

RCCS FAQs: Duke of Edinburgh Award



What is a D of E programme?

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). 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.

So what are the levels?

There are three levels of programme you can do which, when you've successfully completed lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. The main differences between them are the minimum length of time it takes to complete them, how challenging it is and the minimum age you can start. Depending on your age, you are free to start at any level but most people prefer to try for Bronze and work upwards. There are age restrictions for each one so it makes sense to build yourself up rather than dive in at the deep end. The table shows the different overall age restrictions and time requirements for each level.

Level	Minimum age you can start	Minimum Length of time	Length of time if you have achieved the previous level
Bronze	14 years	6 months	n/a
Silver	15 years	12 months	6 months
Gold	16 years	18 months	12 months



How long does it all take?

It will usually take you at least 6 months to complete your Bronze programme. It will take you at least 6 months for Silver if you've already achieved your Bronze, or 12 months if you've jumped straight into Silver. For Gold, you'll need to do your programme for at least 12 months if you've got your Silver Award, or 18 months if you've started at Gold level without doing Silver- even if you've done Bronze. We've put the length of time in months - you need to show regular activity and commitment during this time of at least an hour a week. You can't achieve an Award in a short burst of enthusiasm over one

weekend! Remember, all activities for a DofE programme MUST be completed by your 25th birthday. Once you've done the minimum amount of time needed to complete your DofE programme, we're sure that you'll have had so much fun that you'll want to keep on doing your activities!

Who runs the Duke of Edinburgh at RCCS?

Miss Hodges and Mr Treen. For more information please speak with them or log on at <http://www.dofe.org.uk/>

