

Introduction to the DofE

Information for Parents and Participants

The DofE is...

...the world's leading achievement award
for young people.

Its balanced programme of activities develops the
mind, body and soul in an environment of social
interaction and team working.

It encourages young people to
live life as an adventure.

Our guiding principles

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable



The benefits

- Self-belief
- Self-confidence
- A sense of identity
- Independence of thought and action
- Respect and understanding of people from different backgrounds, cultures and walks of life
- A sense of responsibility

The benefits

- An awareness of their potential
- New talents and abilities
- An understanding of strengths and weaknesses
- The ability to plan and use time effectively
- The ability to learn from and give to others in the community
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous 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 (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.*

The 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, participants must do an additional fifth **Residential** section, which involves working and staying away from home doing a shared activity

Choosing activities

There is a massive choice of activities that count towards DofE programmes. Participants can select practically any activity they wish – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- Participants need to choose activities that they are going to enjoy.
- Activities could be something that they are already doing or perhaps one they've always wanted to try.

Volunteering

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

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

What is required?

- Volunteering is simple. It's about choosing to give time to something useful, without getting paid.
- Team volunteering can be beneficial to young people and to the project they have chosen.
- At least 3/4 of activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
 - Change their content to include practical volunteering e.g. raising awareness project
 - Count towards the Skills section – Life skills category

Volunteering categories

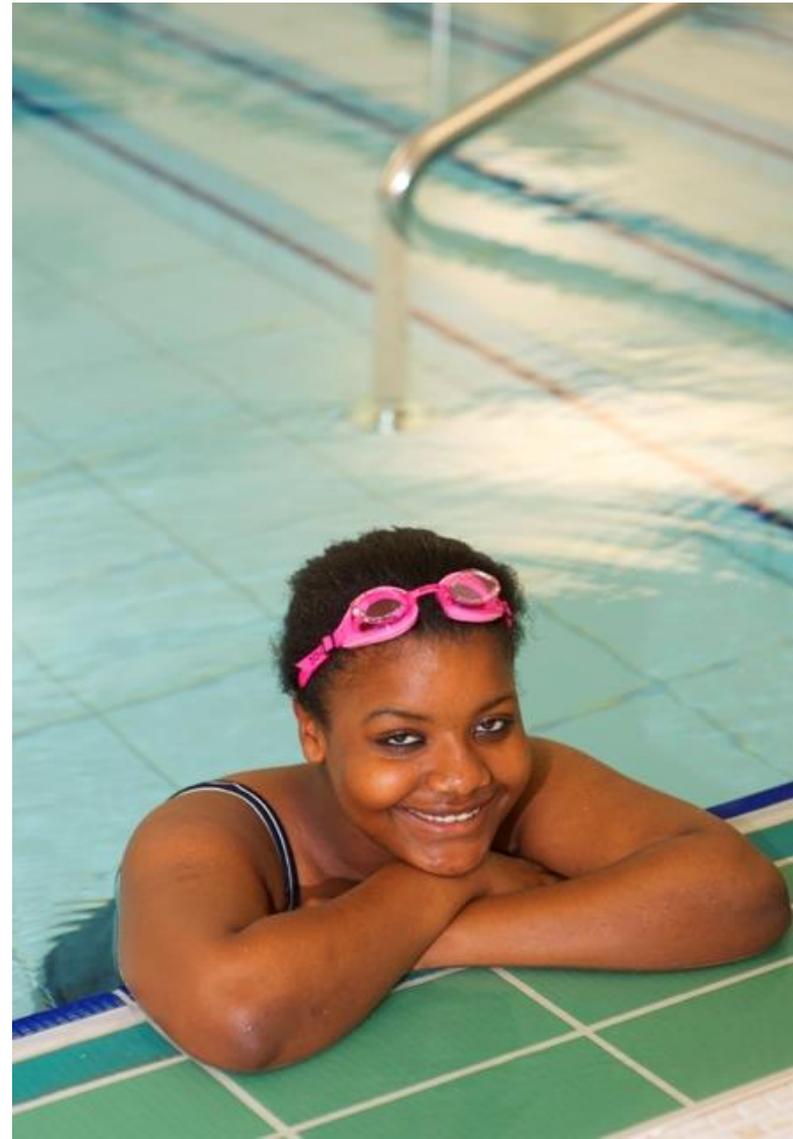
- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation



Physical

Aim

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



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

What is a physical activity?

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

Participants are free to do this section independently or as part of a team.

Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



Skills

Aim

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



Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

Something old or something new

Ultimately participants must be able to prove that they have broadened their understanding and increased their expertise in the chosen skill.

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

Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



Expedition

Aim

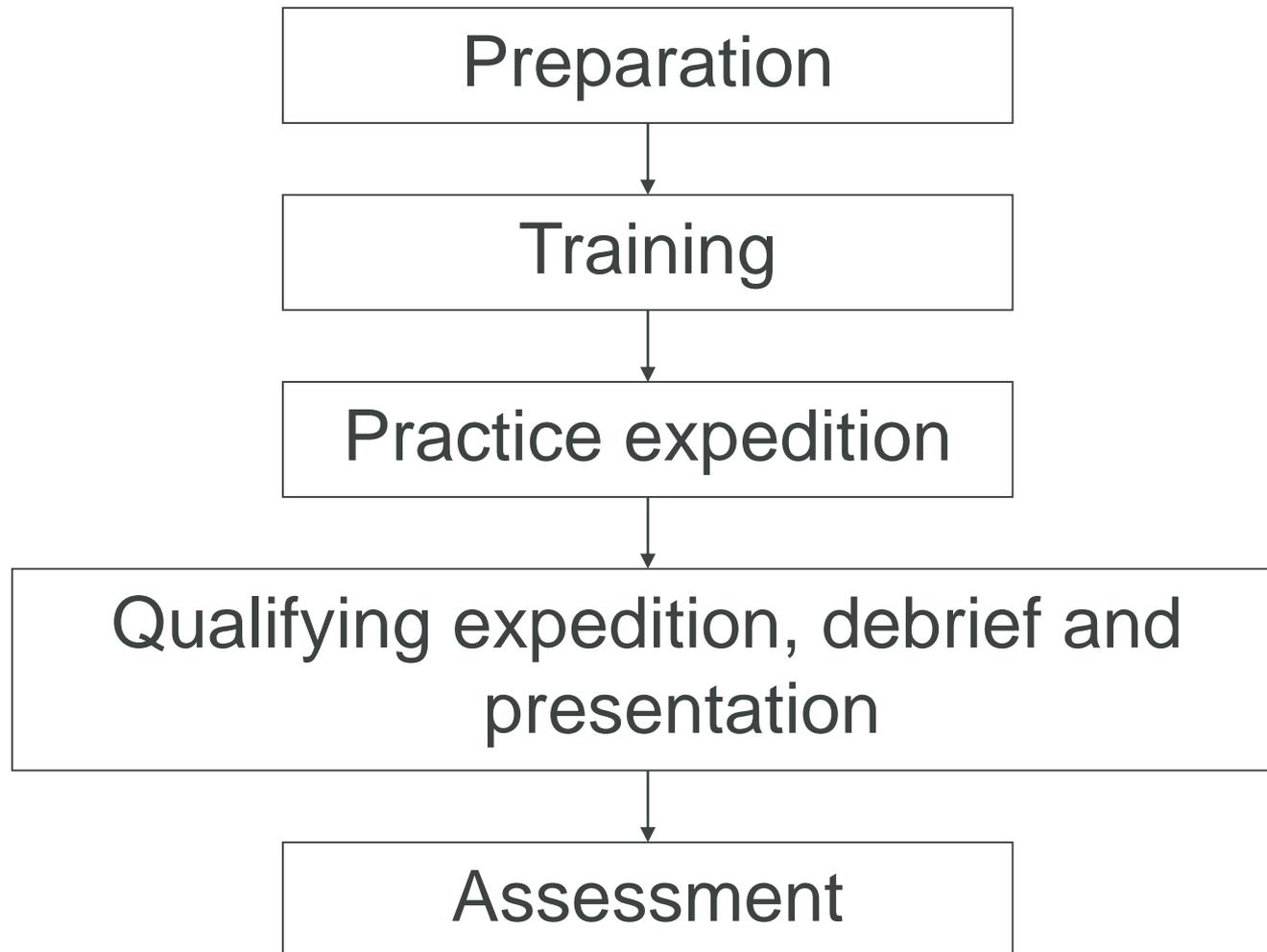
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

The expedition process



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)

Example of Previous Participant

- Student A
 - Volunteering: Lifeguard training and volunteering at local swimming pool.
 - Skill: School based drama club culminating in taking part in school performance.
 - Physical: Irish Dancing.
 - Expedition: School based expedition programme.

Example of Previous Participant

- Student B
 - Volunteering: In the school library supporting young readers.
 - Skill: Piano lessons in school.
 - Physical: Trampolining in school.
 - Expedition: School based expedition programme.

The Cost

- Entry onto the award.
 - Bronze: £50 (£22 non-refundable by 29th June via ParentPay; remainder by 31st August).

Expeditions

- Brockington Expedition Programme: To be confirmed but likely in the region of £120 to cover both practice and qualifying expedition.

How does it work?

- Participants are assigned a participation place after enrolment.
- Participants log in to the eDofE website and fill in their activity information.
- Leaders confirm the choice of activity online.
- Participants upload evidence of their completion of the activities to the EDofE site.
- When necessary time has passed and evidence collected leaders confirm completion of the section.
- When all sections are complete participant gains their award.

School Responsibilities

- To support the participant through all aspects of the Duke of Edinburgh's Award.
- To ensure that any activities the participant chooses to undertake meet the requirements of the Award.
- To ensure that any activities the participant undertakes within school meet the Health and Safety requirements of the Award.
- To properly monitor the participants progress and advise on steps still needed to complete the Award

Participant Responsibilities

- To commit to succeeding in all sections of the Award.
- To take primary responsibility in finding and selecting opportunities to fulfil all sections of the Award.
- To be open to developing the skills and attitudes commensurate with the aims and benefits of the Award.

Parent Responsibilities

- To support the participant through all aspects of the Award.
- To ensure that any out of school activities meet the Health and Safety requirements of the Award.
- To assist the school in monitoring the progress of the participant, and be open to discuss concerns with the DofE coordinator or leaders.

Event Timetable

- Enrolment – Deadline for enrolment is 15th June 2018. Parent Pay will open on the following Monday for all those who have submitted completed enrolment forms.
- Introductory meeting, training and issue of DofE packs – September 2017.
- Expedition Introduction for Brockington Expedition Programme – January 2018.

Young people have their say

“Volunteering for the Score Project has been great as I have a laugh while helping others.”

Faisal, DofE participant



“Doing your DofE helps you build on an existing hobby. With just a little extra effort you can prove your ability.”

Emma, DofE participant

More Information

- www.dofe.org – Duke of Edinburgh's Award website
- pgm@brockington.leics.sch.uk

Thank You

Any questions?