



COMPONENT	EXPLANATION
<b>Volunteering</b>	Students undertake service to individuals or the community.
<b>Physical</b>	Students aim to improve in an area of sport, dance or fitness.
<b>Skills</b>	Students develop practical and social skills and personal interests.
<b>Expedition</b>	Students plan and train for the completion of an adventurous journey in the UK.
<b>Residential*</b>	At Gold Level, students must do an additional fifth residential section, which involves staying and working away from home doing a shared activity

\* Only students doing the Gold Award need to do this residential component. This has to be done in addition to the expedition.

## Timescale for completing the dofe award



Participants are required to show regular activity and commitment to the award for the duration of the programme, which is usually at least one hour per week.

Dane Court offers various lunchtime, after school and extra-curricular activities that may be used for any one of the Volunteering/Physical/Skill sections.

If you are unsure whether an activity can count towards your Award or you are stuck for ideas, please consult the web address below:

<https://www.dofe.org/do/ideas/>

The Expedition Section is arguably the most exciting aspect of doing the Award. There will be two expeditions undertaken on each Award, a practice and a qualifier. The school will organise all expeditions and training as well as providing most of the necessary equipment-tents, rucksacks, roll mats, Trangias, maps and map bags, first-aid kits etc. The expeditions for each award increase in challenge as the award gets harder (Bronze, Silver then Gold), as does the length of time spent on activities you have to complete.