



ST EDMUND'S COLLEGE

# *Duke of Edinburgh's Award Scheme*

Parent Handbook 2025-26

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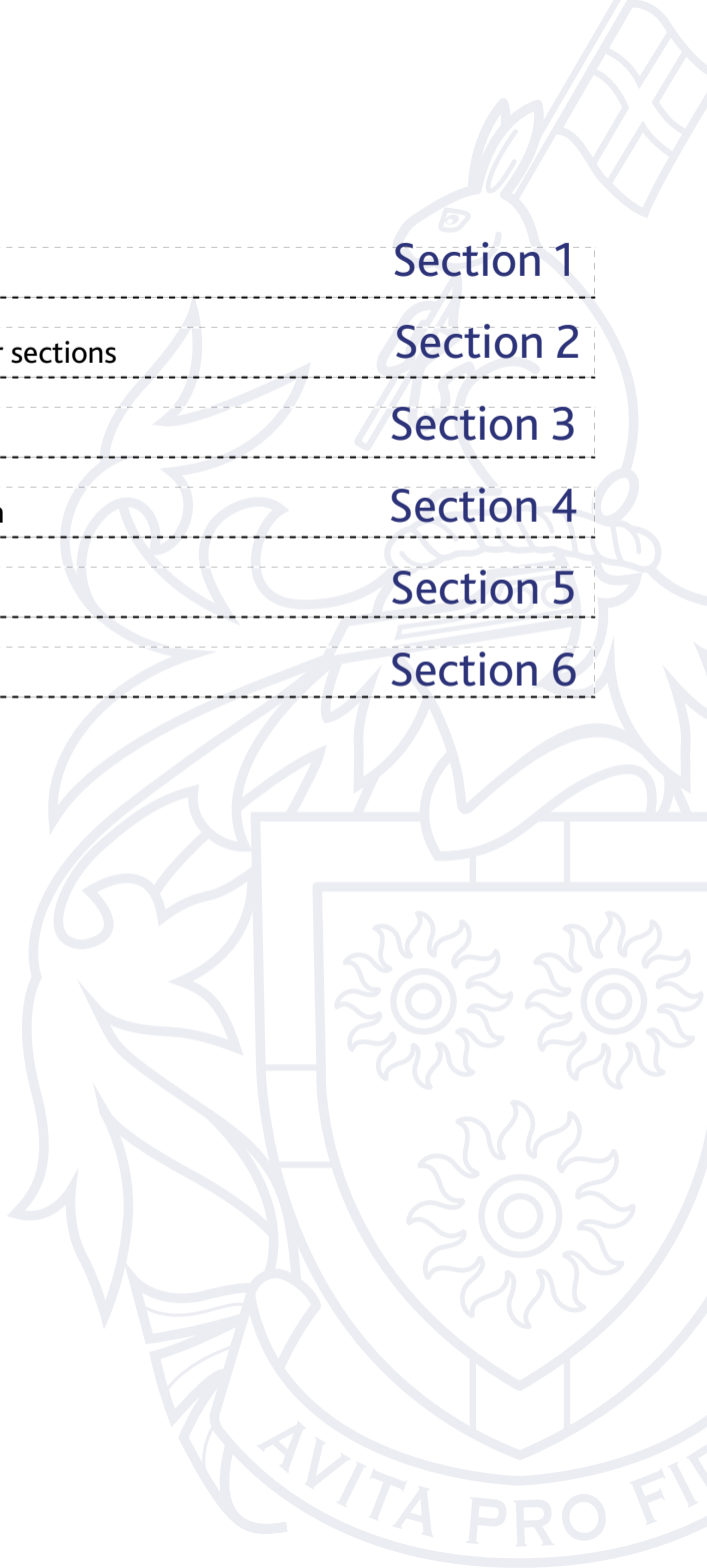
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# Introduction

The Duke of Edinburgh's Award, affectionately known as the 'DofE', is a registered charity which operates throughout the UK and internationally. It is much more than just an expedition, although the expedition section is what many young people look forward to the most!

## Aims of the Award

- To give young people the opportunity to participate in a wide range of activities and experiences, to discover and develop skills and talents
- To promote life-long skills such as teamwork, communication, independence, initiative and leadership – the benefits of completing a DofE Award are recognised by employers.
- It is not competitive; pupils have until the age of 25 to complete the award

## The Four Sections

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

(Residential Gold Award only)



## Choosing and completing activities

The College's Period 7 programme offers pupils a broad range of possibilities for activities that count towards the three sections of the Duke of Edinburgh's Award. The DofE website features a detailed list of activities that count towards the Award. Further information and suggested activities for each section can be found using the links below.

### Physical Volunteering Skills

Participants must identify a suitable Assessor for each section before they embark on an activity. For Period 7, this is normally the member of staff leading the activity. Pupils and their families are reminded that a family member cannot be an assessor. More information can be found here: <https://www.dofe.org/do/assessors/>

For many pupils, this means that they can work towards their Award without having to sacrifice extra time from their academic studies and often already busy schedules. We feel that this is vitally important for all pupils, but particularly those who are working towards external examinations.

The expedition dates detailed in section 4 are carefully planned to minimise disruption to pupils' study and revision.

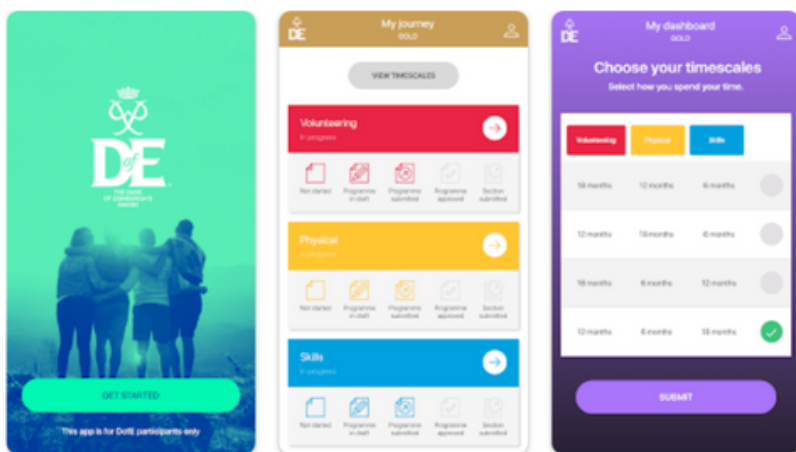


## Recording progress and completion

Once pupils register for the Award, we set up an online account for them. Once this is done, they will receive an email from eDofE with details of how to activate their account on [www.edofe.org](http://www.edofe.org).

Only once they have logged in to the website and provided their address will they receive a Welcome Pack which includes a physical record book.

It is their responsibility to keep a log of everything they do; once they have completed the minimum time for a particular section, they must ask their assessor to complete an assessor's report. This can be completed in the physical record book or online at [www.edofe.org/assessor](http://www.edofe.org/assessor) - participants will need to provide assessors with their eDofE number from their profile.



*The DofE app is available on the App Store and Google Play*





# *Explanation of the Four Sections*

## **Volunteering**

Helping someone, your community, or the environment but must be for a non-profit organisation.

Examples:

- Leading a P7 activity during the week (e.g. Senior CCF cadets)
- Helping coach a local football team outside of school
- Working in a local charity shop

## **Physical**

Becoming fitter through sport, dance, or fitness activities

Examples:

- Playing and training on a regular basis with the school team
- Playing for a local club
- Attending one of the P7 voluntary physical activities e.g. dance, table tennis, football

## **Skills**

Developing existing talents or trying something new

There are over 100 skills you can choose from. These can include:

- Playing a musical instrument
- Digital photography
- Becoming a football referee/hockey umpire and regularly officiating games
- CCF / police cadets / navy cadets
- Care of animals
- Creative arts including working on the student newspaper



## Expedition

Pupils will undertake 'Training and Practice expedition' *and* 'Qualifying expedition'

BRONZE	
1 day, 1 night	2 days. 1 night
SILVER	
3 days, 2 nights	3 days, 2 night
GOLD	
3 days. 2 nights	4 days, 3 nights

St Edmund's College currently offers walking expeditions only. If your son or daughter is interested in completing a cycling or canoeing expedition, please speak to Mr Lee at the time of enrolment.

## Residential

At Gold level, participants are also required to complete a Residential activity. The DofE describes this as:

"Undertake a shared activity in a residential setting away from home for 5 days and 4 nights."

There are hundreds of opportunities for Residential activities, including NCS, charity work and skills camps. Some incur additional cost; others are fully funded.

Gold participants meet with St Edmund's College staff to ensure they know how to find opportunities and how to ensure their chosen activity meets the DofE criteria.



# Criteria and Timescales

**BRONZE**

<b>Volunteering</b>	<b>3 months</b>	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
<b>Physical</b>	<b>3 months</b>	
<b>Skills</b>	<b>3 months</b>	
<b>Expedition</b> <b>2 days 1 night</b>		



**SILVER**

<b>Volunteering</b>	<b>6 months</b>	<i>Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.</i>
<b>Physical</b>	one section for 6 months, the	
<b>Skills</b>	other for 3 months	
<b>Expedition</b> <b>3 days 2 nights</b>		



**GOLD**

<b>Volunteering</b>	<b>12 months</b>	<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>
<b>Physical</b>	one section for 12 months, the	
<b>Skills</b>	other for 6 months	
<b>Expedition</b> <b>4 days 3 nights</b>		



**Residential** **5 days 4 nights**

More information can be found at [www.dofe.org](http://www.dofe.org)  
Expedition information



## **Bronze Award**

Training Day: Saturday 18th April 2026

Qualifying Expedition: Sunday 19th – Monday 20th April 2026 (East Hertfordshire)

## **Silver Award**

Training Day: Friday 8th May 2026 (South Downs NP)

Practice Expedition: Saturday 9th – Sunday 10th May 2025 (South Downs NP)

Qualifying Expedition: Friday 3rd – Tuesday 7th July 2025 (Brecon Beacons NP)

## **Gold Award**

Training Day: Wednesday 25th April 2026 (Peak District NP)

Practice Expedition: Thursday 26th – Friday 27th April 2026 (Peak District NP)

Qualifying Expedition: Friday 3rd – Tuesday 7th July (Brecon Beacons NP)

## **Calendar clashes**

Whilst we try our utmost to avoid clashes, please check your calendars for prior school or family commitments before registering for the Award.

We recommend that participants and their families consider personal trip insurance in case participants are unable to complete expeditions due to injury or illness

*Please note:*

*All participants must attend both the practice and qualifying expeditions.*

*Participants must have completed at least 2 sections to be eligible to take part in the qualifying expedition.*



# Cost

The College works closely with our AAP, Sam Sykes for Bronze and Silver, who provide highly qualified instructors, training, and group kit for Duke of Edinburgh's Award expeditions. Silver and Gold is largely run in house using College instructors and pastoral staff

Cost) and proposed locations are below. These are all approximate, and TBC; exact costs will be numbers dependent on each level.

- Bronze Walking: £300 Run by Sam Sykes LTD
- Silver Walking: £350 Training run by Sam Sykes LTD; Qualifying by St Ed's
- Gold Walking: £450 Training run by Sam Sykes LTD; Qualifying by St Ed's

This cost includes the following:

- Award registration and a 'Welcome Pack', including log in to eDofE.
- All transport (College minibus or coach)
- One bespoke training day
- Fully supported training expedition.
- Fully supported assessed (qualifying) expedition.
- Bunkhouse accommodation the night before Silver and Gold Qualifying Expedition
- Sam Sykes provided equipment: tents, group first aid kits, stoves (with gas), maps, trackers, group shelters – BRONZE ONLY
- The College also has a limited number of rucksacks, roll mats, waterproof jackets and trousers that participants may borrow.

Payment for the Award is split across pupils' Lent and Trinity term bills. If you wish to discuss other payment options, please contact the Accounts department.

# Enrolment

If your son/daughter would like to participate in the Award, please sign up online through the VLE (available from mid-September). Please note that the following year group restrictions apply:

- Bronze: Grammar
- Silver: Syntax
- Gold: Rhetoric

If you have any issues accessing the enrolment form, please email: [nlee@stedmundscollege.org](mailto:nlee@stedmundscollege.org)

