BRONZE DUKE OF EDINBURGH AWARD



Information Evening 2026

WHY DOFE?

- Builds confidence and independence
- Develops resilience and problem-solving skills
- Looks great on sixth form, college, university and job applications
- Encourages students to try new experiences
- Nationally recognised award
- Creates lifelong memories and friendships



THE BASICS

The Duke of Edinburgh's Award is a nationally recognised programme that helps young people develop skills, confidence, resilience and independence through practical experiences.

This award is open from the start of year 9 and can be completed up until the participants 25th birthday

There are 4 sections to complete:

1. Volunteering
2. Skills
3. Physical
4. Expedition



EXPECTATIONS AND COMMITMENT

- **Be committed** to completing all four sections of the award.
- **Attend biweekly training sessions and meetings** throughout the programme.
- **Take responsibility** for recording progress and uploading evidence to eDofE.
- **Work positively as part of a team**, especially during expedition training and expeditions.
- **Demonstrate resilience and perseverance** when facing challenges.
- **Meet deadlines** for evidence, assessor reports and expedition preparation.



THE SECTIONS

These must take a minimum of one hour a week

BRONZE

Volunteering 3 months

Physical 3 months

Skills 3 months

*PLUS a **further 3** months in the Volunteering, Physical or Skills section.*

Expedition 2 days 1 night



VOLUNTEERING

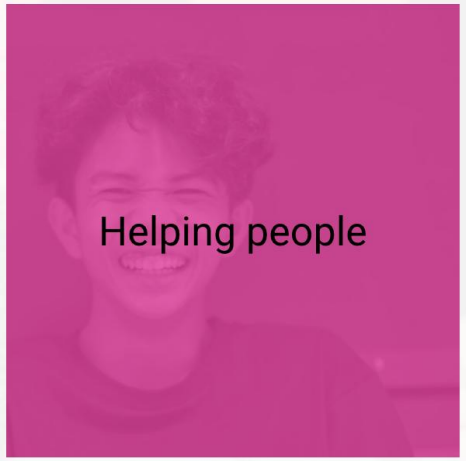
The volunteering section is all about taking action and making a difference to other people's lives

3 or 6 months

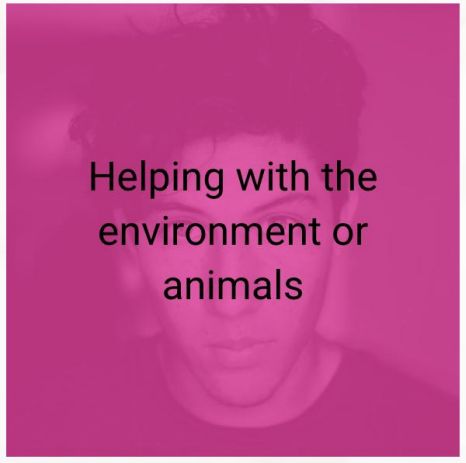
VOLUNTEERING

- Charity shops
- Food banks
- Essex Youth Service
- Scout/Girl guide groups
- Community projects (Royal Voluntary Service)
- Conversation projects (RSPB, Canal and River Trust)
- Coaching sports
- Supporting a charity, running an event, raising money
- DofE ran volunteering programmes











PHYSICAL

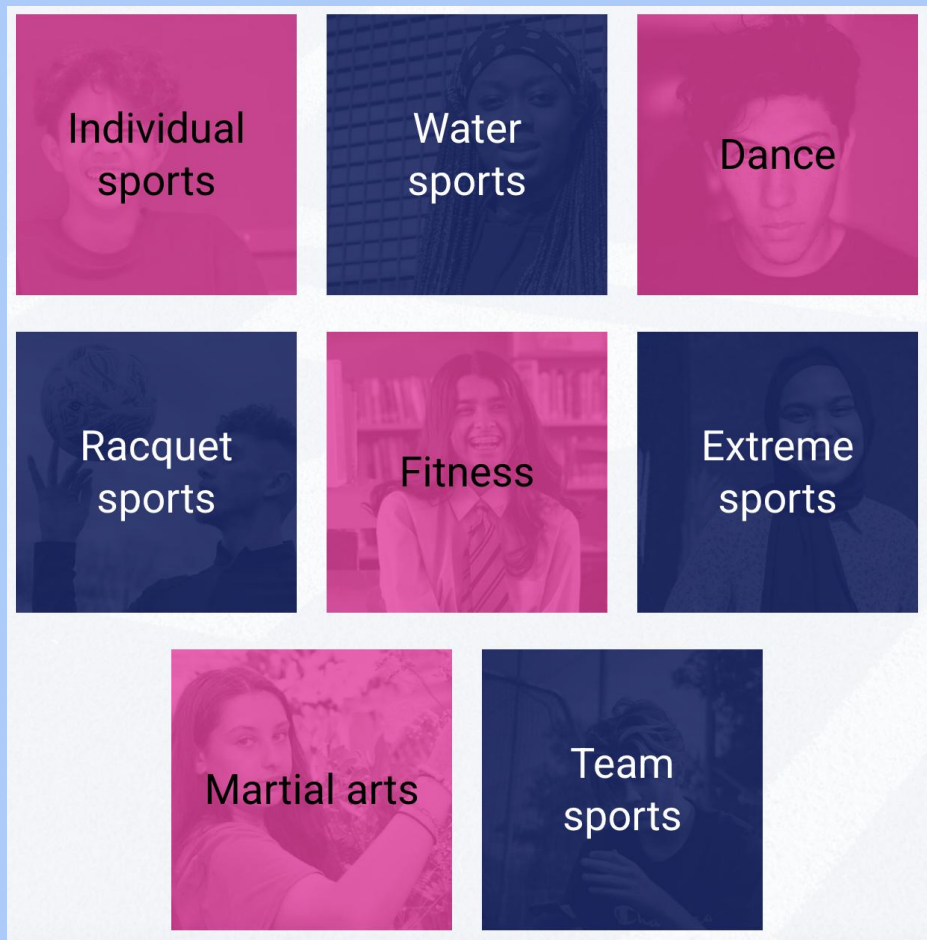
The physical section is a chance to focus on health and fitness and have fun along the way. You can try something different or concentrate on something you already do.

It just must require a continuous level of energy and physical activity

3 or 6 months

PHYSICAL

- Team sports (football, rugby, netball, basketball)
- Individual sports (running, swimming, athletics, cycling)
- Martial Arts
- Dance and Performance
- Outdoor activities (Horse-riding, kayaking, climbing)
- Fitness and wellbeing (Going to the gym, yoga, parkrun)
- School clubs



SKILLS

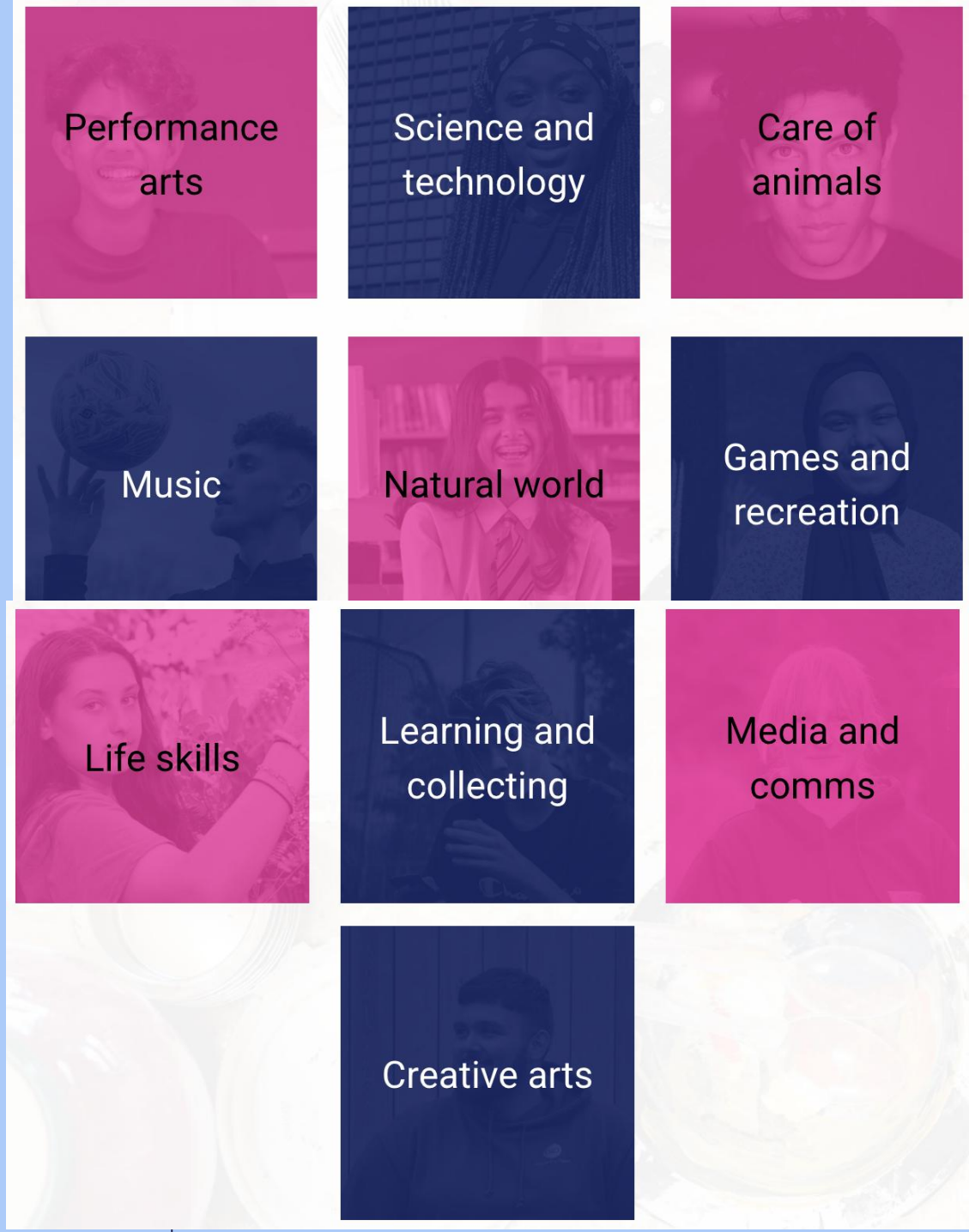
The skills section is designed to allow the participant to learn a new talent, develop existing skills or discover new activities to love.

3 or 6 months

SKILLS

- Creative Arts (Photography, Art, Drama)
- Music (learning an instrument, singing)
- Technology (Coding, Website Design, Animation)
- Life skills (Cooking, First Aid, Gardening)
- Academic Skills (BSL, languages, super-curricular learning)
- Media (blogging, debating, journalism)
- Hobbies (board games, chess, sewing, model making)

Students must be able to select an assessor who is an expert in their chosen skill



REQUIREMENTS

For each section students must select an assessor to support their activity and write a short report at the end of their section.

This should be an expert/professional in their chosen area and cannot be a family member

This must be considered before a section is decided



DofE | Assessor's Report VOLUNTEERING

Participant: _____
eDofE ID No: _____
Level: **Silver**

Activity: _____

Date started: ___/___/___ Completed: ___/___/___ (_____ months)

Goals set by participant: _____

_____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme.

Signature: _____ Date: ___/___/___

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence. Please ensure it is saved the right way up.

TEAR HERE

EXPEDITION

As part of a small team, the participant will plan an aim, choose a location, complete in school and on-site training and then carry out two days and one night away walking in the countryside, typically walking between 12-15km each day.

2 days, 1 night

EXPEDITION

We outsource our Expedition to a company called LetsGetOut.

They are an AALA accredited provider of DofE Expeditions and we have been using the company for years

I will accompany all students for both their training sessions and qualifying expedition

https://letsgetout.co.uk/s/

SANDON SCHOOL | PARENT & CARER INFORMATION

Welcome to the DofE Expedition Section

Everything parents and carers need to know about preparing, training and taking part.



Adventure, teamwork and a real sense of achievement.

From training to expedition

Three simple stages build the knowledge, confidence and practical experience needed for expedition day.

STEP 1

Build the foundations

Tuesday 23rd February – In School Training Day

STEP 2

Build experience outdoors

Saturday 6th March – On Site Training Day in Doddinghurst

STEP 3

Take on the assessed expedition

Fri 23rd - Sat 24th April - Expedition

TEAM GOAL	Teams work towards a shared goal during their expedition.
WALKING TEAM SIZE	Walking teams: 4–7 participants. This DofE rule has no flexibility.

What camp life is really like

A well-prepared camp is where practical skills, team roles and shared routines come together.



A camp with purpose

- Pitch tents and organise shared kit.
- Cook simple meals and keep hydrated.
- Rest, regroup and prepare for the next day.
- Share roles and support teammates.
- Take growing responsibility for the team campsite and routine.

Staff supervise in line with the expedition plan.

Safe, supported and professionally delivered

The expedition is designed to stretch young people — with careful planning and clear adult support around them.

Monitored and connected

- All teams are GPS tracked throughout the expedition.
- A no-phone policy applies during the expedition.
- Each team is issued with a Let's Get Out phone for contact between teams and Let's Get Out staff.

Planned and supported

- An adult Expedition Supervisor is responsible for team safety.
- AALA licence, full insurance and written emergency procedures.
- Robust safeguarding arrangements throughout delivery.
- Training, route, food and kit planning are completed before expedition days.

Licenced outdoor activity provision — planned to build confidence, with the right structure around it.

Kit: prepared, practical and manageable

The right kit keeps young people comfortable, safe and ready to concentrate on the experience.

WEAR

Weather-ready clothing

Walking boots are required.
A waterproof jacket and waterproof over-trousers are also required.

SLEEP

A good night outdoors

Young people need a suitable **sleeping bag and roll mat** for the expedition.
Detailed tent and sleeping guidance is issued before the outdoor phase.

DRINK

Water that works

Two robust, refillable 1L bottles are ideal.
Choose wide-mouth bottles that are easy to refill at checkpoints.
Disposable bottles are not suitable.

A full kit list and packing guidance are issued in advance. Rucksack hire is available; pupil premium participants can hire rucksacks free of charge.

PRICING

Duke of Edinburgh Sign Up Fee: **£37 pp**

This includes supporting the charity, your welcome pack, eDofE online account access, administration, badge and certificate and school administration costs

Expedition Fee: **£190 pp (£90 deposit at booking)**

This pays for the running and staffing of the expedition, full training and support

ADDITIONAL PRICING

Students also require:

- Walking boots
- Waterproof jacket and trousers
- DofE rucksack (should be at least 65L)
- Sleeping bag
- Sleeping mat



SUPPORT

We have a limited supply of resources which can be lent out to students

LetsGetOut provide rucksack hire

The Duke of Edinburgh Charity have grants and funding available to cover the participation place and expedition costs called the **Resilience Fund.** This can be applied for through me.

KEY DATES

Friday 20th November: Deadline for sign up form returned to me and payment of Sign Up Fee (through ParentPay) and Expedition Deposit (through LetsGetOut website)

Before Christmas Holidays: All students signed up, eDofE log ins given, section plans submitted on eDofE, all sections started

Tuesday 23rd February: In School Training Day with LetsGetOut

Saturday 6th March: On Site Training Day with LetsGetOut (Doddinghurst)

Friday 23rd – Saturday 24th April – Expedition

Before Easter Holidays: 2/3 sections completed, assessor reports handed in and approved

Before end of school year: All sections complete and students issued awards

HOW PARENTS CAN SUPPORT

- Encourage regular participation
- Help students stay organised
- Support expedition preparation
- Check eDofE progress occasionally
- Encourage independence rather than doing tasks for them

NEXT STEPS (IF IT'S A YES!)

1. Collect a sign up form from me. These can be collected from me in the Science Department
2. Hand this form back to me
3. Pay the sign up fee (ParentPay) and Expedition Deposit (LetsGetOut) by 20th Nov
4. Await eDofE log in and welcome kit
5. Get organising!