE noticeboard that your choices can be counted.

Use the helpful lists and category finder on **www.DofE.org/sections**.

Volunteering

- It's about choosing to give time to something useful, without getting paid.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.



Physical

In short, anything that requires a sustained level of physical energy and involves doing an activity.

You can do this section independently or as part of a team.



Skills



Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

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.



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) |

Bronze - dates & cost

- Expedition Dates: ***Sat 20th - Sun 21st May*** (Cheshire) and ***Sat 17th - Sun 18th June*** (Cheshire)
- Training Date: ***Tues 3rd January*** (INSET) @ Lymm HS
- Cost:
 - Registration = £25
 - Expeditions = £215 (can be paid in one amount or as instalments spread throughout the year) – **see Dec 2016 letter for payment dates**

Silver - dates & cost

- Expedition Dates: *Fri 23rd - Sun 25th June* (Peak District) and *Fri 7th - Sun 9th July* (Llangollen)
- Training Date: *Tues 3rd January* (INSET) @ Lymm HS
- Cost:
 - Registration = £25
 - Expeditions = £320 (can be paid in one amount or as instalments spread throughout the year) – see Dec 2016 letter for payment dates

**Check out the DofE
noticeboard & TV screens for
more info**