

DUKE OF EDINBURGH AWARD (DofE)

What is the Duke of Edinburgh's Award?

DofE was established sixty years ago to provide a challenge for young people. The main reason for doing DofE is because it is good fun. However, it also has considerable standing amongst employers and universities – if you have achieved your Gold Award, you are more likely to be asked about this at an interview than anything else! The Award can be taken at Bronze, Silver or Gold level, with increasing demands of time and effort at each level. In the Sixth Form at Bay House, participants undertake the Gold level. You don't need to have done Bronze or Silver to do Gold DofE.

Students who sign up for DofE will have a weekly lesson on their timetable to give them the skills needed for their expedition. To prepare them for their assessed expedition in July we undertake an overnight practice expedition in March and a practice 4 day expedition in May.

The award has five sections that students need to complete before they are presented with their prestigious award at Buckingham Palace or St James's Palace:

*The **SKILL** 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 an average of 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 assisting 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 band.*

*The **EXPEDITION** is organised by BXM Expeditions; Bay House staff accompany students on both the practice and qualifying expeditions. We work closely with the company to deliver all the skills needed to undertake the expedition before going to take part in the practice expedition in Brecon and a four-day, self-supported qualifying expedition in 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. If you are doing NCS, you can use this as your residential as long as you are at least 16 by the time you go.*

The cost of DofE will be in the region of **£375** and the cost covers the enrolment fee, expedition provider costs and transport.

For further information regarding the Duke of Edinburgh's Award please contact Mrs Sousa who leads DofE in the Sixth Form. You are welcome to email directly with any questions or requests for help at asousa@bayhouse.gfmat.org