



At Greenbank School we have specially trained staff who run The Duke of Edinburgh Award for students in year ten and above.

Students can join the DofE from age 14.

There are four main sections of a DofE programme; Volunteering, Physical, Skills, and Expedition. At Gold participants will also complete a Residential section.

**Volunteering** : Volunteering is simple. It's about choosing to give time to help people, the community or society, the environment or animals.

**Physical**: For your physical activity you need to choose any sport, dance or fitness activity – in short, anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would count.

**Skills**: For your skills activity you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill. Examples could be baking or train spotting.

**Expedition**: For the expedition you will complete a country walk and overnight camping trip.



### Bronze Award

Students will complete two sections for 3 months each and one section for 6 months.

They will then complete two expeditions, a practice and a qualifier.

This is a two day walk and a one night camp.

### Silver Award

Students will complete one section for 3 months and two sections for 6 months.

They will then complete two expeditions, a practice and a qualifier.

This is a three day walk and a two night camp.

### Gold Award

Students will complete the volunteering section over 12 months. The two other sections will be over 6 months each.

They will then complete two expeditions, a practice and a qualifier. This is a four day walk and a three night camp.

Students at gold level will also have to complete a separate 5 day residential trip which at Greenbank school is usually at the Conwy centre, arranged in 6th form.

For more information please go to <https://www.dofe.org/>

Or contact Anthea or Eloise 01606 663820