BROADEN YOUR HORIZONS

You have the chance to shine.

Get involved and take this opportunity to be part of a fun-packed, challenging and adventurous programme that’s recognised nationally and internationally.

The Duke of Edinburgh’s Award is one of the world’s best known and most respected achievement awards—and now you have the chance to enrol in the programme.
What is a Duke of Edinburgh’s Award?

It’s an achievement award for young people aged 14-24, affectionately known as the DofE. A DofE 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.

There are three levels of award, achieved by completing a personal programme of activities in four sections (five if you’re going for Gold) – Volunteering, Physical, Skills, Expedition and Residential. (for Gold only).

You’ll find yourself helping people or the community, getting fitter, developing skills or going on an expedition.

The best bit is you get to choose what you do!

Why do your DofE?

Because, from the first day to the last it’s a real adventure. Every section gives you something different – that’s the fun of it!

You’ll enjoy loads of new experiences, discover talents you never thought you had, challenge yourself and meet loads of people just like you. Plus you’ll do things you love and get a kick out of. It’s a real buzz!
Achieving an Award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities. You’re getting recognised for doing things you want to do (and may even be doing already).

You’ll make a difference to other people’s lives in your community, be fitter and healthier, make new friends and have memories to last you a lifetime. And above all, it’s a great laugh. The question should really be why wouldn’t you do your DofE!

Beyond your academic achievements, universities want to see evidence of so called ‘soft skills’ that you have developed through extra-curricular activities, such as communication, commitment, leadership and team work. Your DofE Award is a fantastic way to demonstrate and evidence these skills in practice and therefore provides some useful material for your university personal statement or CV.

What are the DofE Award levels?

There are three Award levels:

- Bronze - for those aged 14+ years
- Silver - for those aged 15+ years
- Gold - for those aged 16+ years
If you aren’t 14 yet but are in the school year in which you’ll turn 14, you may be able to start a Bronze DofE programme - check with your DofE Leader.

Similarly, if you aren’t 15 yet, but are in the school year in which you’ll turn 15, you may be able to start a Silver DofE programme - check with your DofE Leader.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can be fitted in around academic study, hobbies and social lives. Development and regular progress must be shown and all activities must be completed by the participant’s 25th birthday.

**How long does it take to complete each Award?**

Participants have to complete 4 sections for both the Bronze and Silver awards and 5 sections for the Gold award.

<table>
<thead>
<tr>
<th>BRONZE</th>
<th>SILVER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteering 3 months</td>
<td>Volunteering 6 months</td>
</tr>
<tr>
<td>Physical 3 months</td>
<td>Physical one section for 6 months, the other for 3 months</td>
</tr>
<tr>
<td>Skills 3 months</td>
<td>Skills Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.</td>
</tr>
<tr>
<td>Expedition 2 days 1 night</td>
<td>Expedition 3 days 2 nights</td>
</tr>
</tbody>
</table>
Volunteering is all about making a difference to other people’s lives. Perhaps you’re interested in animals or conservation? You might like to work with older people or raise money for a cause that means a lot to you? From teaching children cyber safety to starting a local recycling campaign, the Volunteering section of your DofE enables you to give your time to help others and change things for the better.

For Volunteering activity ideas, visit our website at https://www.crickhowell-hs.powys.sch.uk/clubs/duke-of-edinburgh/ and download a copy of the DofE Volunteering Section Ideas.

DofE Award Sections—Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way.
As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless.

Improve your football, rock climbing or dance skills or try a completely new sport or activity. Join a team or do it on your own. You don’t have to be super fit or world class – with the DofE, it’s about setting your own challenges, giving 100% and being the very best you can be.

**DofE Award Sections—Skills**

The Skills section is about discovering what you’re really good at. Maybe you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website?

By developing practical and social skills and nurturing your personal interests and talents, you’ll boost your self-esteem and your CV.


**DofE Award Sections—Expedition**

Your expeditions will be organized by your DofE leaders at Crickhowell High School and will involve a mapped walk in the great outdoors right on our doorstep.
As part of a small team, you’ll plan and complete a practice and final expedition that will truly stretch your horizons. You’ll improve your communication and leadership skills and take a rucksack full of memories home with you.

**DofE Award Sections—Residential**

If you’re going for your Gold DofE Award, you need to complete an additional Residential section. You can choose from a range of residential activities – such as helping at a National Trust site.

You’ll spend five days and four nights taking part in a shared, worthwhile activity with people you’ve never met before. It will boost your independence and confidence and is a great way to leave a positive footprint on your life and other people’s.


**The Cost of Doing DofE**

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>DofE Participation Fee and Welcome Pack</td>
<td>£21.00</td>
</tr>
<tr>
<td>DofE Annual Licensing Fee</td>
<td>£9.00</td>
</tr>
<tr>
<td>Day walk, training weekend, assessment expedition</td>
<td>TBC</td>
</tr>
</tbody>
</table>
Safeguarding

Please bear in mind that it is the responsibility of the parent / carer / guardian, not Crickhowell High School, to ascertain that all those the participants come into contact with in the course of their volunteering, physical, skills and residential sections are suitably cleared to work with young people and that the appropriate checks and balances are in place for safeguarding purposes.

Your Crickhowell High School DofE Team

The DofE Programme will be run by Mr A. Neill and Mr J. Mulholland, who are your DofE Leaders. Administration will be carried out by Mrs A. McILROY. The team can be contacted as follows:

Email: dofe@crickhowell-hs.powys.sch.uk
Tel: 01873 813500
Facebook: www.facebook.com/crickhowellhs

And if you’re still undecided ….

Doing a DofE Award requires dedication and time, so why go to all that effort? Well here are ten reasons why the award is worthwhile.

Challenge Yourself: For the skills section, you can virtually do anything, from learning how to bake to completing a sign language course.
It’s completely up to you. Learning a new skill is both challenging and rewarding. It can also open new doors, such as possible career opportunities.

**Get Fit:** Although running around and getting sweaty might not be your thing, there are many other ways to complete the physical aspect of the Duke of Edinburgh’s Award. It’s important to get fit, not only to be able to finish the expedition, but studies have also shown that people who do physical activity lead a happier, healthier, longer life, which makes the sweat and effort worthwhile!

**Give Something Back:** This is your chance to give something back to the community or the environment you live in and make a difference. That’s what volunteering is all about. There’s no better feeling than helping others. Volunteering gives you the chance to gain experience in a working environment, test out a possible career, develop new skills, or build on existing ones. Communication, confidence, or building self-esteem are just some of the skills learnt from volunteering.

**Self-discipline:** DofE requires dedication and commitment. People depend on you in all areas, from turning up on your volunteering shift, to the importance of team work on your expedition. If you take DofE, you are gaining valuable life skills.

**Make New Friends:** DofE is an excellent way to meet new people and make new friends. Working together in the wilderness on your expedition forms new bonds and makes great memories.
Through volunteering, you meet many different people in a working environment, which prepares you for the working world later on in life.

**Enhance Your CV:** Finding employment is difficult. There is so much competition for one job. Having the DofE Award on your CV might just give you the edge over other applicants. Employers highly respect the Award. It demonstrates a rounded, confident individual who can work independently and as part of a team. The Award will give you an extra step ahead for the chance of success.

**Independence:** On an expedition, you have to carry your rucksack, navigate to a certain point, and take responsibility for your cooking, water and, most importantly, yourself. Independence is a great life skill to achieve.

**Teamwork:** Working as a team is an important part of DofE. Navigating, pitching a tent and looking after each other all involve working together as a team. Working together ensures everyone is safe and a satisfactory outcome for all involved.

**Explore Somewhere New:** The expedition section is a chance to do something different and to learn to be an explorer! It’s so easy to sit on the sofa and not venture far, but DofE motivates you to get outside. You get to sleep under the stars, witness incredible scenery and natural landforms, which you don’t get to see sitting at home!
Achievement: Completing your DofE Award is a great attainment, with a self-satisfying “I did it!” Although the award requires a lot of effort, time and dedication, it’s well worth it. That feeling when you finally take off your walking boots and realise you have completed your challenge is immense.

The DofE Card

The DofE Card and Voucher gives all DofE participants a discount of up to 15% with five retailers, either in store or online: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

From 2018 onwards, there are now three ways to save:

- All participants who register their address on the eDofE website will be sent a personalised DofE Card from October onwards.
- All Welcome Packs will contain a DofE Voucher, which can be used until the card arrives.
- Participants can download their temporary voucher from the eDofE website.

The personalised DofE Card is ready to use as soon as it arrives. It will show your name, eDofE number and a personalised and unique barcode unique.

We’re giving you the chance so go for it!