

### **What is the DofE?**

The Duke of Edinburgh Award is the largest youth development award in the world. It is an opportunity for young people to develop soft skills and personal characteristics to prepare them for the modern world. It is an opportunity for young people to get recognition for helping others, keeping active and developing skills. It is a chance to put yourself out of your comfort zone and learn something new about yourself.

You complete the DofE at 3 levels: Bronze (Year 9), Silver (Year 10) and Gold (Year 12+13).

You will work on three sections for a considerable amount of time, showing commitment and dedication. The sections are physical, skills and volunteering.

You will work with a team to complete an independent expedition. Planning the route, organising resources and carrying everything you need on your backs, you will head out into the countryside to complete the aims of your journey.

After all your hard work and effort you will have completed an amazing achievement - something universities, colleges and employers value.

### **How do I start?**

You will be invited to a parent's information meeting, where you will find out more. You will complete an enrolment form and pay a deposit on Parent Pay. Once this is done an account is created for you for your DofE Website (eDofE).

You will then be able to enter in your chosen activities for your sections.

### **Is it free?**

There is a cost attached to the DofE. There is a £50 deposit to cover the cost of the participation place and licence fee the school is charged.

There is then an additional cost for the expedition that covers camp fees, some equipment and maintenance, staffing costs and training. This is currently £100.

### **Do I need to pay it all at once?**

We usually ask for the £50 to be paid in the autumn to give as much time to find activities and complete the award.

No payment needs to be made in one lump sum and can be split over a number of instalments of your chosen size.

### **Is there funding or help available?**

We are committed to giving every student the opportunity to complete their DofE if

they want to. There is a small amount of funding available from the DofE itself but this is limited to meeting the costs of registration.

If you have concerns about funding or paying for the DofE Award, please contact [dofe@skdrive.org](mailto:dofe@skdrive.org) for more information as we may be able to help.

### **What do I do for volunteering?**

The volunteering section is sometimes quite hard to find. However, the criteria are pretty broad so you can be fairly creative. As long as you are doing something that helps a group or another person, and not getting paid for it, it will probably count towards the DofE.

I have linked some information below - during COVID, there were lots of creative ways to get involved in volunteering etc even though you were in lockdown. A lot of these things have carried on through and can still work. Simply litter picking in your area might be a good idea, or perhaps producing an awareness campaign on social media for a charity or cause you are interested in. Some people have done online research for science experiments too. Have a look at the information and see what you think.

#### [DofE with a Difference](#)

There are lots of interesting ideas that came up with COVID, some of the links don't work - but might give you a place to start googling.

#### [Climate change based](#)

There are some ideas here about climate change!

#### [Volunteering ideas list](#)

### **What do I do for skills?**

Skills can be equally broad, and also doesn't need to be something new. [Here](#) is the list of recommended ideas from the DofE, and another page of ideas [here](#).

Just like with volunteering, there are options to learn remotely. The key idea is to find something you will enjoy - it doesn't have to be very imaginative - photography (maybe of a sport you enjoy), journalism, learning some sign language can all work!

### **What can I do for physical?**

Physical is very clear - the one requirement is that it must raise your heart rate! It needs to be a sustained physical activity. Any sport or physical activity can count, team or individual. It doesn't need to be a new sport - it can be something you are already doing. Likewise it doesn't need to be a sport - getting fitter for your expedition works!

Here is a list of ideas from the [DofE](#).

### **How do I complete my sections?**

You will need to fill in all the information on eDofE for each section. Then you will need to find an [assessor](#).

The assessor will write a report at the end of the section which will ask how much progress has been made towards the goals set at the start and what changes have been seen - all very positive and focused on growth!

The assessor can complete the paper copy from the welcome pack - which can either come into me or be scanned and uploaded onto the app. Alternatively (and more easily) there is an online version which can be completed - the link is <https://www.dofe.org/assessor/>. This can all be completed at the end of the section.

### **What evidence do I need to collect?**

There is no requirement to collect evidence, but taking pictures, videos, writing a small journal entry or keeping some track of how you are doing is an excellent way of showing progress to your assessor and capturing your own memories.

There are optional activity logs [here](#) that you can use to keep a record of your sections.

### **Can I do two activities for one section?**

No - you need to pick one activity and focus on that. It could be related, so doing a range of activities to help one charity or neighbour, but not two separate activities.

### **Who can be an assessor?**

A DofE [Assessor](#) can be any adult who is interested in helping you to achieve, has some knowledge of the activity you are doing and can be available over the time you're doing it. They will produce or sign off the relevant Assessor's report for that section, which is uploaded into eDofE.

An Assessor checks on your progress and agrees the completion of a section of your programme. They must be independent. Therefore, they **cannot be a member of your family.**

**I've been doing my activity idea before starting the DofE, can say that I've already done the time for that activity?**

No. Although it's fine to continue doing something you are already doing, you need to set goals and work on that activity for the timescale in your section and get a report at the end.

**What dates are the expeditions and training? (2023)**

6th March - Bronze Training (Enrichment P6)

25th March - Bronze/Silver/Gold Weekend practice walk

21st April - Bronze/Silver/Gold Friday night camp in school and walk early Sat

25th April - Bronze route planning

3rd May - Bronze route planning

12th - 15th May - Bronze Exped

16th May - Silver route planning

18th May - Silver route planning

23rd May - Silver route planning

26th - 28th May - Silver practice

6th June - Silver route planning

8th June - Silver route planning

13th June Silver route planning

15th - 18th June Silver Exped

**What Kit do I need for the expedition?**

Some information on kit

Information

[Link](#)

Kit List - a paper copy can be made available

## [Link to Kit List](#)

### **How long are the expeditions?**

Bronze - 2 days 1 night

Silver - 3 days 2 nights (although we travel down the night before it starts)

Gold - 4 days 3 nights (same travelling time as Silver)

Silver and Gold require you to complete a practice expedition as well.

Silver - 2 days 1 night

Gold - 3 days 2 nights

### **Where are the expeditions?**

Bronze is on the Mendips - around Cheddar Gorge and Beacon Batch

Silver will train on the Quantocks and do the expedition exploring Exmoor.

Gold is in a mountainous environment, like the Lake District or Eryri (Snowdonia) - you will decide and plan where this takes place.

### **How far do we walk?**

The expeditions are not about completing a distance, but about planned activity time. You will have to have a minimum of 7 hours planned activity each day.

### **Will there be toilets on the campsite?**

Bronze/Silver. Yes - all campsites have toilet facilities. Gold - it depends on where you plan to camp.

### **What can I eat?**

You plan your meals with your team. You will need to organise, carry and cook all your food for the whole expedition. More information on food can be found [here](#).

### **Will I need to walk with all my kit?**

For the practice day walk, only a day's walking kit will be required - this does include **walking boots/shoes and waterproofs**, but not tent, cooker, sleeping bag etc.

On the expedition you must carry all your kit for the whole expedition unless told otherwise.

