Introduction to the DofE
The DofE is...

…the world’s leading achievement award for young people.

Its balanced programme of activities develops the mind, body and soul in an environment of social interaction and team working.

It encourages young people to live life as an adventure.
To inspire, guide and support young people in their self-development and recognise their achievements.
Our guiding principles

• Non-competitive
• Achievable by all
• Voluntary
• Personal development
• Personalised
• Balanced
• Progressive
• Achievement focused
• Demand commitment
• Enjoyable
The benefits

- Self-belief
- Self-confidence
- A sense of identity
- Independence of thought and action
- Respect and understanding of people from different backgrounds, cultures and walks of life
- A sense of responsibility
The benefits

- An awareness of their potential
- New talents and abilities
- An understanding of strengths and weaknesses
- The ability to plan and use time effectively
- The ability to learn from and give to others in the community
- New relationships
- Skills including problem solving, presentation and communication
- The ability to lead and work as part of a team
Our team at Windsor Girls’

- Miss Castle
- Mr Andrews
- Miss Skinner
- Mrs Simmonds
- Miss O’Gorman
- Mrs Saunders
- Mr Stevenson
- Mrs Tickell
- Miss Edwards
- Mr Sutton
- Dr Haynes
- Mr Lottering
- Mrs Kelly
- Ms Larsen-Edgar
- Ms Zarzecker
- Miss Hutchings
Duke of Edinburgh at WGS
Duke of Edinburgh at WGS
Duke of Edinburgh at WGS
Bronze Award (14+ years old)

<table>
<thead>
<tr>
<th>Volunteering</th>
<th>Physical</th>
<th>Skills</th>
<th>Expedition</th>
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<tbody>
<tr>
<td>3 months</td>
<td>3 months</td>
<td>3 months</td>
<td>Plan, train for and complete a 2 day, 1 night expedition</td>
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</tbody>
</table>

All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.
The 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
Choosing activities

There is a massive choice of activities that count towards DofE programmes. Participants can select practically any activity they wish – as long as it’s legal and morally acceptable.

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

When advising on programmes, you should think about:

• **The young person** – their level of expertise, their maturity and level of confidence.

• **The goals** – they should be challenging but achievable.

• **When activities take place** – participants should be able to show that their activities required a substantial contribution of personal time and voluntary effort.
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 leadership skills.
- Trust others and be trusted.
- Enjoy new adventures.
What is required?

• Volunteering is simple. It’s about choosing to give time to something useful, without getting paid.
• Team volunteering can be beneficial to young people and to the project they have chosen.
• At least 3/4 of activity needs to be practical volunteering, so only a 1/4 can be training.
• Training courses, therefore, must either:
  – Change their content to include practical volunteering e.g. raising awareness project
  – Count towards the Skills section – Life skills category
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
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.

Participants 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 participants must be able to prove that they have broadened their understanding and increased their 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
• Before you can start your activities, they must first be approved to ensure they meet the requirements of each section

• This is all done on an online portal system called “eDofE”

• Each participant once signed up, will receive their login details
  – Once logged in, students must first input their contact details and medical details
  – Your initial password will be your DOB in the style of DDMMYYYY (e.g. 01092003). You will need to change this the first time you log in
### My Volunteering section

**Timescale:**  
* Start date:  
Earliest completion date:

**Type/category of activity:**

**Detailed activity chosen:**

**Where are you going to do it?**

137/140 characters used

**What are your goals? What do you want to achieve?**

101/140 characters used

**Who is going to support & assess you?**

103/140 characters used
• Once signed up, students will be given a participation pack
• In that pack contains a booklet which details all the information needed for each section
• Alongside this information is space for your “assessors” report
  – Each activity you choose, needs to be signed off by an assessor with a short comment on how you have met your goal/target
Activity chosen

Date started and completed

Your goal

Assessors comments on your progress towards your goal

Assessor signature and position
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

- Preparation
- Training
- Practice expedition
- Qualifying expedition, debrief and presentation
- Assessment
## Timescales for qualifying expeditions

<table>
<thead>
<tr>
<th>Level</th>
<th>Duration</th>
<th>Minimum hours of planned activity each day</th>
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<td>Bronze</td>
<td>2 days and 1 night</td>
<td>At least 6 hours during the daytime (at least 3 of which must be spent journeying)</td>
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Plan for the year

- The deadline for signing up for the Bronze award is Friday 28th June
- The two training/practice expeditions will be held on in April and May 2010 (dates TBC)
  - Students do just one weekend
- The assessed expeditions will be in July 2010 (dates TBC)
  - Again students will do only one these dates.
Kit requirements

• The school provides:
  • Tents, poles and pegs
  • Rucksacks
  • First aid kits
  • Trangia stove and gas (cooking equipment)
  • Maps

• Students will need to have their own:
  • Walking boots
  • Waterproofs
Thank You

Any questions?