




What makes
YOU
so special?



Why are these people special?





They have all taken
part in the Duke of
Edinburgh's Award



Steve Backshall,
explorer and naturalist



Ben Fogle, adventurer



Earl of Wessex




Duchess of Cambridge




Dame Kelly Holmes,
athlete



Levison Wood, explorer



So what do you need to
do to join more than 2
million students who
have taken part in the
Duke of Edinburgh
Award ?



You need to complete an Expedition and three sections ~ volunteering, physical and a skill ~ committing to them for one hour a week (minimum).

BRONZE

Volunteering **3** months

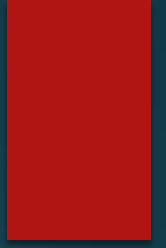
Physical **3** months

Skills **3** months

Expedition **2** days **1** night



PLUS a further 3 months in the Volunteering, Physical or Skills section.



Volunteering is simple. It's about **choosing to give time to help people, the community or society, the environment or animals.** Your volunteering must not be done for a business but can be undertaken for a charity or not-for-profit organisation.


Volunteering... you could

help at Beavers/Cubs/Rainbow groups

Walk a neighbour's dog

Litter pick in the local community

Listen to younger children read
in school or in your local library



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.

Physical... you could do

yoga/Pilates/fitness


Circuit training in the garden

Bike riding

Walk

Training with your team

! PE lessons do not count.



For your skills you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in a new or current skill.

It should not be a physical skill ~ for example, horse riding, but you could choose to learn to about caring for horses.

Skills . . . you could

Learn to play an instrument

STEM based project ~ CREST award

Cookery course or learn to cook at home

Learn gardening/knitting/sewing

What do you get out of it?

Confidence

Teamwork

Communication skills

Problem solving

Organisation skills

Leadership skills



Basic information and FAQs

Award levels, sections, timings, costs, benefits and more; get the lowdown on what's involved in a DofE programme and how it will change your life.

[FIND OUT MORE](#)

Activities



Next?

- Carefully read the letter attached to the school newsletter and make sure you are able to commit to ALL the dates for training.
- Discuss it with parents/carers
- Sign up at <https://www.eyotcentre.co.uk/duke-of-edinburgh> by 30th September