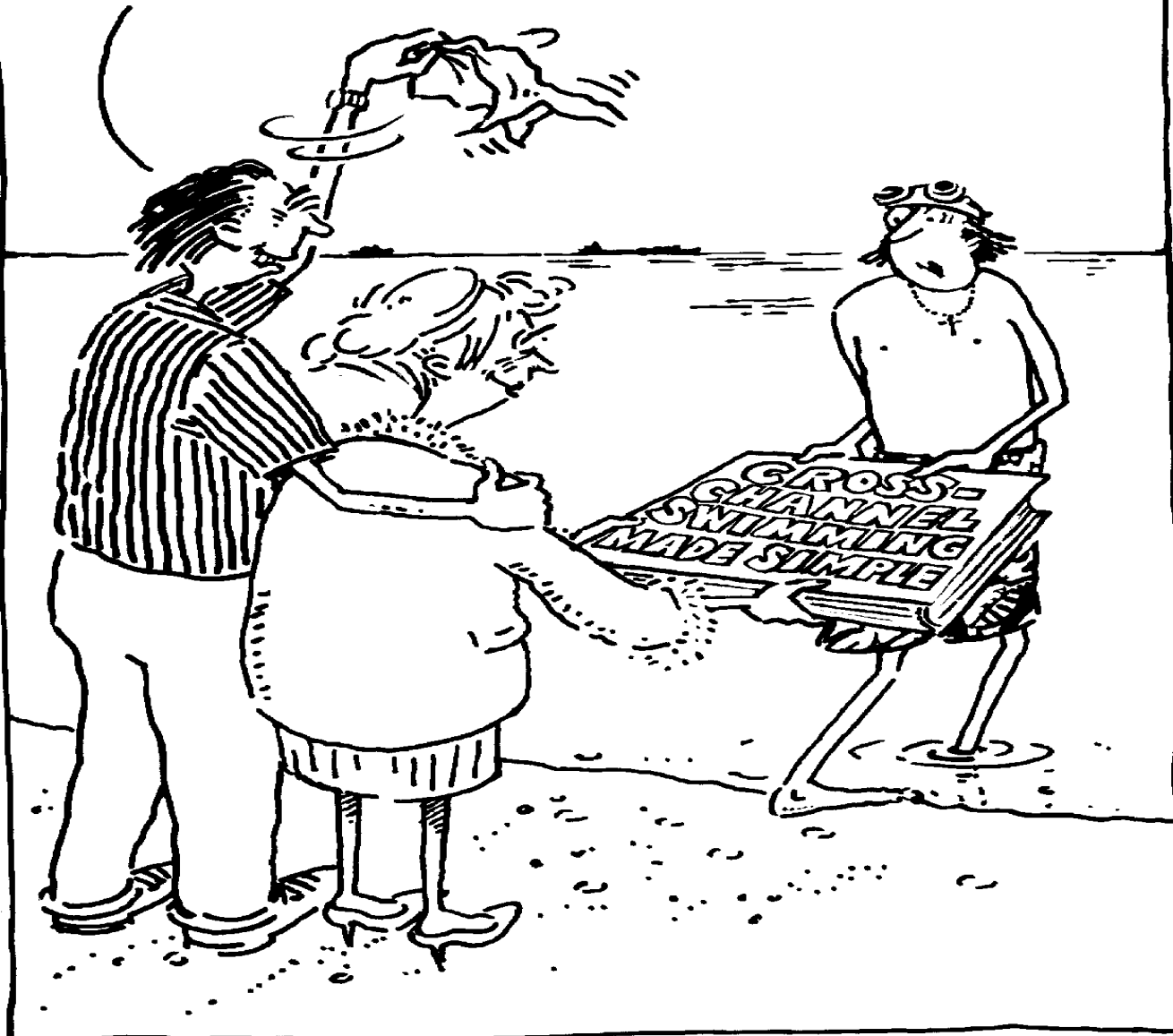


Introduction to the DofE

LIVERPOOL COLLEGE CCF

IT'S JUST A LITTLE SOMETHING
FOR THE TRIP, SON... WE DO HOPE
YOU MAKE IT... MOTHER SO WANTS
TO GO TO THE PALACE. I



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.

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

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 they are going to enjoy.
- Activities could be something that they are already doing or perhaps one they've always wanted to try.

Choosing activities

When deciding on a programme, you should think about:

- **The young person** – their level of expertise, their maturity and level of confidence.
- **The goals** – they should be challenging but achievable.
- **Prior activities** – an activity done during the preceding three months of starting a DofE programme could count towards the achievement of an Award.
- **When activities take place** – participants should be able to show that their activities required a substantial contribution of personal time and voluntary effort.

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.



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.



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.



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



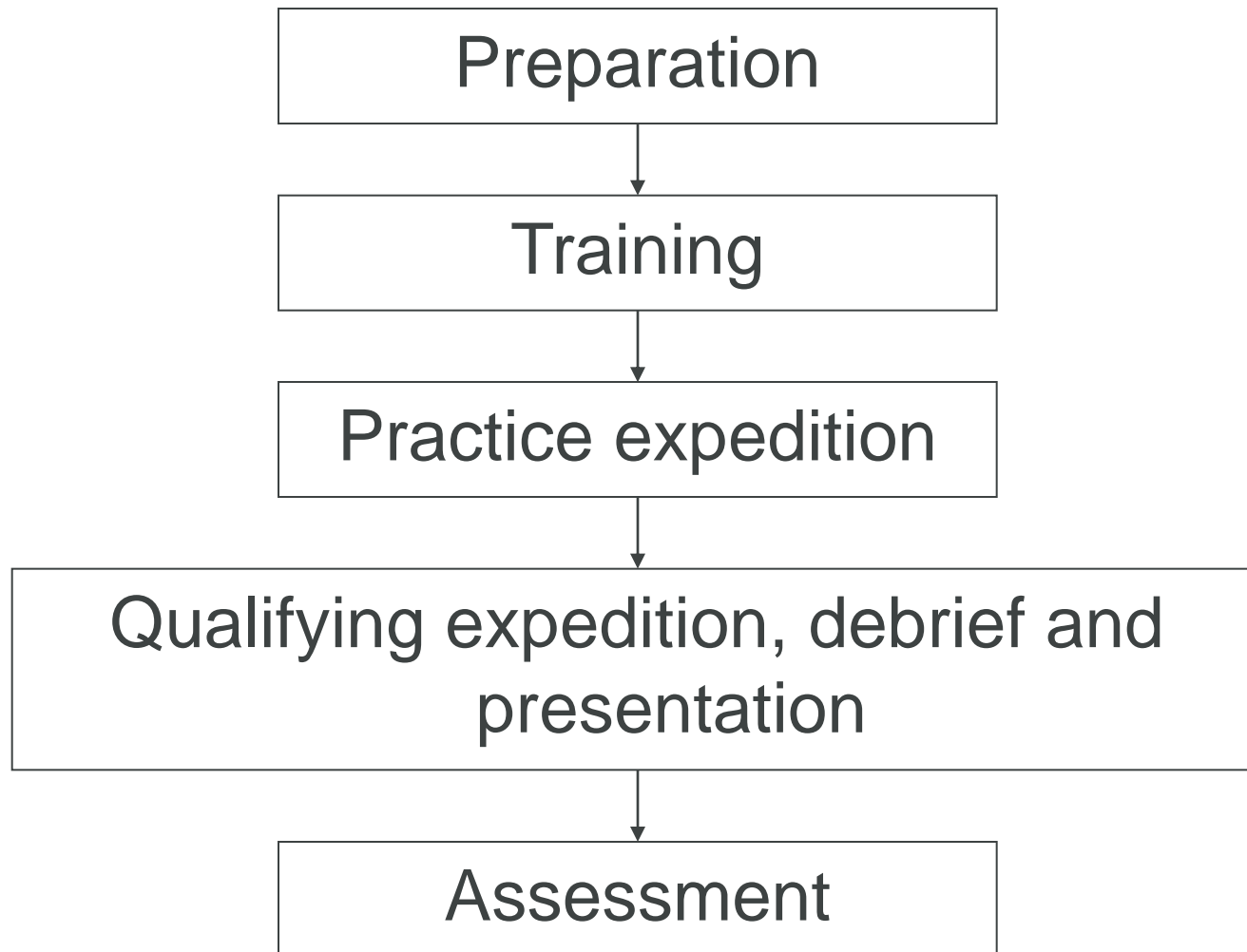
Expedition

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.



The expedition process



Expedition examples

- This can be far flung or close to home:
 - Exploring team dynamics on foot in the Cairngorms
 - Using cycle paths in Germany to compare to the UK
 - Following a disused railway track by wheelchair
 - Utilising canoe trails in Canada on a wilderness trip
 - Exploring bridle paths in the Brecon Beacons



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)

EXPEDITION DATES 2012

DATE	LOCATION	REMARKS
On Going	CCF – Training Course	Common Syllabus
30 th – 31 st March	Peak National Park	Training Camp 1
8 th – 10 th June	Peak National Park	Practice Expedition
21 st – 23 rd June	Peak National Park	Assessed Expedition

SAMPLE PROGRAMME

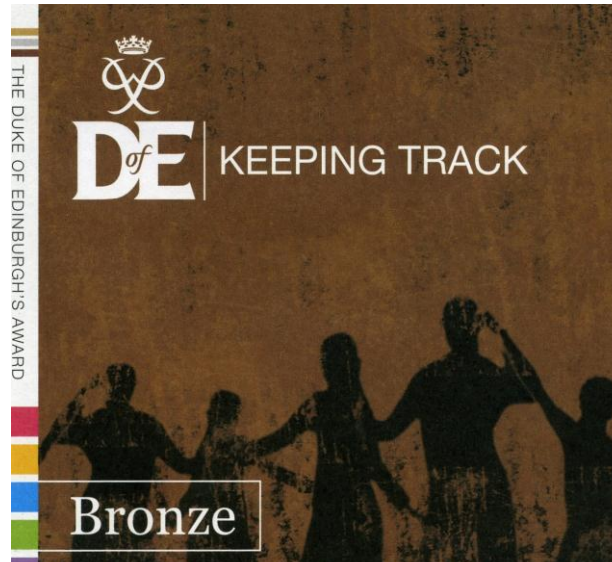
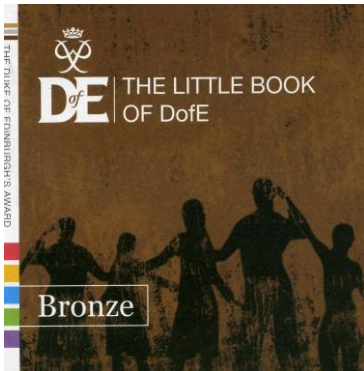
	SKILL	VOLUNTEERING	PHYSICAL	EXPEDITION
Section	SKILL	VOLUNTEERING	PHYSICAL	EXPEDITION
Activity	Musical Instrument	Cookery Club	Team sport	Walking
Where	School	Prep school club	School	Peak Park
When	As scheduled	After school Tue	School Games	June 2012
How long	3 months	3 months	6 Months	2 days
Assessor	Music Teacher	Parent society volunteers	PE Teacher	Miss McCaughey

NB Activities are to be for 1 hour per week on average. This can be to 30 minute activities done in school lunch break

eDofE

- The new record and management tool for recording progress through the award.
- On registration you will receive an Entrance Pack
- A participants place on the scheme
- eDofE user guide for participants.

Edofe ENTRANCE PACK



The Physical section

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

Principles

- Involvement in some form of enjoyable physical activity is essential for young people's physical health.
- Maintaining physical health is important to mental and emotional well-being.
- A lasting sense of achievement and satisfaction is derived from meeting a physical challenge.
- Physical activities are enjoyable in themselves and can lead to the establishment of a lasting, active lifestyle.

Completion of the section
Young people have met the DofE requirements if they've demonstrated effort, perseverance and improvement.

Completing the Keeping Track booklet
Please fill in your comments in their *Keeping Track* booklet – including info on training, team contribution (if applicable), and achievement of personal goals. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme. Hand the booklet back to the young person, who will either keep it or scan it and upload it into eDofE, our online system.

THE SMALL PRINT: The Duke of Edinburgh's Award is a Registered Charity No. 1072490, and in Scotland No. SC036254, and a Royal Charter Corporation No. RC000806. Registered Office: Gulliver House, Madras Walk, WINDSOR, Berkshire SL4 1EU. T: 01753 727400. E: info@DofE.org www.DofE.org 7/09

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.

page 12

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.

page 13



eDofE user guide
for participants



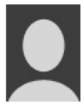
My Gold DofE programme

Home

Shop

Sign out

You are here > [Home](#)



Not Real12
ID:165706
Enrolment date:
01/01/2015

[View/edit my profile](#)

- DofE information
- My Gold DofE
- Resources
- Keep safe
- Help



Home

My sections and progress



My evidence



Latest news



Welcome to the eDofE! I hope that in doing your DofE you will discover fresh interests, make new friends and find satisfaction in giving service to others. [\(read more\)](#)

Communications

Messages: 3 (3)
News: 132
Contacts: None

The DofE Achievement Pack
Remember to upload lots of good quality evidence!

See range

With the high-tech functionality of

Tent Sale

PLANNER

My Volunteering section

Timescale: 12 Months

* Start date:

Earliest completion date:



* Type/category of activity:

* Detailed activity chosen: ?

* Where are you going to do it? ?

32/140 characters used

* What are your goals? What do you want to achieve? ?

49/140 characters used

* Who is going to support & assess you? ?

71/140 characters used

* Select your preferred Leader to submit the section details to:

You can save this info and edit it later if you're not ready to submit it.

Save & update

Have you checked your spelling?
Remember, the text you put in these boxes will appear in your Achievement Pack!

Submit details for approval

Thank You

Any questions?