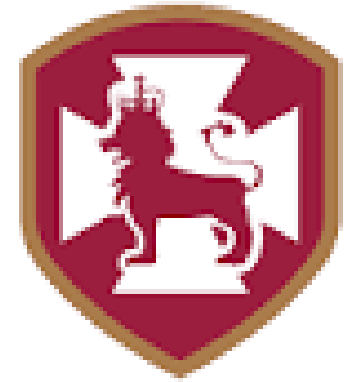
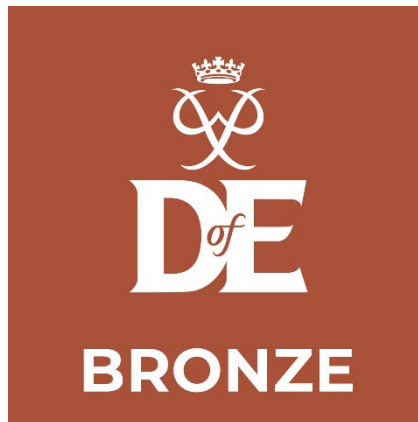




THE DUKE OF
EDINBURGH'S AWARD



2022 - 2023



What is DofE

BRONZE

Volunteering 3 months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical 3 months	
Skills 3 months	

Expedition 2 days 1 night



SILVER

Volunteering 6 months	<i>Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.</i>	
Physical		one section for 6 months, the other for 3 months
Skills		

Expedition 3 days 2 nights



GOLD

Volunteering 12 months	<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>	
Physical		one section for 12 months, the other for 6 months
Skills		

Expedition 4 days 3 nights



Residential 5 days 4 nights

STARTING AGES:



Bronze
Year 9+



Silver
Year 10+



Gold
16 yrs

All Awards must be completed by the participant's 25th birthday

Bronze Expedition

Total distance: 9 miles

Total elevation gain: 1182m

Total time walking: 10 hours

Silver Expedition

Total distance: 18 miles

Total elevation gain: 973m

Total hours walking: 22 hours

Ben Nevis – UK's highest mountain at 1345m



