



# ABBOTSHOLME

## DofE

### The Duke of Edinburgh's Award

The Duke of Edinburgh's Award (DofE) is a highly valued and nationally recognised developmental programme for young people.

At Abbotsholme we offer the opportunity to take part in the non-competitive programme from year 9 onwards, starting with the Bronze Award, moving onto Silver in Year 10 and then Gold in Sixth Form.

The Gold Award is also well respected by prospective employers and university admissions. Gold Awards certificates are presented by a Royal family member, at Buckingham Palace.

In 2016, to celebrate the Diamond Anniversary, the Diamond Challenge was introduced. Anyone could take part in this regardless whether the previous awards had been achieved. It was a once in a life time opportunity and a chance to try a new skill or challenge and raise a minimum of £60 for charity to receive the pin badge and certificate.

### What it involves

**Volunteering** – Undertake service to individuals or the community. E.g. Helping in the Prep School or on the School Farm, Sports coaching

**Physical** – Aim to improve an area of sport, dance or fitness. E.g. Playing hockey or football or learning to climb

**Skills** – Develop practical and social skills and personal interests. E.g. Playing a musical instrument, clay-pigeon shooting or drama

**Expedition** – Plan and train for the completion of an adventurous journey in the UK or beyond. At Bronze tier, pupils can use the dedicated OED sessions to learn the necessary skills of navigation, camp craft and first aid.

**Residential** – For the Gold D of E award only – staying away from home doing a shared activity for 5 days / 4 nights.

### Timescales



Bronze

Volunteering: 3 months  
Physical: 3 months  
Skills: 3 months  
Expedition: 2days/1night



Silver

Volunteering: 6 months  
Physical and Skills: one section for 3months and other for 6months  
Expedition: 2days/1night



Gold

Volunteering: 12 months  
Physical and Skills section: one section for 12 months and other for 6 months  
Expedition: 4days/3nights  
Residential: 5days/4nights

If you do not do the Silver, you must undertake a further 6 months in either the Volunteering or longer of the Physical or Skills section

### Opportunities

The facilities that Abbotsholme offers, allow all pupils to be involved and complete sections particularly if it is difficult to accomplish outside of school. These include: Farm, Equestrian Centre, Climbing Wall, Theatre, Music Department and Sports Centre. Additional weekend trips enable pupils to develop their outdoor skills and to undertake the expedition element of the DofE awards.



