



**DE**  
*of*

THE DUKE OF  
EDINBURGH'S AWARD



- In Year 12 you will have the opportunity to take part in the Duke of Edinburgh Award
- You have the option to do the Silver or Gold award
- 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. The DofE Award is a fantastic way to demonstrate and evidence these skills in practice.

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

# Silver Award (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<p><i>Direct entrants (those who haven't completed the Bronze award) must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i></p> <p><i>(so you do one section for 12 months, one for 6 months and one for 3 months – volunteering must either be 12 or 6 months)</i></p>			

# Gold Award (16+ years old)

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

*Direct entrants (those who haven't completed the Silver award) must undertake a **further** 6 months in either the Volunteering or the **longer** of the Physical or Skills section.*

*(so you do one section for 18 months, one for 12 months and one for 6 months – volunteering must either be 18 or 12 months)*

# Why do DofE?

There are plenty of reasons to take part in the Duke of Edinburgh Awards...

- Discover new skills, interests and talents
- Meet new people and make new friends
- Take part in an amazing experience
- Gain an incredible sense of achievement (especially when you complete your expedition!)

# Why do DofE?

It can also help you to develop lots of essential life skills:

- Self-confidence
- Self-reliance
- Leadership
- Teamwork
- Problem-solving
- Decision-making
- Enhance self-esteem
- Communication
- Motivation
- Commitment
- Time-management

just to name a few!

# How do I take part?

- Letters with more information are available to collect from Marcia and Sadia in the Sixth Form office. **Deadline: Tuesday 28th November 2023**
- You can complete these awards without having done the previous levels (you just have to do the sections for longer)
- For the Silver award there are 30 places available
- For the Gold award we need 14 or more students to potentially run the expedition through the school. If we don't get this number there are many open expeditions that you can book onto. There are more details about this in the letter.
- For more information please speak to Mr Andrews in the Science Office or by email ([c.andrews@sydenham.lewisham.sch.uk](mailto:c.andrews@sydenham.lewisham.sch.uk))



