

# Duke of Edinburgh's Award

2022-2023



## Duke of Edinburgh's Award

The Duke of Edinburgh's Award (DofE) is an international voluntary programme of activities for young people aged 14 to 24. Offered at Bronze, Silver and Gold levels, it can be described as the ultimate personal development programme – it complements academic learning and its benefits reach far beyond school. Girls acquire vital transferable, or 'soft', skills such as team working, communication, problem solving, leadership and negotiation. They grow in self-confidence, develop resilience, personal responsibility, an awareness of their potential and an understanding of their individual strengths and weaknesses. But most of all they have fun.

Participants create their own DofE programme by choosing and carrying out volunteering, physical and skills activities, going on expedition and giving a presentation about it, and, for Gold only, taking part in a residential activity. Activities can be ones they are already do, such as learning a musical instrument, LAMDA, riding, hockey or netball, but can also be something new they wish to try. Boarders are supported to find suitable volunteering activities but day girls are expected to arrange out-of-school volunteering themselves.

## Commitment and activities

DofE is more than just the expedition and to get the full award each section has to be completed. The pages that follow detail the commitment required at each level and suggest ideas of activities for the Volunteering, Skills, Physical and Residential (Gold Award only) sections. Your daughter may find she is already doing most of the activities she needs, or she may decide to use DofE to start a new activity. More information is also available on the DofE website [Do DofE - The Duke of Edinburgh's Award](https://www.dofe.org/).



## What does it cost?

The charges for the different Mayfield DofE awards are listed on the enrolment form at the back of this booklet. This fee covers registration with the DofE and all training and expedition costs.

Group kit for expeditions, eg tents, stoves, compass, is provided. Personal kit, eg walking boots, waterproofs, sleeping bag, rucksack, needs to be provided by the student. The School offers discounted rates on the purchase of new kit (see back of booklet for details) and has a limited amount of kit available to borrow. A full expedition kit list is provided once enrolled.

## Meeting times

Bronze and Silver groups will meet on **Thursday A1**. Attendance at these sessions is compulsory and girls cannot alternate with other activities. Girls joining Gold will have mentoring and in-school training sessions scheduled around their timetable.

## How to join

If your daughter would like to join Mayfield DofE, she needs to complete both sides of the enrolment form at the back of this booklet. The form needs to be signed by the pupil **and** by a parent or guardian before being returned to Mrs Helen Nicoll in the School Office ([hnicoll@mayfieldgirls.org](mailto:hnicoll@mayfieldgirls.org)).

If there are any questions not answered by the contents of this booklet, please contact Mary Saunders, DofE Co-ordinator at [msaunders@mayfieldgirls.org](mailto:msaunders@mayfieldgirls.org).

**NB:** All information given in this booklet is correct as of August 2022. Should circumstances change due to unforeseen situations, arrangements will be reviewed and revised as appropriate at the time.

## Bronze Award for Year 9 girls (age 14 by 31<sup>st</sup> August 2023)

### Commitment

**Individual activities** - as per infographic for one hour per week for 13 or 26 weeks. Set up and managed on eDofE.

**Weekly meetings:** Thursday A1 plus online learning modules.

### Expedition dates 2023

**Training & Practice Expedition:** Monday 1<sup>st</sup> – Tuesday 2<sup>nd</sup> May (Mayfield High Weald)

**Assessed Expedition:** Friday 13<sup>th</sup> – Saturday 14<sup>th</sup> May (Ashdown Forest)

Bronze training and expeditions delivered by Mayfield DofE staff and specialist providers.



## Silver Award for Year 10 girls (age 15 by 31<sup>st</sup> August 2023)

### Commitment

**Individual activities** - as per infographic for one hour per week for 13 or 26 weeks. Set up and managed on eDofE.

**Weekly meetings:** Thursday A1 plus online learning modules for direct entrants to Silver.

### Expedition dates 2023

**Training & Practice Expedition:** Saturday 17<sup>th</sup> – Monday 19<sup>th</sup> June (Surrey Hills)

**Assessed Expedition:** Monday 3<sup>rd</sup> – Wednesday 5<sup>th</sup> July (South Downs)

Silver training and expeditions are delivered by Mayfield DofE staff and specialist providers.



## Gold Award for Year 12 girls (age 16 by 31<sup>st</sup> August 2023)

### Commitment

**Individual activities** - as per infographic for one hour per week for 26, 52 or 78 weeks. Set up and managed on eDofE.

**Mentoring sessions replace weekly meetings**

**Plus** online learning modules for direct entrants to Gold (e-learning optional for participants continuing from Silver).

**Plus Residential activity** – details counts for this section are given later in this booklet. This activity is arranged and paid for by participant.

### Expedition dates 2022-23

**Training & Practice Expedition:** Saturday 22<sup>nd</sup> – Wednesday 26<sup>th</sup> October 2022 (Wales)

**Assessed Expedition:** Thursday 6<sup>th</sup> July – Monday 10<sup>th</sup> July 2023 (Peak District)

(NB: the exact expedition dates are subject to there being sufficient girls enrolling)



Gold expeditions are delivered by Mayfield's Approved Activity Provider (AAP). Boarders must make arrangements with guardians and parents for the start/end times of these expeditions as they are outside normal term dates.



# THE DUKE OF EDINBURGH'S AWARD®

## Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at [DofE.org/volunteering](http://DofE.org/volunteering) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](http://DofE.org/finder).

### It's your choice...

Volunteering gives you the chance to make a difference

to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

### Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see [DofE.org/volunteering](http://DofE.org/volunteering) for the requirements).

### Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

### Working with the environment or animals

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

### Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls' Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- Sports leadership
- Music tuition

### Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

### Helping a charity or community organisation

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop



# THE DUKE OF EDINBURGH'S AWARD.

## Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at [DofE.org/physical](http://DofE.org/physical)

and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](http://DofE.org/finder).

### It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

### Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

#### Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolineing
- Wheelchair fencing
- Wrestling

#### Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

#### Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

#### Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

#### Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

#### Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

#### Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

#### Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfbal
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby



# THE DUKE OF EDINBURGH'S AWARD.

## Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at [DofE.org/skills](https://www.dofe.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

### It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

### Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

### Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

### Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

### Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/maintenance
- Pigeon breeding & racing

### Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music

- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

### Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

### Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting

- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

## Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
  - First aid – St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills
- Life skills
- Massage
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

## Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collections, studies & surveys
- Comics
- Contemporary legends
- Costume study

- Criminology
- Dowsing & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

## Media & communication

- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

## Creative arts

- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Canoe building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling

- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tattling
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork



## Programme ideas: Residential section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you.

This sheet gives you some ideas of things you could do or could use as a starting point to create a Residential of your own.

You can find more information at [DofE.org/residential](https://www.dofe.org/residential) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

### It's your choice...

Going on a residential gives you the chance to learn

how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

### Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see [DofE.org/residential](https://www.dofe.org/residential) for the requirements).

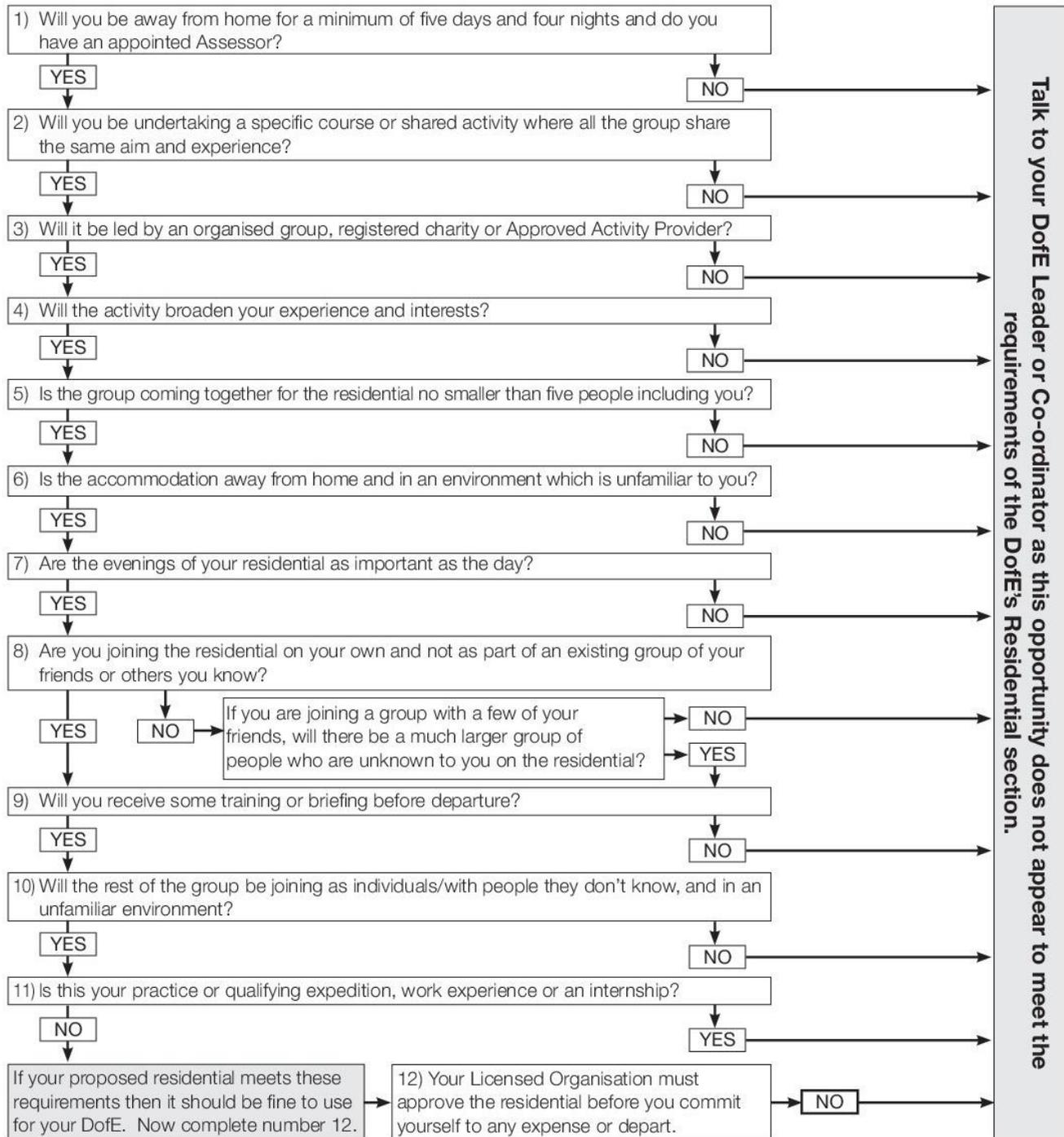
**Please note:** The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.)

Service to others	Environment and conservation	Learning	Activity based
<input type="checkbox"/> Being a leader at a UK-based holiday camp for disadvantaged young people.	<input type="checkbox"/> Joining a tree planting project with your local environment trust.	<input type="checkbox"/> Undertaking a cookery course.	<input type="checkbox"/> Taking part in a sport based residential developing your basketball skills.
<input type="checkbox"/> Undertaking a voluntary teaching placement overseas.	<input type="checkbox"/> Attending a conference on climate change as a youth representative	<input type="checkbox"/> Doing a photography course and exhibiting your work.	<input type="checkbox"/> Taking part in multi-faith residential, studying different religions.
<input type="checkbox"/> Being part of a service crew at a large summer camp for Brownies.	<input type="checkbox"/> Helping the preservation team of a railway or canal	<input type="checkbox"/> Taking part in a bushcraft residential.	<input type="checkbox"/> Joining an ACF activity week with members of different detachments you don't know.
<input type="checkbox"/> Volunteering on a YHA residential summer camp.	<input type="checkbox"/> Studying coral bleaching in Australia.	<input type="checkbox"/> Spending time on a narrowboat and training towards becoming a skipper.	<input type="checkbox"/> Learning to snowboard on an intensive course in Scotland.
<input type="checkbox"/> Volunteering at a residential summer school.	<input type="checkbox"/> Joining a National Trust working holiday and join different conservation projects in various locations across the UK.	<input type="checkbox"/> Taking part in a field studies course.	<input type="checkbox"/> Joining an historical re-enactment
<input type="checkbox"/> Being an assistant to support an eco-friendly waste project at an outdoor education centre	<input type="checkbox"/> Taking part in a Field Studies course learning about biodiversity and conservation.	<input type="checkbox"/> Learning to write and produce music and putting on a show.	
<input type="checkbox"/> Helping out on a pilgrimage.		<input type="checkbox"/> Taking part in an astronomy course, learning about constellations, black holes and solar systems.	
		<input type="checkbox"/> Taking part in a week-long Gaelic or Welsh language and culture course.	



# Does the residential count for your Gold programme?

This flow chart can be used by young people alone or in conversation with their DofE Leader, to help decide if their choice of residential activity can count for their Gold DofE programme. If they are using a Residential section Approved Activity Provider then their trip will meet these requirements.



# Personal DofE Kit

## Special Purchase Offer (all Award levels)

Mayfield has secured the following discounted DofE kit for pupils (prices correct as at 24 August 2022). The quality is suitable for participants at Bronze, Silver and Gold levels. There is no obligation to purchase this kit but if you would like to purchase kit for your daughter at the time of enrolment please tick the appropriate box - A, B or C - on your DofE enrolment form.

**NB:** This kit can be purchased at other times but please be aware that the contents may alter slightly and the price may be subject to change.



Description	Student Kit A	Student Kit B	Student Kit C
Ridge 65 litre Rucksack	✓	✓	✓
Rucksack Liner	✓	✓	✓
Dreamlite 400 Sleeping Bag	✓	✓	✓
Pro Foam Sleeping Mat	✓	✓	
Headtorch		✓	✓
Drybag Set		✓	✓
Survival Bag		✓	✓
Participant First Aid Kit			✓
Sleeping Bag Hygiene Liner			✓
Polycarbonate Bowl			✓
Spork			✓
Aluminium Bottle			✓
Self-Inflating Sleep Mat			✓
Compeed Blister Plasters			✓
<b>RRP (inc. VAT)</b>	<b>£200.00</b>	<b>£255.00</b>	<b>£345.00</b>
<b>Mayfield discounted price (inc. VAT)</b>	<b>£115.00</b>	<b>£150.00</b>	<b>£225.00</b>



# DofE Participant Enrolment Form



## 2022-23

Please print clearly in CAPITALS or type your details in. You must complete both sides of this form and answer all questions. The form must be signed by the participant and the parent/guardian. When complete please return the form to the School Office ([hnicoll@mayfieldgirls.org](mailto:hnicoll@mayfieldgirls.org)).

### DofE LEVEL

What level of DofE Award are you enrolling on?	<input type="checkbox"/> Bronze	<input type="checkbox"/> Silver	<input type="checkbox"/> Gold
--	---------------------------------	---------------------------------	-------------------------------

Have you registered for any previous levels of the DofE?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
--	-----------------------------	------------------------------

If YES, please give the name of the DofE Centre you were registered at:
eDofE ID number (if known):

### PARTICIPANT DETAILS and DECLARATION

First name:	Last name:
Date of Birth:	School email address:

**DofE is about taking on new challenges but also about commitment over time in order to complete each section of the Award: Physical, Skills, Volunteering, Expedition (and, for Gold only, Residential). In the space below, explain briefly why you want to do DofE and give an example of how you have shown commitment before and how this will help you complete your Award.**

I would like to enrol as a participant on the Mayfield School DofE programme and commit to completing all sections of my DofE award. I understand that I will be managing my programme using the online eDofE system and via an online learning platform.

**Pupil Signature**

**Date**

## CONSENT TO ENROL FROM PARENT OR GUARDIAN

- I agree to my daughter / ward enrolling on the Mayfield School Duke of Edinburgh's (DofE) Award programme.
- I understand that my daughter is required to attend all training sessions and expeditions and hereby give my permission for her to do so. I understand that the training and expeditions for the Gold Award will be delivered by Mayfield's chosen DofE Approved Activity Provider, and the training and expeditions for the Silver and Bronze Awards will be delivered and managed in-house by suitably-qualified and experienced Mayfield staff.
- I understand that she will be required to use the online DofE management system and (where applicable) an online learning platform. I acknowledge these systems have terms and conditions that we agree to. These terms and conditions are available at [www.eDofE.org](http://www.eDofE.org) and [BXM Learning Privacy Policy](#).
- I agree to the following charge(s) being placed on my daughter's School account.

<b>Please tick to confirm the Award level your daughter is joining</b>	<input type="checkbox"/> <b>BRONZE</b>	<input type="checkbox"/> <b>SILVER</b>	<input type="checkbox"/> <b>GOLD</b>
<b>Programme Cost (covers DofE enrolment, all training and expedition costs)</b>	£160	£275	£725 Please tick if you prefer to pay in instalments of £365 and £360 <input type="checkbox"/>
<b>I also wish to purchase the promotionally-priced DofE student kit for my daughter.</b>  (NB: There is opportunity to purchase kit at a later stage but prices may change.)	<i>Please tick the relevant box. (Details of the contents in each kit pack appear on the previous page; there is no need to return the kit sheet with this enrolment form.)</i>  Student Kit A: £115.00 <input type="checkbox"/> Student Kit B: £150.00 <input type="checkbox"/> Student Kit C: £225.00 <input type="checkbox"/>		
<b>Total chargeable (Award cost plus kit, if purchasing)</b>	£	£	£
<b>Please sign and date to indicate your consent to the above charge being made to your daughter's School account and to give your permission for your daughter to join Mayfield DofE.</b>			

Note: Data supplied on this form and in eDofE and information about DofE activities recorded in eDofE will be used by the DofE Charity, the Licensed Organisation and DofE centre to monitor and manage DofE participation and progress by young people and manage and support Leaders. The DofE Charity will use personal data to communicate useful and relevant information to either help participants complete a DofE programme, Leaders/LOs to run DofE programmes more effectively or help the DofE Charity to improve the quality and breadth of its programmes. Occasionally the DofE Charity may send you information relating to commercial offers. If you do not wish to receive commercial information from the DofE Charity you can choose not to by amending your contact preferences in your eDofE profile at any time.

When you first sign in to eDofE you will be asked to record some personal details such as your contact details, ethnicity and personal circumstances along with details of any medical needs you may have. This data is used for the DofE's statistical and reporting purposes. You will always have a 'prefer not to say' option.