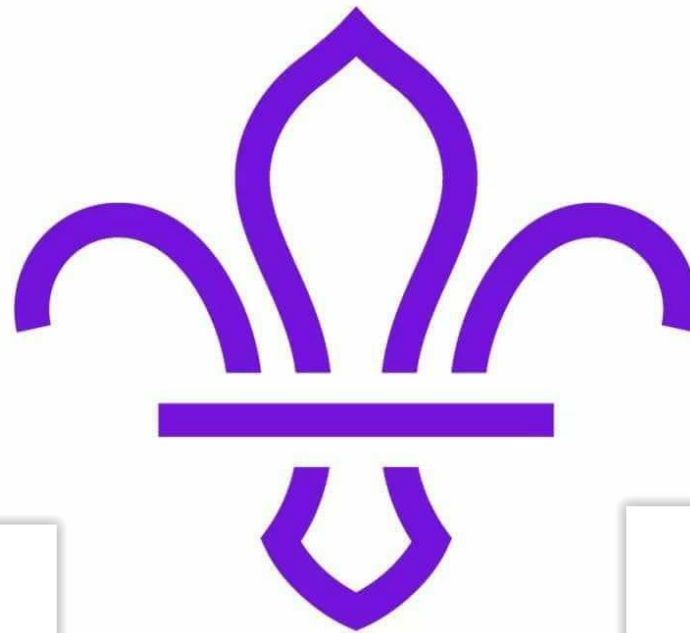


Duke of Edinburgh Awards



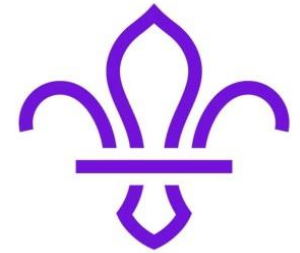
What is the DofE award scheme?

Three progressive Award levels and a wide range of activities that offer endless possibilities to anyone aged 14 to 24.

Millions of young people in the UK have already taken part in the scheme – pushing personal boundaries, gaining new skills and enhancing their CVs and university applications.

Time to get involved and go the extra mile?

What about my Scouting awards?



Good news!

Time spent on completing your DofE programme also counts towards your top awards in Scouting.

The top awards in Scouting have been carefully aligned with the DofE programme meaning that if you are registered for one you may as well register for the other.

Josh will talk through this later.

DofE awards are achieved by completing 4 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

Residential: (Gold level only) Not delivered by Lonsdale District

What do I need to do?

You will need to agree on an activity for each section. This might include Scouting activities such as hiking, taking part in staged performances or being a Young Leader.

It may also include hobbies such as dancing, playing a sport or learning a musical instrument.

It is up to you whether you decide to start something as a beginner or work on an existing interest – as long as you are developing and having fun!

How long does it take?

BRONZE

Volunteering 3 months

Physical 3 months

Skills 3 months

Expedition 2 days 1 night

PLUS a further 3 months in the Volunteering, Physical or Skills section.



SILVER

Volunteering 6 months

Physical one section for 6 months, the other for 3 months

Skills one section for 6 months, the other for 3 months

Expedition 3 days 2 nights

Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.



GOLD

Volunteering 12 months

Physical one section for 12 months, the other for 6 months

Skills one section for 12 months, the other for 6 months

Expedition 4 days 3 nights

Residential 5 days 4 nights

Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.



STARTING AGES:

Bronze
14

Silver
15

Gold
16 yrs

All Awards must be completed by the participant's 25th birthday

How much will I need to do each week?

The duration of each section varies between levels.

You must complete **an hour a week or two hours every two weeks** of your Volunteering, Skill and Physical activity for its duration.

All your progress and evidence can be accessed via your own online eDofE account,

All awards must be completed by your 25th birthday.

Where can I volunteer?

Volunteering can be done at any charitable organisation which would not normally pay someone to do the work you will be doing.

For example, volunteering at cubs is great, but volunteering to wait on tables in a local café would not be.



DofE is... Volunteering

HELPING PEOPLE

Helping children
Helping older people
Helping people in need
Helping people with special needs
Youth work

COMMUNITY ACTION AND RAISING AWARENESS

Changemakers
Drug and Peer Education
Home accident prevention
Personal safety
Road safety

COACHING, TEACHING AND LEADERSHIP

Air Training Corps
Army Cadet Force
Award Leadership
Boys' Brigade
Campaigners
CCF
Church Lads and Girls
Dance Leadership
Girlguiding
Girls' Brigade
Girls' Venture Corps
Outdoor Leadership
Sea Cadets
Sports Leadership
St John Ambulance Leadership
The Scout Association

WORKING WITH THE ENVIRONMENT OR ANIMALS

Animal Welfare
Environment

HELPING A CHARITY OR COMMUNITY ORGANISATION

BCU Lifeguards
Fundraising
Faith communities
Mountain Rescue
Religious Education
SOS Kit Aid
Surf Lifesaving



DofE is...Physical

INDIVIDUAL SPORTS

Archery
Athletics
Biathlon/Triathlon/Pentathlon
Carpet bowling
Croquet
Cross country running
Cycling
Fencing
Flat green bowls
Golf
Horse riding
Orienteering
Pétanque
Roller blading
Running

WATER SPORTS

Canoeing
Diving
Dragon boat racing
Rowing & sculling
Sailing
Sub aqua (SCUBA diving and snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

DANCE

Ballet
Ballroom dancing

Irish dancing
Latin dancing
Morris dancing
Scottish dancing
Welsh folk dancing

RACQUET SPORTS

Badminton
Real tennis
Squash
Table Tennis
Tennis

FITNESS

Cheerleading
Fitness activities
Gymnastics
Keep fit
Medau movement
Physical achievement
Pilates
Trampolining
Walking
Weightlifting
Yoga

EXTREME SPORTS

Caving & potholing
Climbing
Mountain biking
Parachuting/skydiving
Skateboarding
Snowsports (Skiing, Snowboarding)

MARTIAL ARTS

Judo
Karate
Self-defence
Tai Kwon Do

TEAM SPORTS

American Football
Baseball
Basketball
Boccia
Camogie
Carriage Driving
Cricket
Curling
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Polo
Rounders
Rugby Football League
Rugby Football Union
Stoolball
Tchoukball
Ultimate Flying Disc
Volleyball



DofE is...Skills

PERFORMANCE ARTS

Ballet appreciation
Ceremonial drill
Circus skills
Conjuring and magic
Dance appreciation
Majorettes
Puppetry
Theatre appreciation

SCIENCE & TECHNOLOGY

Information Technology
Young Engineers

CARE OF ANIMALS

Agriculture (keeping livestock)
Aquarium keeping
Beekeeping
Budgerigars and canaries
Dog training and handling
Horses - handling and care
Insects
Keeping of pets
Pigeon breeding and racing
Reptiles

MUSIC

Church bell ringing
Disc jockey
Music appreciation
Playing a musical instrument
Singing

NATURAL WORLD

Agriculture
Conservation
Groundsmanship
Forestry
Gardening
Plant growing (Cacti, Orchid, etc.)

GAMES & SPORTS

Cards (Bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Fantasy games
Fishing/fly fishing
Flying
Gliding
Karting
Kite construction and flying
Marksmanship
Model construction and racing
Motor sports
Power boating
Snooker, pool and billiards
Sports appreciation
Sports officiating
Table games

LIFE SKILLS

Cookery
Digital lifestyle
Driving - car maintenance

Driving - car road skills
Driving - motorcycle maintenance
Driving - motorcycle road skills
Money management
Navigation
Young Enterprise
Casualty simulation
Committee skills
Event planning
First Aid (St John, etc.)
Learning about Civil Aid
Learning about Lifesaving
Learning about the Emergency services such as;
 Ambulance service
 Coastguard
 Fire service
 Police service
 RNLI (Lifeboats)
Library and information skills
Public speaking and debating
Skills for employment

LEARNING & COLLECTING

Aeronautics
Aircraft recognition
Archaeology
Astronautics
Astronomy
Bird watching
Coastal navigation
Collections, studies and surveys

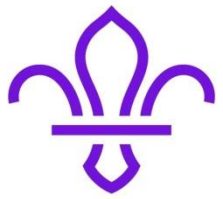


Can I use the same activity?

In principle you can use the same activity for the different sections but not at the same time.

For example, you may **play football** for an hour on a Wednesdays with a local team (physical), you might volunteer to **coach the younger teams** on a Thursday night for an hour (volunteering), and you are learning to referee through a recognised course so on Sundays **you referee a junior match** (skill).

However, we encourage you to choose a range of activities.



DofE is...Expedition

Route Planning, Preparation, Navigation,
Cooking, Camping, Teamwork.

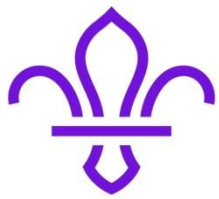
These are just some of the things that are tested

Every expedition must have a purpose such as:

Planning a route around places that inspired Wordsworth's poems in the Lake District.

Considering the impact of tourism on the flora and fauna of an area.

Creating a photographic guide to the Countryside Code round an area for others.



eDofE

The screenshot shows the eDofE online portal for a Gold member. The user's name is Paul Ross, ID: 1298660, enrolled on 07/11/2016. The portal is divided into several sections:

- Notifications:** A red arrow points to the 'My Gold DofE' section in the left-hand menu.
- Skills:** A blue section titled 'Skills' with a 'In progress' status and a right-pointing arrow. It contains five icons representing different skill stages: Not Started, Programme in draft, Programme Submitted, Programme Approved, and Section Submitted.
- Expedition:** A green section titled 'Expedition' with a 'In progress' status and a right-pointing arrow. It contains three icons representing different expedition stages: Not Started, Programme in draft, and Section Submitted.
- Residential:** A purple section titled 'Residential' with a 'In progress' status and a right-pointing arrow. It contains five icons representing different residential stages: Not Started, Programme in draft, Programme Submitted, Programme Approved, and Section Submitted.

- Online portal for your evidence
- Ask permission to do the sections and WAIT for approval.
- There will be 'Champions' of each section to ask for advice from, and who will sign off completion.
- Help email: lonsdale.dofe@lonsdalescouts.org.uk

How much does it cost?



Pricing

Bronze Award – £26.50

Silver Award – £26.50

Gold Award – £32.50

A small fee has been added to the price charged for a participation place by DofE to cover printing, postage, and badges upon completion.

Register at: <https://westlancsscouts.org.uk/shop/d-of-e-registration/>

There will be other costs to cover the expedition section, e.g. transport and camping fees.



How do the D of E
Awards relate to the
Scouting Awards?

Chief Scout's Platinum Award



Bronze (14+ years old)



Volunteering	Physical	Skills	Expedition
3 months*	3 months*	3 months*	(plan, train for and complete) 2 days and 1 night

*You also have to do three more months in one of the Volunteering, Physical or Skill sections as one section has to be for a minimum of 6 months.

Chief Scout's Platinum Award (14-18 year olds)



In addition to the above you need to complete the following:

- Be a member of Explorer Scouts for at least six months.
- Complete six nights away, four of which must be camping.
- Complete two activities from the International, Community and Values (ICV) list available online at scouts.org.uk/icvplatinum (each activity should be from a different area).

Chief Scout's Diamond Award



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 complete) 3 days and 2 nights

If you didn't complete your Bronze DofE Award, you must undertake a further 6 months in a section you are already doing for 6 months. This will make one section a minimum of 12 months.

Chief Scout's Diamond Award (14-25 year olds)



If you didn't complete your Bronze DofE Award or your Chief Scout's Platinum Award, you must undertake a further 6 months in a section for which you are already doing for 6 months. This will make one section a minimum of 12 months.

In addition to the above you need to complete the following:

- Be a member of Explorer Scouts/Scout Network for at least 12 months. Complete twelve nights away, eight of which must be camping. This may include the nights counted for the Chief Scout's Platinum Award.
- Also complete four activities from the ICV list available online at scouts.org.uk/icvdiamond. These should be different activities from your Chief Scout's Platinum Award and should include at least one from each area.

Queen's Scout Award



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 complete) 4 days and 3 nights	Take part in a shared activity in a residential setting away from home for 5 days and 4 nights

If you didn't complete your Silver DofE Award, you must undertake a further 6 months in a section you are already doing for 12 months. This will make one section a minimum of 18 months.

Queen's Scout Award (16-25 year olds)



If you haven't completed your Silver DofE Award or your Chief Scout's Diamond Award, you must undertake a further 6 months in a section you are already doing for 12 months. This will make one section a minimum of 18 months.

In addition to the above you need to complete the following:



- Be a member of Explorer Scouts/Scout Network for at least 18 months. Complete 18 nights away, 12 of which must be camping.
- Complete six activities from the ICV list available online at scouts.org.uk/icvqsa, two from each area. If you hold the Chief Scout's Platinum Award, you only need to do four activities. If you have the Chief Scout's Diamond Award, you only need to do two activities.
- As the final activity, give a presentation to a suitable audience, that covers all elements of your award.



So what you waiting for?

Join the DofE adventure with
Lonsdale Scouts