



THE DUKE OF EDINBURGH'S AWARD GWOBR DUG CAEREDIN

Who can take part?

The DofE programme provides a real adventure from beginning to end. It doesn't matter who you are or where you're from. You just need to be in year 10, 11, 12 or 13 and realise there's more to life than sitting on a sofa watching life pass you by.

What level can I do?

You can do programmes at three levels, which when completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. Penglais currently offers the Bronze Award in years 10 and 11 and the Silver and Gold award in years 12 and 13.

What do I have to do?

You will achieve your Award by completing a personal programme of activities in four sections (five if you're going for Gold) –

- Volunteering,
- Physical,
- Skills,
- Expedition
- and for Gold, a Residential.

You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only). The best bit is - you get to choose what you do! Your programme can be full of activities and projects that you enjoy, and along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

How long will it take to get the Award?

It depends on the level you are doing. See the tables for the different timescales for all of the awards:

Years 10 and 11

Timescales

Bronze (14+ years old)

| Volunteering | Physical | Skills | Expedition |
|--|----------|----------|--|
| 3 months | 3 months | 3 months | Plan, train for and undertake a 2 day, 1 night expedition. |
| All participants must undertake a further 3 months in the Volunteering, Physical or Skills sections. | | | |

For further information don't forget you can visit the D Of E website : www.dofe.org

Years 12 and 13

Silver (15+ years old)

| Volunteering | Physical | Skills | Expedition |
|--|---|--------|--|
| 6 months | One section for 6 months and the other section for 3 months | | Plan, train for and undertake a 3 day, 2 night expedition. |
| Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections. | | | |

A direct entrant means you have not completed another level e.g. A direct entrant to Silver will not have completed the Bronze level previously. A direct entrant to Gold will not have completed the Silver award previously.

Gold (16+ years old)

| Volunteering | Physical | Skills | Expedition | Residential |
|--|--|--------|--|--|
| 12 months | One section for 12 months and the other section for 6 months | | Plan, train for and undertake a 4 day, 3 night expedition. | Undertake a shared activity in a residential setting away from home for 5 days and 4 nights. |
| Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections. | | | | |

Length of time of DofE expeditions

| Level | Duration | Minimum hours of planned activity each day |
|--------|---------------------|---|
| BRONZE | 2 days and 1 night | At least 6 hours during the daytime (at least 3 of which must be spent journeying) |
| SILVER | 3 days and 2 nights | At least 7 hours during the daytime (at least 3½ of which must be spent journeying) |
| GOLD | 4 days and 3 nights | At least 8 hours during the daytime (at least 4 of which must be spent journeying) |

Notes: Time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity. you have to undertake at least one practice expedition as part of your training. This may be more closely supervised than your final assessed expedition, which is remotely supervised to develop independence and a sense of personal responsibility.

Cost of the Award

There is a cost to undertake the D of E Award at Penglais. The registration fee at Bronze and Silver is £15.00. At Gold level the registration fee is £22.00

There will also be a fee for your practice and final expedition. These costs will be outlined when you have received your participation enrolment form

What next?

If you are interested in taking part in the D of E Award listen out in assembly when we announce the dates for the registration forms – this is normally the first two weeks in September. The enrolment forms will be handed out in assembly. If you need further information please see Mrs Shaw in Hafan.