



What is the DofE?

Your DofE programme is a real adventure.  
It doesn't matter who you are or where you're from.  
You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- **Bronze** (Form III)
- **Silver** (Form IV)
- **Gold** (aged 16+) (Form V & VI)

...which lead to a Duke of Edinburgh's Award.



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.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

How long does a  
DofE programme  
take to complete?



Each section

**1** HOUR

average per week

# Time and age requirements

| Level:                                                                                                                                                     | Minimum period of participation: |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
|                                                                                                                                                            | Previous level Award holders     |
| <b>Bronze</b>                                                                                                                                              | <b>6 months</b>                  |
| <b>Silver</b>                                                                                                                                              | <b>6 months</b>                  |
| <b>Gold</b>                                                                                                                                                | <b>12 months</b>                 |
| <p><i>Direct entry at either Silver or Gold level, is only permitted for pupils joining Dollar Academy in Form IV or V (and takes 12 or 18 months)</i></p> |                                  |

# BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

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

Expedition **2** days **1** night



# Choosing activities

- Massive choice of activities that count
- You can select practically any activity you want
- Activities are placed in specific sections
- Choose activities you are going to enjoy
- Could be something that you are already doing or perhaps one you've always wanted to try

# Choosing activities

Think about what you want to do for each section, and check with your DofE Leader that your choices can be counted.

Ask someone to be your assessor

Use the helpful lists and category finder on [Ideas for Activities - The Duke of Edinburgh's Award](#)

# Volunteering

## Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



# Benefits

---

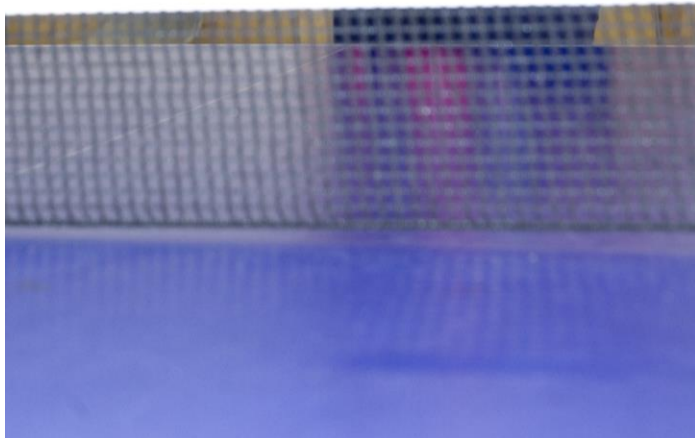
- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

# Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a *charity* or community organisation
  - **NOT FOR A BUSINESS!!!**



# Physical



## Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

# Benefits

---

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

# What is a physical activity?

---

In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

# Physical categories

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



# Skills



## Aim

- To inspire young people to develop practical and social skills and personal interests.

# Benefits

---

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

# Something old or something new

---

Ultimately you must be able to **prove** that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

# Skills categories

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



# Completing activities

- Add evidence in eDofE – with dates - to show progress across the time scale of each activity.
- Once complete, ask your assessor to fill in an assessor report for you. The simplest way to do this is to ask them to complete it on line. Details on how to do this will be on OneNote.
- It is then approved by one of us in school.

# Expedition

## Aim

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



# Benefits

- 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.

# Expedition section

- You can organise your own expedition with an outdoor activity provider

OR

- You can take part in canoeing expedition that will be run by CCF (you will not need to be in CCF to take part)

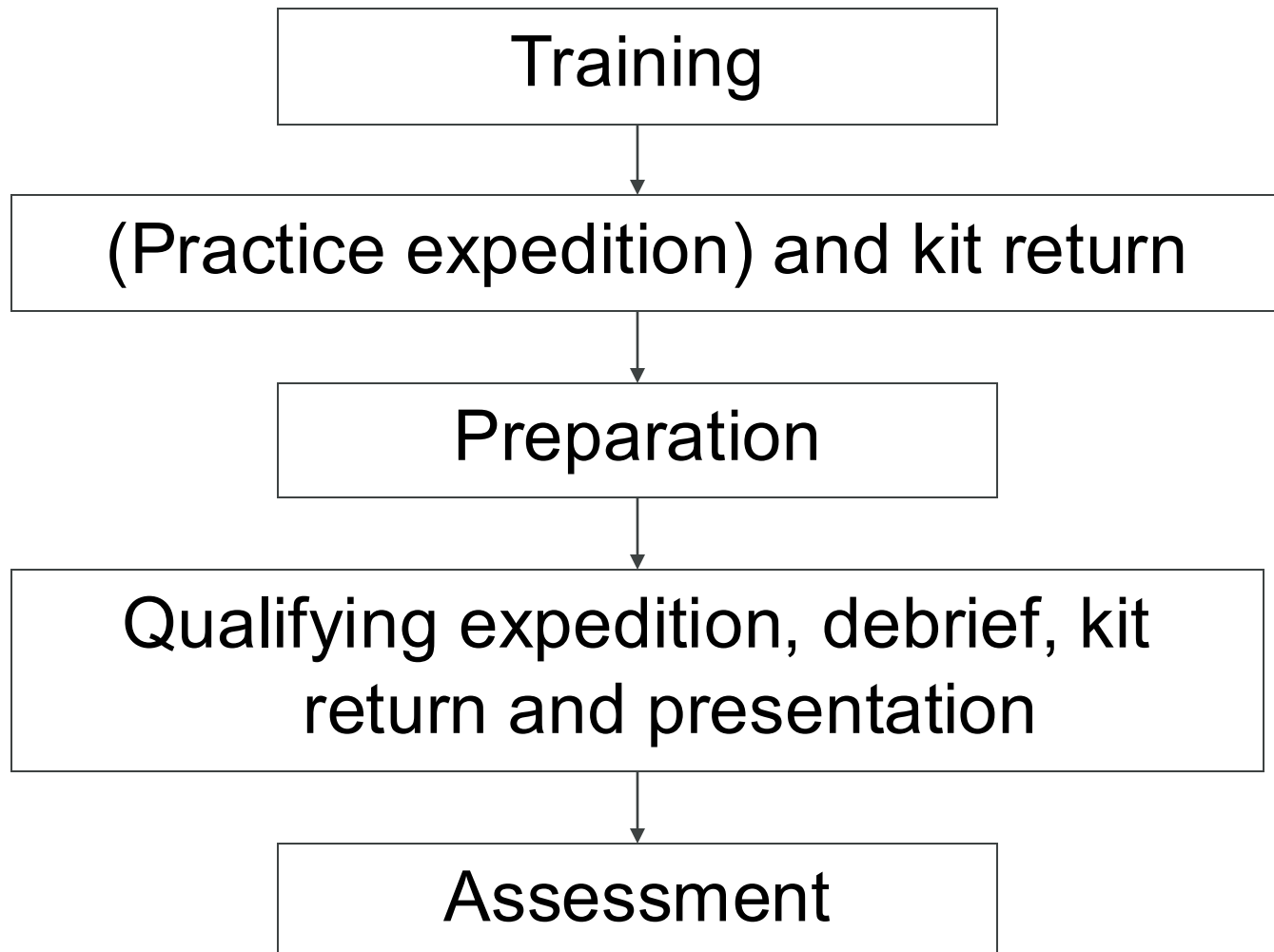


OR

- you can use the Dollar Academy walking expedition programme
  - Training takes place in May 2026
  - Assessment takes place in September 2026



# The expedition process



# Dollar Academy Expedition Programme

---

## **Expectations**

- DofE is a well recognised achievement
- number who complete Bronze every year
- physically fit to take part (consider doing some hill walks as a family)
- must take part in the school training (3 compulsory sessions for before training expedition and another 2 before the qualification expedition).

# Dollar Academy Expedition Programme

---

## **Places are limited**

- Canoeing will be limited to 16 places
- Walking will be limited to 98 places

# Training expeditions

---

- Compulsory in school training – three afternoon sessions (one before Easter, one after and a kit hire/tent pitching/stove session the Thursday immediately prior to expedition).
- Leave school at 3.25 on a Friday in May
- Ochil hills - led by experienced and qualified staff
- Challenging physically
- Camp overnight (wild camping in remote locations)
- Phone policy
- Return Saturday afternoon.
- Kit return one day after school following the expedition.

# Qualification expeditions

- Only for those who completed a training expedition
- Compulsory safety briefing, kit and route preparation sessions (Wednesday until 6pm) and Thursday after school week of expedition)
- Leave school Saturday morning in September with one option for 15-16<sup>th</sup> August (hockey/rugby) with route preparation and kit on Friday 14<sup>th</sup>.
- Ochil hills
- Unaccompanied – remotely supervised
- Challenging physically
- Camp overnight (wild camping in remote locations)
- Phone policy
- Assessment (expectations)
- Return Sunday afternoon
- Kit return

# How much does it cost to take part?

---

- Bronze DofE registration - £35
- Walking expeditions - £100 (this covers the school-based training, practice expedition and qualification expeditions as well as hire of tents, stoves and gas).
- Canoeing expeditions - £150 (this covers the necessary training, the qualification expedition and the hire cost of the canoe)

# Moving on to the Silver Award

---

- Complete all sections
  - Assessor reports
  - Approved by us
  - Approved by external verifier
  - Bronze completed before being registered for Silver
- 
- Silver expeditions will be in summer term of Form IV after exams – first and third week of June.

# Final word!

---

- DofE about building independence and resilience (as well as many other important life skills)
- Pupils should be proactive about finding out information, checking teams and completing tasks etc
- Motivation for doing DofE
- [dollaracademy.org.uk/the-duke-of-edinburgh-award/](http://dollaracademy.org.uk/the-duke-of-edinburgh-award/)

**Any questions?**

