

**BRONZE
SILVER
GOLD**



THE DUKE OF
EDINBURGH'S AWARD

WWW.DOFE.ORG



City of Westminster

**Expedition
Volunteer
Physical
Skills**

What is the Award?

The Award is a challenging programme of activities which will help you to learn new skills, help others and experience adventure and it will give you a great sense of achievement. What's more, many organisations such as employers and universities take a good view of the Award and what it says about the person who has achieved it.

Volunteer



Physical



Skills



Expedition



What will I get out of it?

- Nationally recognised accreditation
- Self-confidence
- Self-belief
- New talents and abilities
- New relationships
- An awareness of your potential
- A sense of identity
- An understanding of your strengths and weaknesses

- A sense of responsibility
 - The ability to plan and use time effectively
 - Independence – of thought and action
 - The ability to lead and work as part of a team
 - The ability to learn from and give to others in the community
 - Skills including problem solving, presentation and communication
- (On successful completion, you will be presented with a badge and certificate and at Gold level you are invited to a Presentation Ceremony at one of the Royal Palaces).

What does it involve?

Three levels – Bronze, Silver and Gold - for each level, you complete activities in four Sections - Volunteering, Skills, Physical and Expeditions. At the Gold level you also take part in a Residential Project.

It's up to you what you do. In each Section there is a wide range of options you can choose from or you can find other similar activities which interest you. This could be something entirely new or you could continue with an activity you already enjoy.

The good news is it's not an exam and you can't fail!
The Award is about having a go. It's not a competition – you just need a bit of enterprise and perseverance

Who is it for?

The Award is open to anyone between the age of 14 and 25 years. No special qualifications or criteria are not needed, just a willingness to have a go.

Where can I do it?

- At your local youth club or voluntary youth organisation
- At your school, college or university
- Through your PA or Social Worker
- Through your employer

There will be people on hand to offer advice, help review your achievements and to record your successes.

How long does it take?

You need to show regular activity and commitment during this time of at least an hour a week. You can't achieve an Award in a short burst of enthusiasm over one weekend!

Level	Age	How long does it take	If you have previous level
Bronze	14+	6 months	n/a
Silver	15+	12 months	6 months
Gold	16+	18 Months	12 months

Award Plan

To complete the Award you need to commit to the following for at least an hour a week.

Bronze				
Volunteering	Physical	Skills	Plus	Expedition
3 Months	3 Months	3 Months	3 more Months in any section	Plan, train and complete a 2 day, 1 night expedition
Silver				
Volunteering	Physical	Skills	Plus	Expedition
6 Months	6 Months	3 Months	1 section for 12 months	Plan, train and complete a 3 day, 2 night expedition
Gold				
Volunteering	Physical	Skills	Plus	Expedition
12 Months	One section for 12 months and the other for 6 moths		1 section for 18 months	Plan, train and complete a 4 day, 3 night expedition
Residential	Undertake a shared activity away from home for 5 days & 4 nights			

Want to know more?




Speak to your Youth Worker or Young Person Service Contact at – School, College, Youth Hub, Youth Club, or speak to the Westminster DofE Co-ordinator

Local Contact –

Name _____
Tel _____
Email _____



Westminster DofE Co-ordinator
Email - Jnolan@westminster.gov.uk
Tel - 020 7641 4030
Text - 0793 931 9402
Web – www.dofe.org



What Tom did	Volunteering	Physical	Skills	Expedition	
 <p>BRONZE DofE</p>	I helped out every Tuesday as a trainee youth worker at my local youth club, setting up the equipment and helping young people learn to cook	I really wanted to get fitter and work on my body shape. I went to the Gym every Thursday for three months	I really enjoy Music and decided to give mixing and DJ-ing a go, the session was just before my club on a Tuesday so I was able to do both sections on the same night – Excellent!	After all the training we were able to do our expedition practically without any adult supervision! We walked 24KM over 2 days camping overnight and did a presentation about our experiences	
How long did I do it for	Every Tuesday 7pm – 9pm For 6 Months 5 th Jan – 5 th July 2010	Every Thursday 9am – 10am For 3 Months 5 th Jan – 5 th April	Every Tuesday 5.30 – 7pm For 3 months 5 th April – 5 th July	June – July Every Wednesday	
What Silvia did	Volunteering	Physical	Skills	Expedition	
 <p>SILVER DofE</p>	I became a peer mentor at my school. I really enjoyed it because I got to meet & help other students that I wouldn't normally have anything to do with, which was great	I couldn't swim before I was a bit scared of water, so I took up swimming lessons. It was great I have really improved and I'm now thinking about going surfing	This section was to finish just before Christmas, so I did arts and crafts. I made presents and cards for my mum and friend. They seemed to really like getting things I had made and I had more money to spend on going out, Yeah!	The expedition was a real challenge; we had to walk 50 km over three days carrying all our kit. I learnt a lot about myself and really appreciated my team.	
How long did I do it for	Every Monday lunch time For 1 year 8 th Sept 09 – 9 th Sept 10	Every Monday 5.30 – 6.30 8 th Sept 09 – 9 th Feb 10	Every Saturday 9am – 10am 13 th Sep 09 – 13 th Dec 09	Easter Fast Track Programme	
What Ashley did	Volunteering	Physical	Skills	Expedition	Residential
 <p>GOLD DofE</p>	Youth Parliament. I represent the young people (YP) of Westminster to various committees and groups including councillors and community leaders. Once my year was up, I continued as a peer support helper	This was hard for me. I don't really do exercise. So my friends and I planned a London walk every Saturday for 6 months, this really helped me prepare for my expedition	As part of my YP work I had to really work on my debating and public speaking skills. I used to find it really difficult to speak in public let alone to get my point of view over in front of a group of strangers. It's funny I really like it now.	Four days in the wilderness of Snowdonia, up, down and around the mountains, what an amazing place! We walked over 80 KM – I never would have done this without all the preparation and the support of my team.	My youth club was running a skiing trip to the Alps, I became a volunteer leader for a week! I Helped and supported the young people with their problems, worries or concerns.
How long did I do it for	Every Monday for 18months 1/10/08 – 2/04/10	Every Saturday for at least an hour 31/03/10 – 31/09/10	Every Monday for 1 year 08/09/09 – 09/09/10	2 Training Trips, 8 classroom sessions and final assessment	April 2010

Here are some more examples of what you can do:

Volunteering	Physical	Skills	Expedition	Residential (Gold Only)
Coaching, teaching and leadership Community action Raising Awareness Working with the environment Working with animals Helping people in need Youth Work Drug and Peer Education Home accident prevention Personal safety Road safety Helping a charity Community organisation BCU Lifeguards Fundraising Faith communities Religious Education Lifesaving	Dance Racquet Sports Extreme Sports Fitness Martial Arts Water Sports Individual Sports Team Sports Athletics Basketball BMX Racing Skateboarding Boccia Gymnastics Keep Fit Mountain Biking Running Sailing Canoeing	Music Sports officiating Performing Arts Media Care of animals Agriculture Chess Fishing Kites Driving Creative arts Conservation Groundsmanship Gardening Plant growing Transport restoration	You must plan, prepare for, practice and do your Expedition. Simply you need to form a team and go on an unaccompanied journey with help from your Supervisor and your Leader. Once you have completed your training you will be required to complete a DofE Expedition, an adventurous journey with a purpose. <u>Lasting:</u> Bronze 24 KM 2 Days Silver 50 KM 3 Days Gold 80 KM 4 Days	To achieve your Gold Award, you need to complete an extra section, the Residential. This involves spending 5 days and 4 nights away from home on a shared activity with people you've never met before.

 <p>THE DUKE OF EDINBURGH'S AWARD WWW.DOFE.ORG</p>	Local Contact – Name _____ Tel _____ Email _____	<p>Westminster DofE Co-ordinator Email - Jnolan@westminster.gov.uk Tel - 020 7641 4030 Text - 0793 931 9402 Web – www.dofe.org</p>	 City of Westminster
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