



DofE - The Duke of Edinburgh's Bronze Award

What is the DofE?

The Duke of Edinburgh's Award (DofE) offers a life-changing experience for 14-24-year-olds, providing opportunities to have fun with friends, discover new interests, and develop essential life and work skills. Participants can achieve Bronze, Silver, or Gold levels by completing various sections including community service, physical activity, skill development, and expeditions. The program is inclusive, and open to all regardless of ability, gender, background, or location. It focuses on personal growth rather than competition, emphasizing setting and overcoming personal challenges. Through DofE, participants build self-esteem, confidence, resilience, teamwork, communication, and other valuable skills, enhancing their prospects for employment and further education.

Timescales

The Duke of Edinburgh's Award program has three levels: Bronze, Silver, and Gold. Each level has different time commitments, challenges, and starting age requirements. Activities should average an hour per week, with the first and last sessions being the full duration of the section apart. Participants set challenging but achievable goals and must complete all activities before turning 25. While you can start at any level, most people begin with Bronze and advance from there.

Bronze Timescales

It will usually take you at least 6 months to complete your Bronze programme.

- Volunteering section: 3 months / 12 hours
- Physical section: 3 months / 12 hours
- Skills section: 3 months / 12 hours
- Expedition section: 2 days/1 night

Choose one of these to pursue for 6 months.

Notes | Here you can write what you found out.

How to Achieve the Award

Volunteering section

- ☐ Complete the Fundraiser Interest Badge or volunteer as SPL/PL OR in your Group eg. Quartermaster



OR

Take the role of SPL or PL for at least 6 months. OR in your Group eg. Quartermaster

Physical section

- ☐ Complete the Personal Fitness Badge



Skills section

- ☐ Complete two of the following Interest Badges



Expedition section

- ☐ Complete the Backpacker and Orienteer Mastery Badge



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