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# What is the DofE?



# The DofE is...

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The Duke of Edinburgh's Award, or DofE, is the world's leading youth achievement award, giving young people between the ages of 14 and 24 the most incredible opportunity to take part in a diverse range of exciting activities.

**You need to be aged between 14 and 24**

You can do the programme at three levels:

**Bronze** (aged 14+)

**Silver** (aged 15+)

**Gold** (aged 16+)

# The DofE Sections

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You achieve an Award by completing a personal programme of activities in four 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

# Bronze Award Time Scales

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Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition Teams of 7
<i>All participants must undertake a <b>further</b> 3 months in the Volunteering, Physical or Skills section.</i>			

# Choosing Activities

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There is a huge choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

# Volunteering Categories

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- You can work with young people, elderly, ASN, animals and environment
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with animal charities (Not a Vet)
- Helping a charity or community organisation

**Can not use for profit organisations**



# Physical Categories

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- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts





# Skills Categories

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- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



# Expedition

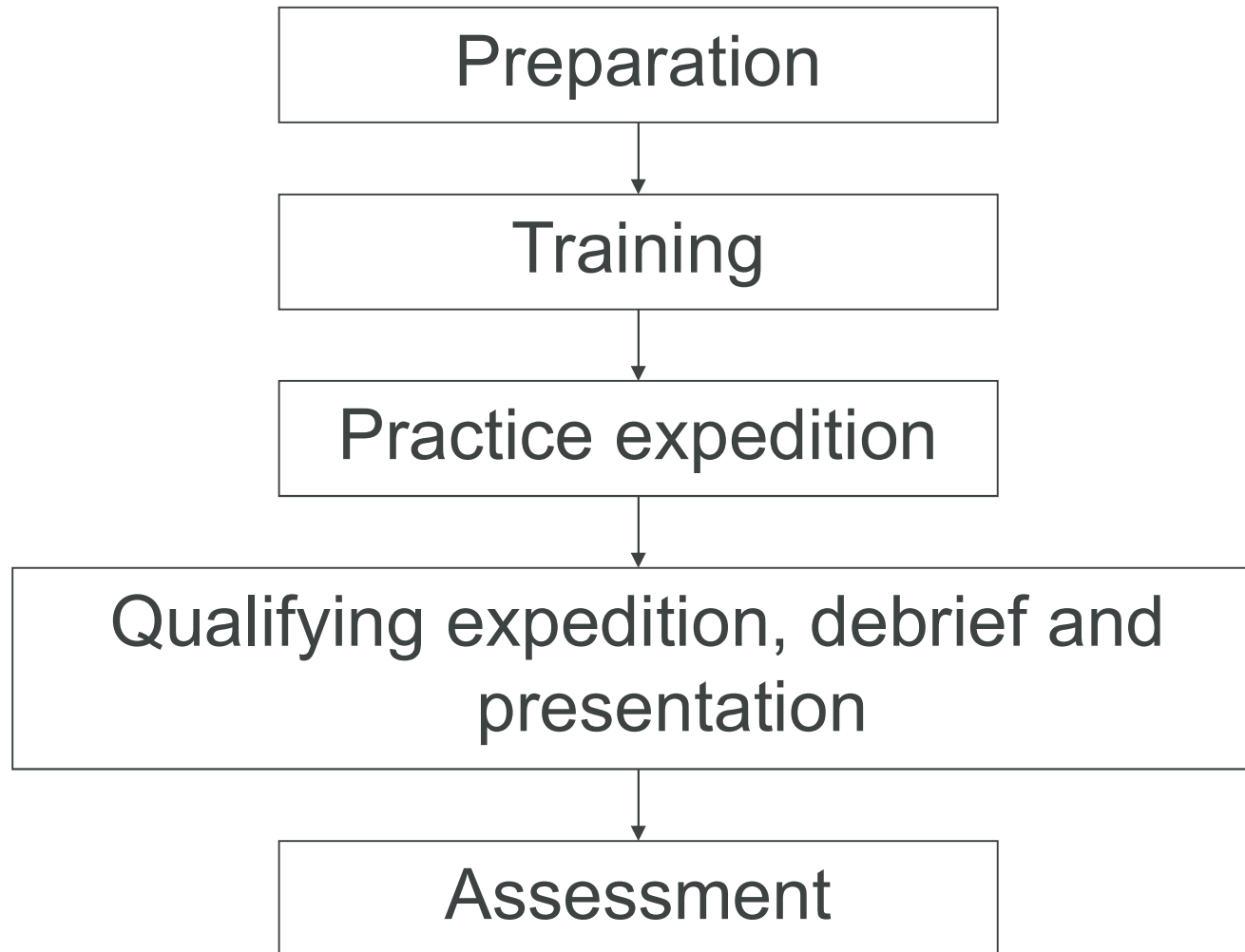
## Aim

- To inspire young people to develop initiative a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



# The Expedition Process

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# Timescales for qualifying expeditions

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<b>Level</b>	<b>Duration</b>	<b>Minimum hours of planned activity each day</b>
<b>Bronze</b>	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)  Each team comes up with an aim for their expedition e.g. looking at footpath erosion in the Chiltern Hills

# Benefits of Duke of Edinburgh

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- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

# Other Information

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- Young people need to have completed **TWO** sections, Volunteering, Skills and Physical prior to going on expedition.
- Young people will need to attend a series of expedition training events held at lunchtimes/after school throughout the school year prior to their expeditions.
- Young people keep track of their sections through the eDofE. They must add evidence to meet the minimum requirements of the award



**Minimum Requirements to Complete eDofE**

	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Photos	<p>Minimum 4</p> <p>With volunteering we know there is some concerns taking photos with some organisation. Where this happens, photos of staff, area working in and photos of other evidence are accepted.</p>	<p>Minimum 8</p> <p>With volunteering we know there is some concerns taking photos with some organisation. Where this happens, photos of staff, area working in and photos of other evidence are accepted.</p>	<p>Minimum 12</p> <p>With volunteering we know there is some concerns taking photos with some organisation. Where this happens, photos of staff, area working in and photos of other evidence are accepted.</p>
Video	Up to individuals. But no longer than 30 seconds.	Up to individuals. But no longer than 30 seconds.	Up to individuals. But no longer than 30 seconds.
Written	<p>Completed activity log for every week of each section. Take a photo and upload every 4 weeks, keeping previous photo on to show continuity. OR Add text evidence through the text icon in the <b>add evidence section</b> of eDofE</p>		
Assessors Report	<p>Assessors/Assessor reports <b>can not</b> and <b>must not</b> be completed by any parent/s or immediate family members.</p> <p>Where possible, young people should get their assessor to complete the online version. The young person should direct the assessor to <a href="http://www.dofe.org/assessor">http://www.dofe.org/assessor</a> and instruct them to give their eDofE number and what level of award they are doing to the assessor.</p> <p>If a paper copy has to be completed due to no IT access, please complete the relevant section within the "keeping track booklet" and take a photo and load as assessor report. This report must have start and end dates that correspond with the time commitment chosen i.e. 3, 6 or 12 months depending on level. This must be signed of by the assessor and include full name, role and contact details. (Assessor phone number or an e-mail address).</p>		

The above is the minimum requirements that will be accepted by East Renfrewshire Young Persons Services DofE Operating Authority

# Other Information

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- Expeditions have a high supervision ratio, detailed risk assessments and staff are trained to a high standard.
- However there is still a risk involved in letting groups of young people go off by themselves.
- Students will have received all the training they need to be self-sufficient and keep themselves self.
- We have got to be able to trust that your young person will follow all advice / training provided and will not deliberately endanger themselves or their group.





St Luke's High School Expedition Date	
Bronze Practice	End of April (TBC)
Bronze Assessment	May 20-21

Kit will usually be issued the week before the expedition and returned the week after.

If we don't need to bring kit back in between expeditions we will let young people hold on to it till after the assessed expedition.

Kit is picked up and returned to The Edge (Beside Fairweather Hall)

# Cost Information

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There is a cost involved:

- Registration with the Duke of Edinburgh Award £22
- eDofE registration
- Expedition cost – campsites, group equipment, cost of additional adult who holds required qualification to supervise students on expedition
- **St Luke's Bronze award 19/20 - £40**

## Other Centres Model

Bronze £100

Silver £150

Gold £200

# Kit Loan Service

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YPS will supply tent, Trangia stove, maps, compass, sleeping bag, roll mat, torch, bivi bag

There is a £50 deposit, which is refunded when kit is returned:

- Clean/dry
- Not damaged
- Returned on the time and date as indicated on the parent information sheet (£10)
- Charges applied for wet kit etc (Tent £25)

**Young people must supply own waterproofs and boots**

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Any Questions??