



**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 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 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.

# 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
<i>Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.</i>		

## 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
<i>All participants must undertake a <b>further</b> 3 months in the Volunteering, Physical or Skills section.</i>			

## Bronze Award (14+ years old)

### Timeline:

- Registration by 01/02/2019
- Start Physical/Skill/Volunteering activities
- Skills Training Sessions – 4 x 1 hours - Wednesdays after school
- Practice Expedition – 18<sup>th</sup>/19<sup>th</sup> May 2019 – Waddow Hall, Lancashire
- Qualifying Expedition – 29<sup>th</sup>/30<sup>th</sup> June 2019 – Allt Gymbyd, North Wales
- September – Completion of all activities
- November - Graduation

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Bronze Duke of Edinburgh's Award



## 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>			



# Silver Award (15+ years old)

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## Timeline:

- Registration by 01/02/2019
- Start Physical/Skill/Volunteering activities
- Skills Training Sessions – 4 x 1 hours - Mondays after school
- Practice day walk – 10<sup>th</sup> March 2019 - Rivington
- Practice Expedition – 11<sup>th</sup>/12<sup>th</sup> May 2019 – Waddecarr Scout Camp, Lancashire
- Qualifying Expedition – 21<sup>st</sup> – 23<sup>rd</sup> June 2019 – Barley, Lancashire
- September – Completion of all activities
- November - Graduation

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Silver Duke of Edinburgh's Award

