

DUKE OF EDINBURGH AWARD (DofE)

The Gold Duke of Edinburgh Award (DofE) is an amazing opportunity for personal development. Our students who take up the challenge of their Gold DofE develop essential skills for life. With a focus on five areas; volunteering, physical, skills, residential and expedition, the DofE expands the horizons of young people in so many ways. Working together and overcoming challenges in the outdoor environment develops self-reliance and confidence, with participation in these shared experiences allowing initiative and teamwork to flourish.

Students are able to make a tangible difference to the lives of those in their community through their volunteering as well as learning new skills throughout the programme. Beyond your academic achievements, universities and employers want to see evidence of skills that you have developed through extracurricular activities, such as communication, commitment, leadership and teamwork. Your DofE Award is a fantastic way to demonstrate and evidence these in practice. It is an important addition to your UCAS application or CV.

Our participants also tell us that doing their DofE gives them character traits like confidence and resilience, that can boost their mental health and wellbeing and help them face and overcome personal challenges.

During the course, you will receive support in completing each section through drop in sessions and training days. You will develop skills in navigation, first aid and campcraft in preparation for your expedition as well as support and encouragement in achieving your whole award. We use an external provider to facilitate our expedition section.

The cost of the DofE Gold Award will be in the region of £450. This cost includes enrolment for the award, two expeditions and training sessions.

Full details about the DofE can be found at www.dofe.org

The SKILLS section involves following a skill or hobby in which you need to show that you have progressed. Bay House students have done everything from playing a musical instrument to learning to drive.

The PHYSICAL section involves undertaking some sort of exercise for one hour per week. This could involve playing in a team, going to the gym, or committing to running for an hour a week.

The VOLUNTEERING section has to be done for a minimum of 12 months. We encourage students to volunteer both in the community and in college. Within college students can help with after school sports clubs, maths and science clubs, or assist in a lower school lesson in one of your free periods. Outside of college students have volunteered at the RSPCA centre, helped in charity shops, coached sports teams, supported younger members at local youth bands.

The EXPEDITION is currently run through an external provider BXM. Students will take part in training, a practice expedition and an assessed expedition. These expeditions are 4 days and 3 nights and take place in wild country, in previous years we have been to the Brecon Beacons and Snowdonia.

The RESIDENTIAL is organised by you. It involves you spending five days and four nights away doing a worthwhile activity with people you've never met.

For further information regarding the DofE Award please contact us dofegold@gfmat.org