

## **Duke of Edinburgh Award**

The Duke of Edinburgh Award is committed to providing young people an enjoyable, challenging and rewarding programme of personal development which is of the highest quality and the widest reach.

The Award Scheme, a registered charity, is a voluntary non-competitive programme of activities for anyone aged 14-25. It provides individual challenge and encourages young people to undertake constructive, challenging and enjoyable activities in their free time.

The Award is a four Section Programme with three progressive levels: Bronze, Silver and Gold. The Sections involve: Volunteering (helping the community); Skill (a hobby, skill or interest); Physical (sports, dance, fitness); Expeditions (on foot, cycle, horseback, or water).

### **The four sections aim to develop different skills:**

**Volunteering** – to encourage service to individuals and the community

**Skill** – to encourage the discovery and development of personal interests and social and practical skills

**Physical** – to encourage participation and improvement in physical activity

**Expeditions** – to encourage a spirit of adventure and discovery.

### ***There is an additional requirement at Gold level:***

**Residential Project**– to broaden experience through involvement with others in a residential setting.

## **Benefits To Participants**

In taking part, participants develop:

- self-belief
- self-confidence
- a sense of identity
- independence – of thought and action
- a sense of responsibility
- an awareness of their potential
- new talents and abilities
- an understanding of strengths and weaknesses
- the ability to plan and use time effectively
- the ability to learn from and give to others in the community
- new relationships
- skills including problem solving, presentation and communication
- the ability to lead and work as part of a team

St. Aidan's runs the Bronze and Gold levels of the Award in Years 10 and 12 respectively. Mr Walsh is the Duke of Edinburgh Award Co-Ordinator.

If you are interested in finding out more information please click the links below:

[DofE website](#)

[Bronze \(Year 10\)](#)

[Gold \(Year 12\)](#)