



What is the Duke of Edinburgh Award Scheme?

The D of E is the world's leading youth achievement award, which is divided into three levels, Bronze, Silver & Gold. The D of E itself does not run any activities but relies on 'Operating authorities' doing so under licence and includes education authorities, schools, colleges and of course the Scout Association.

Why do it ?

The D of E gives you (14 ~25) the chance to do something completely new or improve on things you are already doing. It builds confidence, resilience, skills for work and friendship groups. Colleges, universities and employers regard a D of E Award highly as it shows a skill set additional to academic achievement.

What is involved?

There are three levels of programme you can do which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. The main differences between the awards are the minimum length of time they take to complete, how challenging they are and the minimum age you can start.

There are three Award levels:

Bronze – for those aged 14+ years

Silver – for those aged 15+ years

Gold – for those aged 16+ years

Bronze timescales:

Volunteering section: 3 months

Physical section: 3 months

Skills section: 3 months

Expedition section: 2 days/1 night

You also have to do 3 more months in one of the Volunteering, Physical or Skills sections.

It is important to understand that the start time for each section starts with registering with the D of E any activities completed prior to registration can not be counted towards the award

Silver timescales:

Volunteering section: 6 months

Physical and Skills sections: One section for 6 months and the other section for 3 months

Expedition section: 3 days/2 nights

If you didn't do Bronze, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

It is important to understand that if you have registered for Bronze that you have to register to do Silver as it does not roll on. It requires a separate registration.

Gold timescales:

Volunteering section: 12 months

Physical and Skills sections: One section for 12 months and the other section for 6 months

Expedition section: 4 days/3 nights

Residential section: Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.

If you didn't do Silver, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

What is eDof E

The D of E used to have booklets to record the details of your volunteering, physical activity, skill and expedition. This has been superseded by a web based system which you upload your records, photographs and other evidence that you have completed specific activities in support of your award. Once registered you are sent a joining pack that gives you an ID number for which you can log on to and record the start and finish of your activities and submit supporting evidence that you have completed them.

Each section that you complete has to be signed of by an assessor, and as many assessors do not have access to the D of E web site you can download a paper copy of the report, request you assessor to fill it in, you can the scan and upload the document to your D of E profile.

How do I register?

If you are intending to complete your D of e with Scouts then you register with West Lancs Scouts as you can not register directly with the D of E

You can follow the links from <https://www.westlancsscouts.org.uk>. Go to sections → Explorers (14 ~18) → Duke of Edinburgh (Link below the fleur de lys) → Application Form. Apply for the level you wish to do , you are in the Lonsdale district. If you are enrolling on Bronze you will not have a eD of E ID number yet.

What do Explorer Scouts offer?

Explorer Scouts offer the opportunity to complete the Bronze and Silver Awards.

In particular we offer the training for the Bronze and Silver Expeditions and can facilitate volunteering through Beavers, Cubs and Scouts.

The Expedition is a key part of the award and comprises of two parts; the practice expedition and the qualifying expedition both of which have to be completed and recorded in your online eD of E profile.

There are two key differences between the a School run and Explorer run D of E

1. We charge on at 'at cost' basis, we do not make money out of running D of E unlike Schools. We do not charge for our time and seek to only cover our costs. Your registration with D of E costs the same with Schools or Explorers.

2. As you are in Scouts we take account of the fact that you are more in tune with the outdoor world, navigation and self-sufficiency and as a consequence do not nurse you through the expeditions. You plan it, you navigate it, and you do it! Many schools offer a higher level of assistance; as for many young people it is their first taste of backpacking and camping.

Of course we ensure that you are well prepared for you expedition(s) and that the level of supervision is appropriate to ensure your safety.

What support can explorer Scouts offer?

We have been doing D of E with Silverhelme explorers for five years and can offer local support on issues with eD of E, advice on what constitutes a qualifying skill or physical activity. We have a network of scouting and other contacts that can facilitate volunteering.

We have a County Scout D of E coordinator who can also advise us when our knowledge runs out.

We provide all the training for expeditions and can provide tents, cookers, first aid equipment, Rucksacks, waterproofs etc

What we **cannot** provide is your motivation and drive to complete it. We have seen a good number of successes at Bronze & Silver and although we cannot facilitate it at moment, Gold. There have been a number who have **not** completed despite completing all the requirements, as they did not log on to register and record what they had done. That bit is down to you, but we can help and show you what to do if you struggle with some of the complexities of eD of E.



Bitesize guide for participants

This guide will help you to complete your DofE online. You can do much more on eDofE than we outline below – this guide simply shows you the minimum that is required.

Step 1: Activate your account

To sign into eDofE go to eDofE.org. Enter your username and password which will have been given to you by your DofE Leader.

Once you have signed in, you will be asked to enter your personal details (e.g. address) and change your password. Your new password must be at least six figures long and a mixture of numbers and letters, including one capital letter. Passwords are case sensitive.

Step 2: Decide on your timescales

You will be asked to decide how long you are going to spend on each section. Don't worry if you change your mind later – your timescales can be amended.

Step 3: Choose your programme

Once you start your activities you need to enter the following information into your account:

- Start date
- Activity category (from list)
- Activity title

You will then need to answer three short questions to give your Leader the information they need. They don't need to be really long answers but it needs to be enough for your Leader to understand where, what and who you are working with.

Step 4: Submit your activity choice for approval

Select the Leader that you want your request to go to. Then click on the **[submit for approval]** button. This will send your objectives to your Leader for approval.

Step 5: Complete your expedition information

Your Leader is able to set up your expedition information for you in advance but you must input your aims and goals for your qualifying expedition and the details of your presentation.

Step 6: Add evidence

You now need to add evidence to your account. Please see the column to the right for different ways of doing this.

Step 7: Submit your section for approval

Once you have completed a section and uploaded your evidence and Assessor's report you can click the 'submit section for approval' button and your DofE Leader will be able to approve your section.

When you have submitted all of your sections and the Leader has approved them your Award will go through to your Operating Authority for final approval.

Well done, you are now ready to move onto the next level. You are also able to compile your *Achievement Pack* if you wish using your uploaded evidence. For more information visit DofE.org/eDofE.

Download the eDofE *Bitesize Guide for Assessors* at DofE.org/centralengland.

Evidence

You can add as much evidence as you like but the minimum is an **Assessor's Report** for every section.

This should include your name, the activity that you did, the dates between which you did the activity and then a short report about what you achieved.

There are lots of ways your Assessor can do this but they will need your eDofE ID number:

- Through the website DofE.org/Assessors.
- Type up a Word document and email that to your Leader.
- Ask your Assessor to complete the *Assessor Report Card* from your *Welcome Pack*. Then scan or photograph and upload it.

If you have uploaded your Assessor's evidence to your account you need to then submit it for approval.

If your Assessor uploaded it then it will be approved by your DofE Leader and it will come into your account automatically.

Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at DofE.org/volunteering and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Volunteering gives you the chance to make a difference

to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/volunteering for the requirements).

Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

Working with the environment or animals

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- Sports leadership
- Music tuition

Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

Helping a charity or community organisation

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop



THE DUKE OF EDINBURGH'S AWARD.

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolineing
- Wheelchair fencing
- Wrestling

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at [DofE.org/skills](https://www.dofe.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/ maintenance
- Pigeon breeding & racing

Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music

- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting

- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
- First aid – St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills
- Life skills
- Massage
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collections, studies & surveys
- Comics
- Contemporary legends
- Costume study

- Criminology
- Dowsing & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

Media & communication

- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

Creative arts

- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Canoe building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling

- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tattling
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork



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Programme ideas: Expedition section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of ideas that you could do or you could use it as a starting point to create an Expedition of your own. Remember, it's always your adventure.

You can find more information at [DofE.org/expedition](https://www.dofe.org/expedition) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

It's your choice...

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity. If you have additional needs talk to your leader about the support and variations that could help you.

On foot

- Studying how insect life differs from woodland to open fields.
- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route and create a signpost selfie guide.
- Considering the impact of tourism on the flora and fauna of the area you are in.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code.

By bicycle

- Using a cycle system to undertake a research project on the provisions and quality of cycle paths.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.

- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Sailing the Norfolk Broads to explore modern and ancient uses of the area.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along a large river recording the types of boats and their uses.
- Planning a significant sea journey under sail to record the effects of coastal erosion.
- Using simple mapping techniques to produce a map of an estuary on the expedition, comparing it with a real map when you return.

By canoe or kayak

- Recording the wildlife found on a large inlet or loch.
- Taking a series of photos to come up with a guide to a section of canal systems.

- Making a study of the locks and lochs on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a canoe trip and create a storyboard (photo/painted/drawn) of your expedition.
- Choosing several points along a river and measure speed of flow, width and depth and comparing the differences along their route, trying to explain why this may be.

By wheelchair

- Creating an expedition music play list that reflects the team's experiences.
- Following a disused railway track noting the current use of previous railway buildings.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.

- Planning a route in a forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.

On horseback

- Exploring bridle paths and create an A-Z of the outdoors from the trip.
- Planning an expedition with sea views, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.