



THE DUKE  
OF EDINBURGH'S  
AWARD



# The Duke of Edinburgh's Award

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- The world's leading achievement award for young people.
- The DofE's mission is to **inspire, guide and support** young people in their self-development and recognise their achievements.
- **International charity** operating in 119 countries working with 700,000 young people annually.
- In the UK the DofE works with **275,000 young people** every year including 30,000 from significantly disadvantaged backgrounds.
- We operate in schools, youth centres, youth groups, prisons, hospitals, universities and businesses.

# The Duke of Edinburgh's Award

Anyone aged **14-24** can do a programme at one of three progressive levels which, when successfully completed, lead to a **Bronze, Silver or Gold** Duke of Edinburgh's Award.

There are four sections at Bronze and Silver level and five at Gold.



# The Duke of Edinburgh's Award

- **Volunteering**
- **Skills**
- **Physical**
- **Expedition**
- **Residential**

The DofE offers a balanced programme of activities that develops the whole person – mind, body and soul, in an environment of social interaction and teamworking





# Guiding Principles- Achievable by all!



# Volunteering

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## **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**

- Learning about the community and feeling a sense of belonging and purpose.
- Taking responsibility for their communities and own actions.
- Develop teamwork and leadership skills, increasing their employability and work experience.
- Understand their own strengths and weaknesses and build confidence and self-esteem.

# Volunteering with the RYA

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- Assistant Instructor/Instructor
- Coaching others
- Helping at T15 or OnBoard Club
- Helping regularly at RYA Training Centre
  - Committee member
  - General help

# Physical

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## **Aim**

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

## **Benefits**

- Have fun keeping fit by choosing an activity they enjoy .
- Improve fitness by taking part in a physical activity on a regular basis.
- Discover new abilities.
- Raise self-esteem through improvement and performance.



# Physical with the RYA

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- Sailing Level 1, 2, or 3, or Advanced modules
- Passing RYA levels and gaining a certificate:
  - Windsurfing Start, Intermediate or Advanced
- Taking part in a race
- Race training

# Skills

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## **Aim**

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

## **Benefits**

- Develop new talents.
- Develop better organisational and time management skills.
- Develop practical and social skills – by working alongside enthusiastic individuals who share their skills & knowledge.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

# Skills with the RYA

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- Boat maintenance/repair
- Ropework
- Sailing theory
- Power boating
- Meteorology



# Expedition

## Aim

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

## Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Sharing responsibility for success.
- Learn the importance of attention to detail and organisation.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome both expected & unexpected challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and accept consequences.
- Learn to manage risk.

# Residential

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## **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**

- Enable young people to separate themselves from their daily routine
- A chance to step outside their comfort zone & gain new life skills
- Broaden horizons and develop maturity and independence.
- Develop social and team-working skills by completing shared objectives

# Completing a DofE Programme



**Stage 1:  
Preparation**



**Stage 2:  
Training**



**Stage 3:  
Activity**



**Stage 4:  
Assessment**



**Expedition**

Mode of travel: \_\_\_\_\_  
 Aim: \_\_\_\_\_  
 Supervisor: \_\_\_\_\_  
 Position/qualification: \_\_\_\_\_

Training Checklist	Completed:	Checked by:
First aid & emergency procedures		
Awareness of risk and health/safety issues		
Navigation and route planning		
Campcraft, equipment and hygiene		
Food and cooking		
Country, highway and water sports codes		
Observation, recording and presentation		
Teambuilding		
Proficiency in the mode of travel		

Practice expedition(s) (dates and areas): \_\_\_\_\_

I confirm that, in my judgement, this participant has acquired a level of experience and competence during training and practice expedition(s) to enable them to do their qualifying expedition.

Supervisor's Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Scan or photograph this page and upload it into eDofE as evidence.

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**Expedition**

Dates: \_\_\_\_\_ Notification number: \_\_\_\_\_  
 Area: \_\_\_\_\_  
 Assessor's Name: \_\_\_\_\_ ID No: \_\_\_\_\_  
 Assessor's comments: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Date of presentation: \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_  
 Your comments: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Leader's signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Scan or photograph this page and upload it into eDofE as evidence.

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## Bronze level requirements



**Volunteering**

**3 months**



**Physical**

**3 months**



**Skills**

**3 months**



**Expedition**

Prepare, train for and undertake a **2 day and 1 night** expedition.  
At least **6 hours** of planned activity each day.

All participants must undertake a **further 3 months** in either the Volunteering, Skills or Physical section.

## Silver level requirements



**Volunteering**



**Physical**



**Skills**



**Expedition**

**6 months**

One Section for **6 months**  
and the other for **3 months**.

Participants who have not achieved their Bronze Award must undertake a further **6 months** in either the Volunteering, or the longer of the Skills and Physical sections.

Prepare, train for and undertake a **3 day and 2 night** expedition.  
At least **7 hours** of planned activity each day.

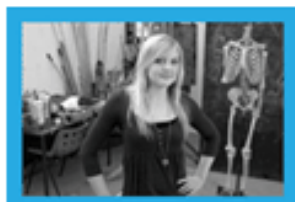
## Gold level requirements



**Volunteering**



**Physical**



**Skills**



**Expedition**



**Residential**

**12 months**

One section for **12 months**  
the other for **6 months**.

Participants who have not achieved their Silver Award must undertake a further **6 months** in either the Volunteering or the longer of the Skills or Physical sections.

Prepare, train for and undertake a **4 day and 3 night** expedition. At least **8 hours** of planned activity each day.

All participants undertake a shared activity in a residential setting away from home for **5 days and 4 nights**.



# Resources – Find out more!

- Website! [www.dofe.org](http://www.dofe.org)
- e - induction <http://www.dofetraining.org/induction>
- The Handbook for DofE Leaders
- ‘Introduction to the DofE’ training course
- eDofE User Guides



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United Learning Trust / Ratcliffe Hall  
Independent employer survey

**Most important activity  
undertaken at school**



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# Impact Research

Undertaken by

**The University of Northampton**

Supported by



**The Pears Foundation**



# Aims of Independent Research

To identify, document and analyse the **impacts** of participation in **DofE programmes** and identify ways to improve the DofE for young people in the future.

# Findings

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Personal development

Building resilience

Employment – skills and prospects

The role of the Leader



# Working Together

# Benefits

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- Additional accreditation for young people
- Winter months activities
- Added value
- Keep youth members engaged

## Two types of partnerships

DofE Centre	Approved Activity Provider
<i>Offers full DofE programme</i>	<i>Offers Expedition or Residential activities only</i>
<i>Young people already engaged in club/centre</i>	<i>Commercial basis – young people already doing their DofE elsewhere</i>



## Becoming a DofE Centre

- Register interest today!
- Nominate a DofE Co-ordinator
- Advertise DofE to young people engaged with club
- Register young people and get them started!

## Becoming an Approved Activity Provider

- Register interest with the DofE
- Sign AAP Licence
- Nominate an AAP Manager
- Advertise your activities to young people
- Sign off sections as appropriate

# Questions?





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