



What is the DofE?

Your DofE programme is a real adventure.
It doesn't matter who you are or where you're from.

You can do DofE programmes at three levels:

- 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
Bronze	6 months
Silver	6 months
Gold	12 months
<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>	

SILVER

Volunteering 6 months

Physical

**one section for
6 months, the**

Skills

other for 3 months

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



GOLD

Volunteering 12 months

Physical

one section for
12 months, the

Skills

other for 6 months

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

Expedition 4 days 3 nights



Residential 5 days 4 nights

Choosing activities

- Massive choice of activities that count
- You can select practically any activity you want (but please do get it checked by us before you start by adding in the details in eDofE and submitting it for approval)
- 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

Starting the next level

You have to achieve your Bronze or Silver award before you start on the next level.

You may start on a section of the next level if you:

- Have started Form IV for the Silver Award **and** completed Bronze (or be a new pupil).
- Have turned 16 years old for the Gold Award **and** completed Silver (or be a new pupil).

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.

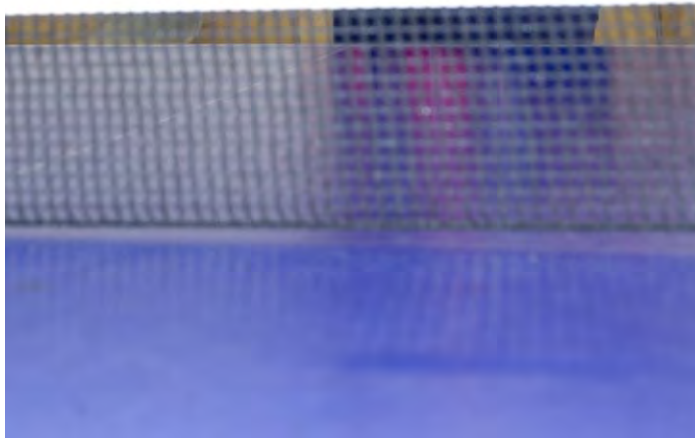


Volunteering categories

- 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.

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

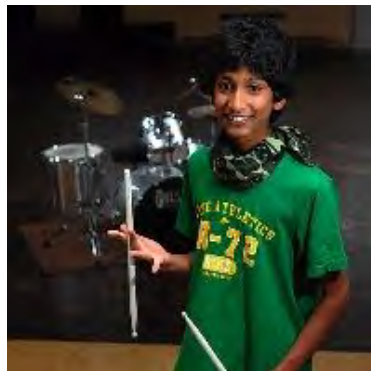


Aim

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

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



Residential (Gold only)

Aim

To inspire participants

- through a concentrated involvement
- with people they don't know
- for 5 days (4 nights with evening activities)



Benefits

- Meet people.
- Develop the confidence to thrive in an unfamiliar environment.
- Build new relationships and show concern for others.
- Work as part of a team towards shared goals.
- Accept responsibility for themselves and others.
- Develop communication skills and effective coping mechanisms.
- Develop respect and understanding for others.
- Show initiative.
- Develop the skills and attitudes to live and work with others.

Residential examples

- Developing an existing interest or something new:
 - Assisting at a kids' summer camp.
 - Joining a conservation project.
 - Doing a photography course.
 - Improving language skills on an intensive course.



Dollar Academy Expeditions



Expedition

Aim

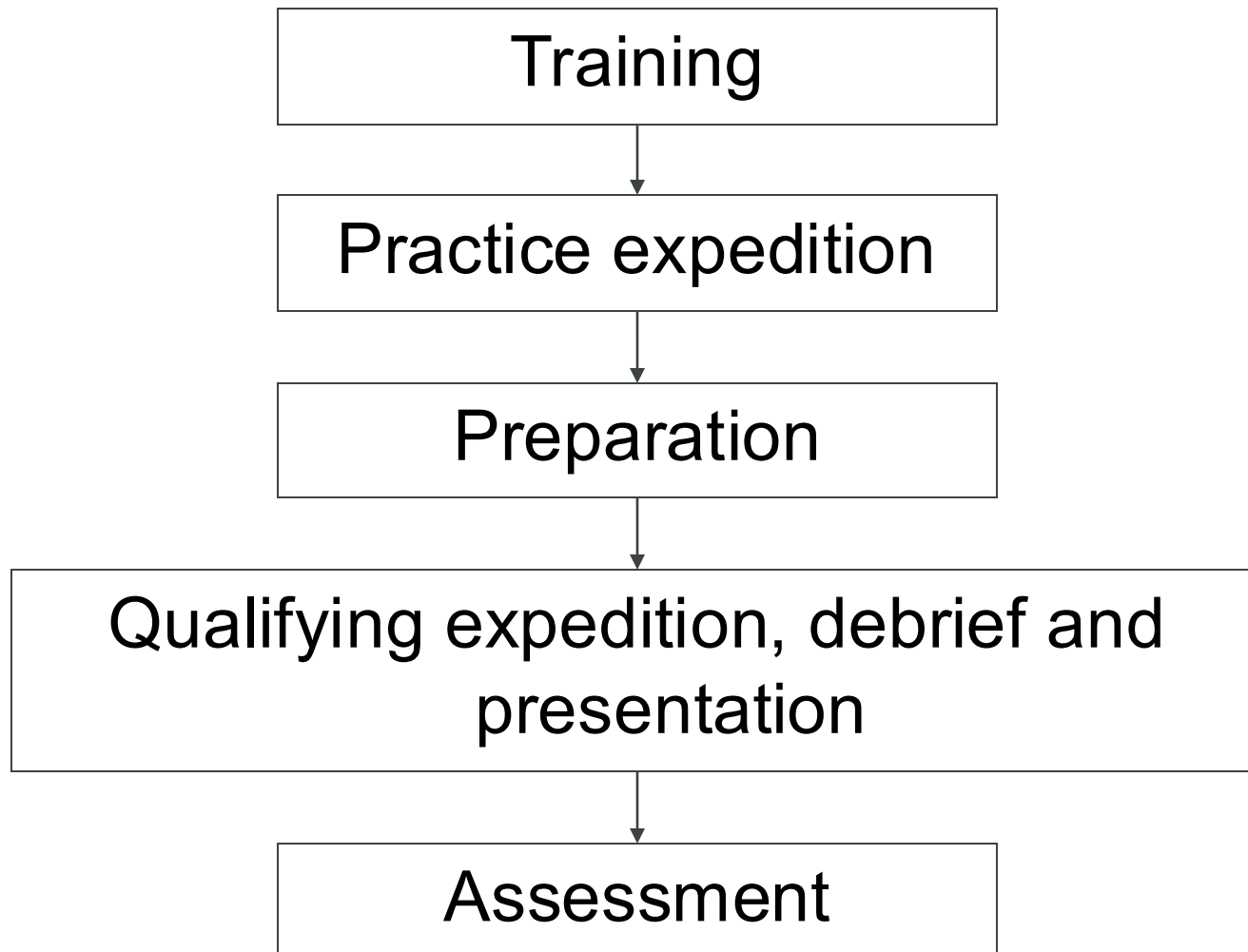
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



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.

The expedition process



Expedition section

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

OR

- you can use the Dollar Academy programme
 - Training and qualification take place in June
 - Silver week 1 and 3 (split into two separate expeditions)
 - Gold week 2 and 4



Dollar Academy Expedition Programme

Expectations

- DofE is a well recognised achievement
- number who complete Bronze every year
- Must have completed previous level of the award (unless new to the school)
- physically fit to take part (consider doing some hill walks as a family)

Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours
Silver	3 days and 2 nights	At least 7 hours
Gold	4 days and 3 nights	At least 8 hours

Dollar Academy Expedition Programme

Places are limited

Silver – 56 places

Gold – 42 places

Kit

Kit list will be posted on teams and on website

Kit is specific and compulsory

Silver training expeditions

Draft dates June 2026

- **Monday 1 June – Wednesday 3 June** training expedition
AND
Thursday 4 June - compulsory in school route planning
and preparation
Kit hire will be in the final week of study leave.

OR

- **Wednesday 3 June** – compulsory in school route planning
and preparation and kit hire
AND
- **Thursday 5 June - Saturday 7 June.**

Silver qualification expeditions

- **Draft dates June 2026**

- **Monday 15 June – Wednesday 17 June**

Please note that the return time on Wednesday 17 June could be around 8 pm.

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- OR

Thursday 18 June – Saturday 20 June

Please note that the return time on Saturday 20 June could be around 8 pm.

Gold training expeditions

Draft dates June 2026

- **Monday 8 June** – compulsory in school route planning

AND

Tuesday 9 June - Friday 12 June – training expedition.

Gold qualification expeditions

Draft dates June 2026

- **Monday 22 June – Friday 26 June.**

Please note that the return time on Friday 26 June could be around 8 pm.

Dollar Academy Expeditions

- Kit return

For Silver – before the summer break

For Gold – first day of Autumn term

How much does it cost to take part?

- Silver DofE registration - £35
Gold DofE registration - £40
- Walking expeditions
 - Silver £330
 - Gold £370

This covers the practice expedition and qualification expeditions as well as hire of tents, stoves and gas.

Finishing your award

- Complete all sections
- Assessor reports
- Silver to be completed before being registered for Gold
- Gold – need to complete a section in eDofE called Gold award ceremony
 - timescales

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

Questions?

