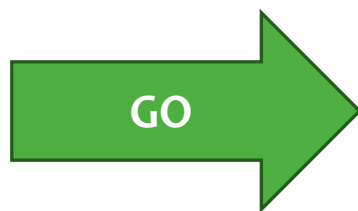


The Duke Of Edinburgh Award Scheme



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What is the D of E award

The Duke of Edinburgh's award aims to provide an enjoyable, challenging and rewarding programme of personal development for young people.

- * Non- Competitive
- * Available to all
- * Voluntary
- * Flexible
- * Balanced
- * Progressive



Benefits of the D of E award

Not only a globally recognised qualification but also in taking part you will develop:-

- * Self-belief
- * Self confidence
- * A sense of identity
- * Independence
- * An awareness of your potential
- * New talents and abilities
- * An understanding of strengths and weaknesses
- * Time management
- * New relationships
- * Skills including problem solving, presentation and communication
- * The ability to lead and work as a team



Levels and timescales

There are three levels of programmes to choose from, each with different intensities and varying timescales.

- * [Bronze](#)
- * [Silver](#)
- * [Gold](#)



Bronze Award

- * Can be started from the age of 14
- * Can be completed in 6 months

Volunteer	Skill	Physical	Expedition
3 months	3 months	3 months	Plan, prepare for and undertake a 2 day, 1 night venture

All participants must undertake a further 3 months in either skill or physical section



Silver Award

- * Can be started from the age of 15
- * Can be completed in 6 months

Volunteer	Skill	Physical	Expedition
6 months	One section for 6 months the other section for 3 months		Plan, prepare for and undertake a 3 day, 2 night venture

Direct entrants must undertake a further 6 months in either the service or the longer of the skill or physical section



Silver Award Direct Entry

- * The Silver Award can be completed without having done the bronze award first.
- * It would take a minimum of 1 year to complete
- * Remember you would need to spend an extra 6 months on one of the longer Activities



Gold Award

- * Can be started from the age of 16
- * Can be completed in 12 months

Volunteer	Skill	Physical	Expedition	Residential
12 months	One section for 12 months the other section for 6 months		Plan, prepare for and undertake a 4 day, 3 night venture	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 service or the longer of the skill or physical section



Gold Award Direct Entry

- * The Gold Award can be completed without having done the bronze or silver award first.
- * It would take a minimum of 18 months to complete
- * Remember you would need to spend an extra 6 months on one of the longer Activities



Activities (sections)

Each level is split into four sections:

- Volunteer
- Physical
- Skill
- Expedition

And for the Gold Award an extra section:

- Residential



Volunteer

- * Must average at least 1 hour a week
- * If training is required, this time is included in the overall time spent volunteering.
- * The choice of volunteering should reflect your interests, talents and capabilities but also be challenging and may build on previous experiences
- * List of volunteering ideas



Volunteering Ideas

- * Fundraising for a charity
- * Assisting in a rescue service (mountain rescue)
- * Care for animals
- * Child care
- * Learning Support
- * Sports leadership
- * Youth work
- * Uniformed youth organisation leadership
- * Community support
- * Visiting elderly people
- * Assisting with the emergency services (fire service)
- * Many more too



Physical

- * Achievement should be measured by regular participation and improvement in personal performance
- * Agree programme with instructor and assessor, including content and goals.
- * List of Physical Ideas



Physical Ideas

- * Aerobics
- * Archery
- * Athletics
- * Badminton
- * Baseball
- * Basketball
- * Bowling
- * Canoeing
- * Caving
- * Climbing
- * Cricket
- * Cycling
- * Dance
- * Fencing
- * Fitness activities ie gym
- * Football
- * Golf
- * Gymnastics
- * Hockey
- * Judo
- * Mountain biking
- * Netball
- * Orienteering
- * Parachuting
- * Polo
- * Tennis
- * Horseriding
- * Rounders
- * Rowing
- * Rugby
- * Running
- * Sailing
- * Skating
- * Skiing
- * Squash
- * Surfing
- * Swimming
- * Table tennis
- * Trampolining
- * Ultimate frisbee
- * Volleyball
- * Walking
- * Water skiing
- * Weight lifting
- * Wrestling
- * Yoga
- * And many more ...



Skill

- * Follow an activity and show progression and sustained interest over a period of time.
- * Leads to a deeper knowledge of the subject and increased degree of skill.
- * List of skill ideas



Skill Ideas

- * Agriculture
- * Aircraft – study of, recognition, flying, construction, restoration
- * Animals- keeping, breeding, studying, handling, racing.
- * Archaeology
- * Art and design – painting, drawing, etching, calligraphy
- * Astronomy
- * Audio broadcasting
- * Bell ringing
- * Billiards, snooker and pool
- * Boat building
- * Candlemaking
- * Cars – maintenance, engineering, construction, roadskills
- * Chess
- * Choirs
- * Circus skills
- * Coastal navigation
- * Conservation
- * Cookery
- * Darts
- * Fishing
- * Floral Art
- * Furniture – making, restoration
- * Gardening
- * Glasswork
- * Journalism
- * Karting
- * Languages
- * Metal work
- * Model construction
- * Music playing
- * Performing arts
- * Photography
- * Refereeing
- * Sculpture
- * Zoology



Expedition

- * Clear defined purpose needs to be set.
- * Review on completion and presentation required.
- * Should take place between end of March and end of October.
- * Joint planning and prep by all members of group.
- * Group consists of between 4 and 7 young people.
- * Accommodation will be camping
- * Practice journeys must be undertaken
- * Training must be undertaken
- * Requirements differ for each level of award.



Expedition Training

The common syllabus of training covers:-

- * First aid and emergency procedures
- * An awareness of risk and health and safety issues
- * Navigation and route planning
- * Camp craft, equipment and hygiene
- * Food and cooking
- * Country, highway and water sports codes (where appropriate)
- * Observation, recording and purpose
- * Team building



Route Planning

- * You're route must be representative of the minimum planned activity time.
- * Routes should make as little use of roads as possible
- * Every effort should be made to avoid villages.



Equipment

- * Clothing footwear and equipment should be suitable for the activity and the environment in which it is to be used.
- * The equipment must be capable of resisting the worst weather anticipated.
- * The group must carry all equipment and food to be used during the expedition
- * All individuals must carry the personal emergency equipment required.
- * Equipment list ideas



Equipment Ideas

- * 1 pair walking boots (broken in)
- * 2 pairs walking socks
- * 2-3 t-shirts
- * 1 thermal
- * 2 fleece tops
- * 2 walking trousers
- * Underwear
- * Nightwear
- * 1 waterproof trousers
- * 1 waterproof and windproof coat
- * Weather appropriate gear (sun cream, sun hat, shorts, scarf, warm hat, gloves)
- * 1 wash kit
- * 1 towel
- * 1 rucksack (approx. 55-65 litres)
- * 1 rucksack liner (or 2 plastic bags)
- * 1 roll mat
- * 1 sleeping bag
- * 1 sleeping bag liner (optional)
- * 1 notebook & pen/pencil
- * 1 watch
- * 1 whistle
- * 1 torch
- * Spare batteries & bulb
- * Personal first aid kit
- * 1 water bottle (1-2 litres)
- * 1 knife, fork, spoon
- * 1 plate/bowl
- * 1 mug
- * Plus group kit (Tents, stoves, cooking pans, maps, compasses, camera, toilet paper, food, plastic bags)

Food

- * At least one substantial meal should be prepared and cooked under camp conditions each day.
- * The group must carry all the food required for the expedition.
- * Dairy products only, may be bought en route if required.
- * Lightweight, nutritious, and tasty are the main considerations when purchasing food for an expedition, list of food ideas



Food Ideas

- * Super noodles – (pot noodles too bulky)
 - * Ration packs
 - * Cuppa soups
 - * Porridge Sachets
 - * Jelly cubes (for energy)
 - * Dextrose tablets (for energy)
 - * Sweets
 - * Cereal bars
 - * Tinned food can be complete but also very heavy
 - * Pasta
-
- * Only take what you need!
 - * Try to work as a team and spread the food load evenly.



Expedition Levels

Level	Days and nights away	Planned activity
Bronze	2 days, 1 night	4 hours per day
Silver	3 days, 2 nights	6 hours per day
Gold	4 days, 3 nights	8 hours per day

Planned activity includes journeying, navigation, setting up and striking camp and on tasks related to the purpose of the journey.



Final Presentation

The final presentation should be about the purpose of the venture which should have been considered in the early planning stages. You may choose to focus on:-

- * Practical first-hand observations, investigation or study.
- * Aesthetic appreciation
- * Literary or historic journeys
- * The completion of a physically demanding journey



Residential

- * Only necessary for the Gold Award.
- * Undertake in a shared activity or specific course in a residential setting away from home and in an unfamiliar environment.
- * Residential settings may typically be in centres, youth hostels, sailing ships or camps. (staying with a family or “home stays” are not acceptable)
- * 5 days and 4 nights away.



Useful Help

- * www.dofe.org
- * emily.claydon@sandy-aircadets.org.uk

You only have to ask!

