

Duke of Edinburgh's Award – Important Information

Thank you for registering your interest in taking part in the Duke of Edinburgh's Award (DofE) through the Students' Union.

We will be starting information sessions in November, so we want to give you some important information about what is involved before you sign up.

What does DofE involve?

DofE is a great opportunity to challenge yourself, learn new skills, get active, volunteer in your community and develop your confidence and independence.

<https://www.dofe.org/do/benefits/>

You will complete four sections:

 Volunteering – Give your time to help others, your community or an organisation
<https://www.dofe.org/do/volunteering/>

 Physical – Take part in a physical activity or sport and work on improving your fitness or ability <https://www.dofe.org/do/physical/>

 Skills – Develop a new skill or improve an existing one, such as music, cooking, photography, art, gaming, learning a language or many other options <https://www.dofe.org/do/skills/>

 Expedition – Complete an assessed expedition with your team. This involves preparing for the expedition, learning skills such as navigation and teamwork, and spending time outdoors with your group.

<https://www.dofe.org/do/basics/>

Commitment

DofE is not something you complete in a few weeks. You will need to commit to your chosen activities regularly over a period of time (minimum 6 months).

It is important that you choose activities that you enjoy and can realistically fit around your college timetable and other commitments.

You will also need to attend the required expedition training and expedition days (holiday periods and weekends).

If you already started one of your activities, don't worry!

Activities may be able to be backdated by up to 3 months, so you may already have made a start. For example playing an instrument/ learning to drive/ cooking/ volunteering in a charity shop/ working with the SU / playing football

Cost

There are two main costs to be aware of:

 DofE Award/Registration: £15 (usually £33 without Students' Union discount)

 Expedition: £TBC

We will provide more information about exactly what is included in these costs before registration.

Not sure what to do?

Don't worry! You don't need to have everything planned yet.

The Students' Union has a range of activities and opportunities that could potentially help you complete your sections.

If you need help choosing activities or want to talk through your options:

 Come to Room B6 and speak to Aldrich Gonsalves

 Message Aldrich Gonsalves or Sophia Daly on Teams

We can help you find activities that suit your interests, abilities and timetable.

If you're interested in taking part, please keep an eye out for more information about registration in November!

 **Challenge yourself. Try something new. Make a difference. Earn your DofE.**