



## Introduction to the Duke of Edinburgh Award at Bournside

### The Award

The Duke of Edinburgh Award has three levels: Bronze, Silver and Gold.

At Bournside we invite pupils in Year 9 to complete the Bronze Award, Year 10 to complete the Silver award and Year 12 to complete the Gold award.

To complete their award, DofE pupils must undertake several activities, one from each of the following categories: volunteering, physical, skill and expedition (plus the residential section at Gold level only). Each activity should be completed for around one hour per week and they can be completed all at once or one after the other. See the diagram below which details how long you have to complete each section for and how old you have to be to start each level of the award:



## Getting started

On acceptance onto the Award at Bournside there are a few steps you need to take:

1. Register with eDofE
  - a. Download the eDofE app
  - b. Register on the app (usernames and passwords will have been emailed to you)
  - c. Fill in all required details – you will need your parents' email address and home address
  - d. Set your timescales for the different sections (which will be your longer section? See timescales above)
2. Choose your activity for your volunteering, skill and physical. Find someone who can assess your progress on your activity – they will be named on your eDofE Activity and asked to write a report at the end of your time. Please make sure to get an email address or phone number for them.
3. Enter details of your chosen activity into eDofE. Once completed (with contact details for your assessor) 'submit for approval'. This will ensure Bournside staff can check that the activity is appropriate and approve it before you start.

Enrolment sessions will be hosted by DofE leaders to guide students through the process and Information evenings will be hosted for parents/carers to give advice and guidance. There is one online information evening in late October/early November primarily for Bronze level parents and another in school in January for all parents looking ahead to the expeditions. These dates will be communicated home via the Parent Bulletin and via email.

## The 5 Sections

The sectional activities are all to last for around an hour per week, but if helpful this can be altered from one hour per week, to two hours per fortnight. However, the activity cannot be condensed to less than one session per month and the dates for the first and last activity must be the full section duration apart.

### Volunteering – undertaking service to individuals or the community

The Volunteering section of a DofE programme is often the most rewarding, uplifting and memorable part of a young person's DofE adventure. It can, however, sometimes be hard to find a suitable volunteering opportunity for those under the age of 16.

Here at Bournside we have seen a huge range of Volunteering taking place. More common activities include volunteering with Scouts and Guiding, volunteering to help young players at local football/dance/rugby clubs, helping run ParkRun or local litter picking. Some students volunteer at libraries or charity shops, though there are sometimes age restrictions on these placements. There are also online opportunities at websites such as

<https://www.zooniverse.org/> or <https://www.missingmaps.org/>.

### Physical – improving in an area of sport, dance or fitness activities

The Physical section involves setting objectives in a sport, dance or fitness activity that requires a sustained level of energy and physical activity.

Regular participation and improvement in a physical activity promotes a healthy lifestyle and sense of achievement for completing a physical challenge.

Physical activities can be the setting new goals at a club you already attend, for example netball or football. It could be aiming for your next belt in Karate, or it could be taking the

opportunity to start a new activity and see if you like it. Activities do not have to cost you any money. There are lots of physical opportunities at clubs lead by teachers after school. Or you could take up running, recording your progress on an app which you could show to your assessor to monitor. Remember your assessor cannot be a family member.

### **Skills – developing practical and social skills and personal interests**

The Skills section enables young people to develop a new skill or improve an existing one. This will set an appropriate level of challenge to show progression and sustained interest over time.

This section encourages participants to develop new talents and in doing so improve their self-esteem and confidence.

Popular skills to learn are cookery (this can be done at home, but must be assessed by someone outside of the family). Why not take photos of your baking creations and show them to a family friend or teacher? Other students have made the most of clubs offered with in school and learned to knit, or play chess. Some have learned to improve playing a musical instrument or have learned a language or completed a coding course.

Further ideas and inspiration for your Physical, Skill and Volunteering sections can be found here: <https://www.dofe.org/do/ideas/> or by looking at the ideas and opportunities display near the DofE Office in K-block corridor.

Remember, the beauty of the Duke of Edinburgh Award is that the Young Person gets to decide on their own personal challenges; they have the freedom to try any activities that are specific and relevant to them. Please note - it is the responsibility of parents/carers to ensure that the activity is safe and suitable for their child to engage in.

### **Residential (GOLD LEVEL ONLY)**

A DofE residential is an opportunity for a young person to step outside of their usual environment, routine and social setting, giving them the opportunity to find out more about themselves and who they see themselves as.

Young people must be away from home for a minimum of 5 days and 4 nights on a shared activity with people they have never met before. The DofE recommend many opportunities, these can be found here: <https://www.dofe.org/shop/aap-gold-residential-opportunities/>.

### **Expedition – planning, training for and completion of an adventurous activity.**

The Expedition Section is all about developing initiative and a spirit of adventure and discovery. Participants will agree a team goal and together plan, train for and complete an unaccompanied, self-reliant expedition. Teams consist of between 4 and 7 participants and participants are encouraged to choose the group they will work with, however the final teams will be coordinated by the DofE Leaders to ensure fairness, happiness and the safety of all. The expedition is often the most exciting part of the award. At Bournside we deliver this section with the help of an Approved Activity Provider (AAP) – H5 Adventure (<https://h5adventure.com/>). H5 provide expert mountain leaders to deliver first class training and guidance to the participants, supervising and managing all aspects of the expedition. They also provide essential equipment including tents and cooking equipment.

There are three elements to the Expedition:

1. **A training day.** This is a full day of training where participants learn map and navigation skills, how to erect tents and cook on Trangias. They meal plan and look at how best to pack bags, and most importantly start to bond as a team.

2. **The practice expedition.** The practice expedition is a chance to start putting the training into practice. Teams will be closely monitored and guided by H5 instructors and will not be left to themselves until they can prove their independence. The practice expedition will always involve at least one camping experience (depending on the award level).
3. **The assessed expedition.** This is the chance for the teams to show all that they have learned and to navigate themselves from checkpoint to checkpoint, working as a team, supporting each other and having lots of fun along the way! Teams will be working independently, but leaders will be ensuring they are monitored and safe. H5 staff are trained as DofE expedition assessors and will determine whether participants meet the standards to pass the Expedition section. They will write the assessors report for each student for this element of the Award.

At all stages of the expedition, Bournside staff will be present to provide a pastoral presence to the students. It is imperative that students can be trusted whilst walking on expedition and that behaviour and manners are of the high standards that we expect at Bournside. Any student not behaving according to the Bournside student code of conduct for trips & visits (which can be found on the school website) will be asked to leave the expedition and will not pass their Award. They will need to be collected if this happens by their parent/carer(s).

### Preparing for expedition

It is important for participants to be independent when preparing for their expeditions. Please let your child pack their own bag; they will need to know what is in there and where to find it whilst on expedition.

A recommended kit list can be found at the end of this document. Please ensure your child has all the items on the list that we will provide.

Bournside DofE has a variety of items available to loan including rucksacks, roll mats and some boots. Please do ask if you would like to borrow any kit.

We would also welcome any donations of kit that your child has grown out of (waterproofs, boots etc) so that we can support future generations of DofE students.

It can be tricky to pack a rucksack. Please remember to leave room for group kits that will have to be carried too (tent and cooking equipment). Group food can also be shared out amongst the team – participants will need to coordinate meal planning before the expedition. A guide to packing the rucksack can be found here: <https://www.dofe.org/shop/everything-you-need-to-know-about-packing-your-expedition-rucksack/> and a video here: <https://www.youtube.com/watch?v=KWMvRbHr13M>.

## How can I support my child?

**1: Choosing activities:** Your child may have found it relatively easy to choose what to do for some sections, but are they stuck trying to decide what to do for the last one? Help them look through the lists here for inspiration: <https://www.dofe.org/do/ideas/>. The lists are not exhaustive, so if your child thinks of something that isn't on the list but seems to fit, it'll probably be okay! Remember – your child MUST tell their DofE Leader about what they have chosen so they don't waste time on activities which won't count or don't fit into the right section. The chosen activity (plus their personal goals and details of their chosen Assessor) must then be entered into eDofE, our online record system, to be formally approved by the Leader.

**2: Look through their Welcome Pack:** When they enrolled into the DofE with their group, Welcome Packs are sent to homes directly. This contains a Participant's Handbook and a DofE Card (giving great discounts at a range of outdoor retailers ([DofEshopping.org/card](http://DofEshopping.org/card)). The Handbook contains loads of advice on what to do and where to go for support and will help keep you in the picture.

**3: Help them sign into eDofE:** eDofE is the online system that means participants can record their DofE programme and activities, and prove what they've done. Once they're a DofE participant, their Leader will set up their eDofE account – and they're then ready to start choosing their activities and setting their objectives. They can sign in to eDofE from any page of our website (the box at the top) or by going to [DofE.org/e-DofE](http://DofE.org/e-DofE) – click on the link for desktop or mobile versions. If they have lost their sign-in details (sent when their Leader activated their account), they can click on the [Forgot your password] link or speak to their DofE leader.

**4: General support:** Ask them on a regular basis how their DofE activities are going. You will probably be aware of what they are doing for two or three of the four sections (five at Gold level), as you may provide transport, pay a bill or provide other support. But what about the other section(s)? Keep an eye on the passage of time – ask if they have to complete their activities by a certain date. When do they have to have their Assessor's report on what they have done submitted into eDofE? Do they have to make a presentation following their expedition, and have they got this in hand? Showing an active interest in their DofE progress will inevitably help them stay motivated and see them achieve their Award.

## Awards Evening

Completing the Duke of Edinburgh Award at Bronze, Silver and Gold is a huge achievement! To celebrate that success, we hold an awards evening in late November each year. Those participants that have completed all elements of their award by October half term are invited to bring their families along to share their success, as they receive their award and remember the fun times they had. Please note that Gold Participants who have completed their expedition will be invited along even if they have not fully completed their award. They will be invited to a Royal Palace to receive their award from a member of the Royal Family.

## Expedition Kit List

### Clothing – (Suitable for number of days on expedition)

Items Required	Notes	Got it?	Packed it?
Pair of Walking Boots	Waterproof with Ankle Support		
Walking Socks			
Waterproof Jacket	With a Hood		
Waterproof Trousers			
Fleece Tops			
T-Shirts	Not cotton		
Walking Trousers	No Jeans		
Underwear			
Nightwear			
Alternative Footwear	Flip flops/Trainers for around Camp		
Hat	Sunhat or Woolly Hat?		
Gloves			

### Personal Equipment

Items Required	Notes	Got it?	Packed it?
Rucksack	55 – 75 litres		
Rucksack Liner	Dry Bags/Bin Bags		
Sleeping Bag	In a waterproof bag		
Sleeping mat			
Whistle			
Torch	Head torch if possible		
Personal First Aid Kit	Including any personal medication		
Food			
Water Bottle	1 or several, able to carry 2 litres of water		
Cutlery	Do you need Knife, Fork and Spoon?		
Plate or Bowl	One of - not both		
Mug			
Matches/ Long Lighter	Matches in a box/plastic bag to keep them waterproof		
Wash Kit	Travel sized toothpaste/deodorant etc.		
Toilet Paper	Small amount		
Sun Cream/Sun Glasses			

### Team Equipment

Items Required	Who's Bringing?	Got it?	Packed it?
Tent	Provided by H5		
Camping Stove + Fuel	Provided by H5		
Cooking Pans	Provided by H5		
Map	Provided by H5		
Compass	Provided by H5		
Washing up liquid			
Tea Towel			
Plastic Bags (For rubbish)			
Equipment for Expedition Aim	Camera/Pens/Paper etc.		

Look for your DofE Card in your welcome pack– You can save at least 10% with your DofE Card at 5 DofE Recommended Retailers: Go Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso