



DofE programmes

The concept of the DofE is simple – anyone aged between 14 and 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.

With assistance if needed from our DofE staff, your child will select and set objectives in each of the following areas:

Volunteering: undertaking service to individuals or the community. Examples:

- Raising money for a cancer charity
- Being a football coach at the local youth club
- Helping at an after-school club for kids with cerebral palsy
- Running a recycling project in their local housing estate
- Being an active member of a youth council or forum.

Physical: improving in an area of sport, dance or fitness activities. Examples:

- Playing table tennis regularly at their youth club
- Taking part in after-school wheelchair basketball lessons
- Joining a local athletics club and competing for their area
- Improving their karate skills and gaining the next belt
- Taking weekly dance lessons at a local club.

Skills: developing practical and social skills and personal interests. Examples:

- Learning how to juggle
- Taking saxophone lessons and gaining a higher grade
- Compiling a book on the fashions of the last decade
- Learning about today's digital lifestyle, creating a video and posting it online
- Being an active member of a Young Enterprise group at their college.

Expedition: planning, training for and completion of an adventurous journey in the UK or abroad.

Bridgewater will provide this opportunity.

How long does it take?

Each section must be done for a minimum period of time for an average of an hour a week over this time. To achieve an Award your son or daughter must show persistence, commitment and personal development.

It's not something that can be achieved through a short burst of enthusiasm one weekend! However, they may easily fit their DofE activities in around their school, college or work commitments, carrying them out in their own personal time, partly as one of a range of options in supported/core time or as an after-school or lunchtime programme. They may choose to use an activity they are already doing as a DofE activity – or go for something completely new.

Each progressive level demands more time and commitment from participants. There is no real time limit when it comes to completing a DofE programme. As long as your child is under 25 years old when they complete all their activities in their programme, they're free to work at a pace that they're comfortable with to achieve their Award. The chart below shows the minimum time participants must do their programmes for, expressed in months and usually requiring a regular commitment of around an hour a week per section. Direct entrants are young people who have not achieved the previous level of Award.

Timescales for each level

Bronze (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and undertake a 2 day, 1 night expedition.
All participants must undertake a further 3 months in the Volunteering, Physical or Skills sections.			

Please note: Participants are also required to complete a training expedition as well.

Silver (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 undertake a 3 day, 2 night expedition.
Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

Please note: Participants are also required to complete a training expedition as well.

Gold (16+ years old)

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and undertake a 4 day, 3 night expedition.	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.
Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

Please note: Participants are also required to complete a training expedition as well.

Length of time of DofE Assessment 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)

Please note: Participants are also required to complete a training expedition as well.