

# THE DUKE OF EDINBURGH'S AWARD

In Association with...



Queen Elizabeth's  
Girls' School



- The Award comprises 3 levels:



**Bronze**



**Silver**



**Gold**



# Why do DofE

- Personal challenge.
- Someone who has their **BRONZE, SILVER or GOLD** Awards will set their CV apart from their competitors.
- Develop Independence
- Have fun with friends!

*The World's most successful youth  
development programme*

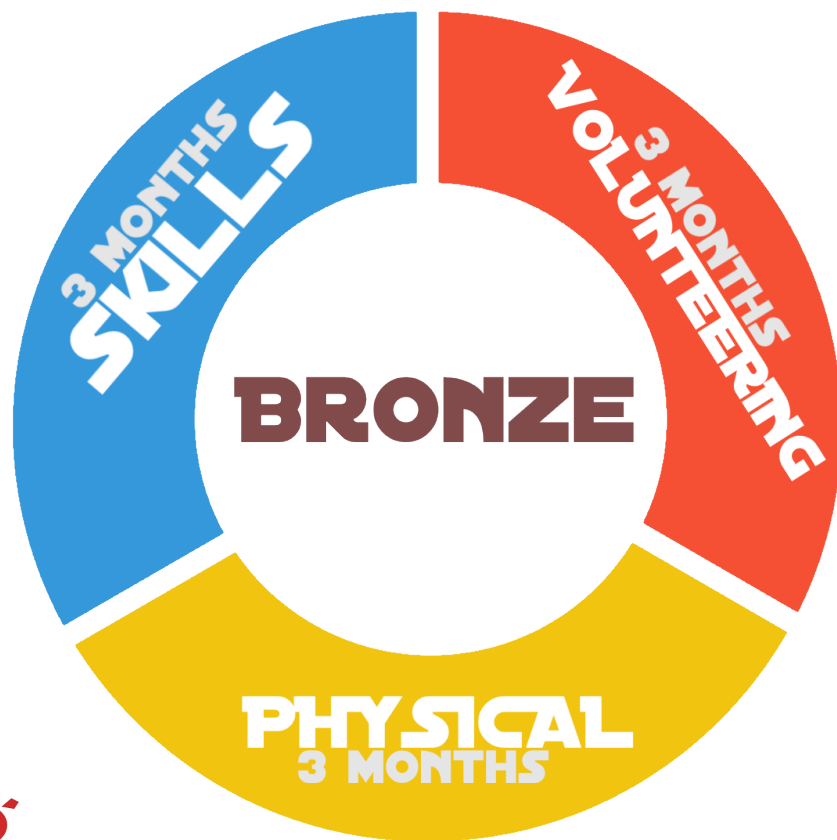


# What does DofE Involve?

- By taking part in the sections, you will find yourselves helping people or the community. Getting fitter, developing skills, going on expeditions.
- An Award is achieved by *completing a personal programme* of activities in 4 sections.



# Award Requirements



+ 3 months in  
section of your  
choice.

+ 2 day (1 night)  
Expedition.



# Skill, Volunteering & Physical Recreation

- Minimum 1 hour per week per activity.
- A shorter, more intensive period does not count.
- Signing up and not turning up also does not count!
- Report in your logbook will be written upon completion.



# Skill, Volunteering & Physical Recreation

If you need to you can do more than one activity within the time frame, for example:

Summer Term: Netball

Autumn Term: Hockey



# Skill, Volunteering & Physical Recreation

## What Counts?

- Any activities that are *non compulsory*.

If you normally play for a team you may wish to consider making your Physical Recreation the 6 month section.





# Example Section Options:

## Skill

- Playing a musical instrument
- Keeping of pets
- Dog training & handling
- Performing Arts
- Cookery
- Writing
- First Aid
- DIY

## Physical

- Golf
- Running
- Diving
- Rowing
- Football
- Tennis
- Hockey
- Netball
- Swimming

## Volunteering

- Fundraising
- Animal welfare
- Girlguiding UK
- Scout Association
- Sports leadership
- Promotion & PR
- Music tuition
- Youth work
- Mentoring



# Expedition Section

- The Expedition Section is split into 3 parts, each of which must be *successfully* completed:

Expedition Training

A Practice Expedition

An Assessed Expedition



# Expedition Section

## Training

- 2 Days & 1 Night
- DofE Training Syllabus completed.
- Practice expedition route planning

## Practice Expedition

- 2 Days & 1 Night

## Assessed Expedition

- 2 Days & 1 Night
- Overseen by an Assessor.

Groups of 6 or 7 Participants



# How Much Will It Cost?

- **£180 per person**
- 3 Expeditions (6 days & 3 nights)
- Equipment included:  
Roll Mat, Trangia, Tent, Sleeping Bag, Rucksack & Navigation Equipment.





**Thanks for Listening**

**Matt Couling & Charlie Metcalfe – Inspired Expeditions**

**Miss L. Patsikas – Queen Elizabeth's Girls School**