

# The Duke of Edinburgh's Award



#Start a new adventure!

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## What is a D of E programme?

A D of E programme is a real adventure from beginning to end. It doesn't matter who you are or where you're from. You just need to be aged between 14 and 24 and realise there's more to life than sitting on a sofa watching life pass you by.

You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and possibly even taking part in a residential activity. But here's the best bit - you get to choose what you do!

Your programme can be full of activities and projects that get you buzzing. And along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

## D of E Levels

The main differences between the three levels are the minimum length of time it takes to complete them, how challenging it is and the minimum age you can start. Depending on your age, you are free to start at any level but most people prefer to try for Bronze and work upwards. There are age restrictions for each one so it makes sense to build yourself up rather than dive in at the deep end.

## The Levels

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

These sections are:

**Volunteering** - helping someone, your community or the environment

**Physical** - becoming fitter through sport, dance or fitness activities

**Skills** - developing existing talents or trying something new

**Expedition** - planning, training for and completing an adventurous journey

**Residential** - staying and working away from home as part of a team (Gold only)

## How long will it take me?

It will usually take you at least 6 months to complete your Bronze programme. It will take you at least 6 months for Silver if you've already achieved your Bronze, or 12 months if you've jumped straight into Silver. For Gold, you'll need to do your programme for at least 12 months if you've got your Silver Award, or 18 months if you've started at Gold level without doing Silver even if you've done Bronze.

We've put the length of time in months – 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! All activities for a D of E programme MUST be completed by your 25th birthday. Once you've done the minimum amount of time needed to complete your D of E programme, we're sure that you'll have had so much fun that you'll want to keep on doing your activities!

What's great about this award?

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Tailor a programme to suit you!

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Have fun!

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Enhance your CV for HE and employment

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Gain highly desirable skills and certification

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