



Do your DofE

The RYA and The Duke of Edinburgh's Award
– working together

DofE.org

Doing your DofE

The concept of the DofE is simple – anyone aged 14 to 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

Because DofE programmes are all about

getting out there, having fun and self development, everyone can achieve something.

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).

Ages and timescales

The time it will take to complete your programme and achieve an Award is in many ways down to you. The minimum time for each section of a DofE programme is given in months. The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, 12 months and your Gold, 18 months.

You'll need to do each activity for an average of an hour a week and you have until your 25th birthday to complete a programme.

Bronze (Year 9+)	Volunteering 3 months	Physical 3 months	Skills 3 months	Expedition 2 days 1 night
	Plus a further 3 months in either the Volunteering, Physical or Skills section			

Silver (Year 10+)	Volunteering 6 months	Physical 6 or 3 months	Skills 6 or 3 months	Expedition 3 days 2 nights
	Physical and Skills sections: one section for 6 months and the other section for 3 months If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

Gold (age 16+)	Volunteering 12 months	Physical 12 or 6 months	Skills 12 or 6 months	Expedition 4 days 3 nights	Residential 5 days 4 nights
	Physical and Skills sections: one section for 12 months and the other section for 6 months If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

Choose your activities

There are lots of activities which you may already be doing at your local RYA Training Centre, which you could count for your DofE Award. The activities you'll be involved with at your RYA Training Centre can be counted for your DofE programme:

Volunteering

See if what you are already doing can be counted. Helping out regularly at your RYA Training Centre, being on one of the Committees or generally helping at the centre, helping at your T15 or Onboard Club, becoming an Assistant Instructor or Instructor; coaching others in sailing, windsurfing etc...

Skills

Discover something that you're good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. Try boat maintenance/repair, ropework, sailing theory, meteorology or passing an RYA level and gaining a certificate.

Physical

This is a chance to focus on your health and fitness and have fun along the way. Improve your fitness, start climbing or have dance classes. It can be with a team or on your own. You could have a go at windsurfing, sailing, racing, paddle boarding...

Expedition

This will usually be something that you will plan for, outside of your regular commitments with the RYA. It involves being in a team and completing an expedition for a set number of days. It can be achieved in a sailing boat, so you could use your skills learnt in other sections to help you achieve this one.

Residential (Gold level only)

Spend time away from home on a shared activity with people you've not met before. From learning to windsurf to helping at a children's camp, there are lots of exciting possibilities. There are many open residentials or camps, cookery courses, sailing courses, outdoor activity courses and photography courses around.



Five steps to your DofE Award

1: Make contact

Talk to the DofE Co-ordinator at the RYA Training Centre (Chief Instructor or Senior Instructor) and arrange to register to do your DofE programme.

2: Pick your level

Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). Pay a small fee and register to do your DofE with a DofE group. You'll then receive your Welcome Pack and be emailed a link to your eDofE account.

3: Choose your activities

Decide with your Leader (RYA Senior Instructor) what you are going to do for each section of your DofE programme. Whatever level you're doing you'll create your own personal programme with the help of your Leader. Check out [DofE.org/sections](https://www.dofe.org/sections) for loads of inspiring ideas.

4: Do the activities

Get started. You'll record what you're going to do, and upload pictures,

certificates etc. of what you do for each section into eDofE. Your Assessors will sign off each section as you complete them.

5: Achieve your DofE Award

When you've finished all of your sections, submit your Award in eDofE to your DofE Leader or DofE Co-ordinator. They'll arrange for your achievement to be confirmed – congratulations, you've achieved your Award and will receive a certificate and a badge! Then, you can continue onto the next level (if appropriate).



Find out more

RYA: Talk to your RYA Training Centre Chief Instructor or Senior Instructor, to get more information and take a look at [rya.org.uk](https://www.rya.org.uk).

The DofE: Take a look at [DofE.org/do](https://www.dofe.org/do).

For more detailed information visit: [DofE.org/do](https://www.dofe.org/do)

