



CHRIST THE KING CATHOLIC HIGH SCHOOL AND SIXTH FORM CENTRE

Duke of Edinburgh Award Scheme

Dates for your diary (2013)

Sunday 7 th July – Tuesday 9 th July	Bronze Practice Expedition	Longridge/Ribchester
Saturday 13 th July – Monday 15 th July	Bronze Qualifying Expedition	Longridge/Ribchester
Sunday 30 th June – Tuesday 2 nd July	Silver Practice Expedition	Longridge/Ribchester
Sunday 21 st July – Tuesday 23 rd July	Silver Qualifying Expedition	Lake District
Sunday 21 st July – Tuesday 23 rd July	Gold Practice Expedition (Y12)	Lake District
Saturday 22 nd June – Wednesday 26 th June	Gold Qualifying Expedition (Y13)	Lake District

What is the Duke of Edinburgh Award Scheme?

A DofE programme is a personal challenge and not a competition against others. A Duke of Edinburgh's Award is achievable by any young person who chooses to take up its challenge, regardless of ability, gender, background or location.

A DofE programme is a real adventure from beginning to end. It doesn't matter who you are or where you're from. You just need to be aged between 14 and 24 and realise there's more to life than sitting on a sofa watching life pass you by.

You can do programmes at three levels, [Bronze](#), [Silver](#) or [Gold](#), which lead to a Duke of Edinburgh's Award.

You achieve an Award by completing a personal programme of activities in four [sections](#) (five if you're going for Gold).

These sections are as follows:



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Volunteering - helping someone, your community or the environment

Physical - becoming fitter through sport, dance or fitness activities

Skills - developing existing talents or trying something new

Expedition - planning, training for and completing an adventurous journey

Residential (Gold only) - staying and working away from home as part of a team

You'll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only).

But here's the best bit - you get to choose what you do!

Your programme can be full of activities and projects that get you buzzing. And along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

What do I get out of it?

How long have you got? There's no end to the stuff you get out of achieving an Award as well as your certificate and badge - a lifetime of memories, a sack full of new talents and added confidence to name just a few!

There's a whole world out there that'll be knocked out by the talents you develop. They're just the kind of skills and experiences that employers, universities and colleges are looking for so make the most of your achievements on your CV and application forms.



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The Telegraph newspaper said the following about the value of achieving a DofE Award (published 26 August 2011)

The Duke of Edinburgh's Award

Admissions tutors and employers will impute energy, self-discipline, commitment and a capacity for teamwork to any candidate who has been involved in this scheme.

When can I do it?

At Christ The King we give our pupils the opportunity to start the DofE Bronze Award at the beginning of Year 10. Once this is successfully completed you will normally have the chance to achieve the Silver Award throughout Year 11. Still fancy more adventure after that and you can apply to do your Gold Award.

www.DofE.org/go/expeditionkit