





Five steps to your **DofE** Award

1

Make contact: Contact your Youth worker. If you don't know who this is email: joannecharlton@oxhillyc.com for more information.

2

Pick your level: Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). Register to do your DofE with a SYAC DofE group. You'll then receive your Welcome Pack and be emailed a link to your online DofE account.

3

Choose your activities: Decide with your DofE leader what you are going to do for each section of your DofE programme. Remember to check that you meet the requirements for each section before starting. Check out the guidance for more information. Whatever level you're doing you'll create your own personal programme with the help of your Leader. Check out DofE.org/sections for loads of inspiring ideas. Find out more: For more detailed information visit: DofE.org/do-your-DofE

4

Do the activities: Get started. You'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your Assessors will sign off each section as you complete them.

5

Achieve your DofE Award: When you've finished all of your sections, submit your Award in eDofE to your DofE Leader. They'll arrange for your achievement to be confirmed – congratulations, you've achieved your Award and will receive a certificate and a badge! Then, you can continue onto the next level (if appropriate).

Find out more

Speak to one of your Youth Workers - ask about Duke of Edinburgh.

Email: joannecharlton@oxhillyc.com

The DofE: take a look at DofE.org/do

Stanley Area Youth Consortium and the Duke of Edinburgh (DofE)

Are you in year 9+ (aged 13-23 years) and up for a challenge? Then maybe it's time to do your DofE programme with Stanley Area Youth Consortium. You can choose your own activities and try something new, or if you are already doing sports activities or developing a skill then these can be used towards your DofE award.

The benefits of achieving a DofE Award at any level are endless. DofE is about helping you along the path to a productive and prosperous future. As many of our participants say, it's life-changing.

Achieving an Award will give you skills, confidence and an edge over others when you apply for college, university or a job. Beyond your academic achievements, universities want to see evidence of so called 'soft skills' that you have developed through extra-curricular activities, such as communication, commitment, leadership and teamwork. Your DofE Award is a fantastic way to demonstrate and evidence these skills in practice.

You'll also make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.

Our participants also tell us that doing their DofE gives them character traits like confidence and resilience, that can boost their mental health and wellbeing and help them face and overcome personal challenges.



Age and Timescales

The time it will take to complete your programme and achieve an Award is in many ways down to you. The minimum time for each section of a DofE programme is given in months.



The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, 12 months and your Gold, 18 months. You'll need to do each activity for an average of an hour a week and you have until your 25th birthday to complete a programme.

Bronze (Year 9+)	Volunteering 3 months	Physical 3 months	Skills 3 months	Expedition 2 days 1 night
	Plus a further 3 months in either the Volunteering, Physical or Skills section			
Silver (Year 10+)	Volunteering 6 months	Physical 6 or 3 months	Skills 6 or 3 months	Expedition 3 days 2 nights
	Physical and Skills sections: one section for 6 months and the other section for 3 months If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			
Gold (age 16+)	Volunteering 12 months	Physical 12 or 6 months	Skills 12 or 6 months	Expedition 4 days 3 nights
	Physical and Skills sections: one section for 12 months and the other section for 6 months If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			
				Residential 5 days 4 nights

Choose your activity.

There are many different activities which you will get involved with through your Stanley Area Youth Consortium experiences. Lots of these can be used for sections of your DofE Award, regardless of which level you are undertaking.

Here are some ideas:

Volunteering

Why not see if what you are already doing can be counted? Helping out at your youth club or local youth organisation, helping to coach younger children at your sports club or local clubs, planning an event or activity, helping out at your local community garden or litter picking on a regular basis.

Skills

Discover something that you're good at. Maybe you can get better at something you already do, like playing a musical instrument, practice singing, take part in a drama or local pantomime group, cooking or learn something new. The sky's the limit when it comes to skills. If you already attend senior youth club then have a chat with your Youth Worker about what you might already be doing during that session.

Physical

This is a chance to focus on your health and fitness and have fun along the way. Playing with an organised team or at youth club every week, attending karate / kickboxing or running clubs. You can do your physical activity as part of a team or on your own.

Expedition

As part of a small team, you'll get to grips with the great outdoors. You'll improve your communication and leadership skills and make memories. You will learn camp and navigation skills, take part in first aid and discover some fantastic places and views along the way. For further information about this section speak to your DofE Leader.

Residential (Gold level only)

Spend time away from home on a shared activity with people you've never met before. From learning to sail with the Tall Ships Youth Trust to helping at a children's summer camp, there are lots of exciting possibilities for you to get involved with.

Clothing and Equipment.

Stanley Area Youth Consortium have a small number of clothing and equipment that can be borrowed to help all young people participate in the expedition section without having to buy kit. This includes tents, walking boots, waterproofs, etc.



