

Getting started

- Step 1** Decide which level of DofE programme you would like to do (this will depend on your age, time commitments etc).
- Step 2** Contact your Detachment/Contingent DofE representative and arrange to register to do your DofE programme. Pay your fee and receive your *Welcome Pack* and eDofE account.
- Step 3** Decide with your Leader what activities you are going to do for each section of your DofE programme.
- Step 4** Get Started! Don't forget to record on eDofE of what activities you are doing and ask your Assessors to sign off each section as you complete them.
- Step 5** Once your DofE programme is complete, submit it through eDofE to your DofE representative, who will arrange for you to receive your certificate and badge.
- Step 6** Make sure you get your brassard badge onto your brassard, next to your APC star. Attend a presentation ceremony to receive your certificate. Progress on to the next level of DofE programme.

How long will it take?

The time it will take to complete your programme and achieve an Award is in many ways down to you. The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, six months; and your Gold, 12 months (direct entrants will take longer).

During your programme you'll need to do each activity for an average of an hour a week over this time. Don't forget – you have until your 25th birthday to complete any programme and achieve an Award!

Why do both?

If you enjoy being a cadet, then the DofE gives you even more to enjoy, and increases the challenge and reward. The payback is even more fun, and an internationally renowned Award, recognised and highly respected by potential employers, colleges and universities.

Find out more...

Talk to the person in your Detachment/Contingent responsible for the DofE, and take a look at www.armycadets.com and www.DofE.org.

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Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU The Army Cadet Force Association (known as ACFA) is a Registered Charity in England, Wales and Northern Ireland (305962) and in Scotland (SCO39057) 13/05/15

DofE
THE DUKE OF EDINBURGH'S AWARD

COMBINED CADET FORCE

ARMY CADET FORCE

In action together...

Making the most of the links between Army Cadets and The Duke of Edinburgh's Award

Doing your DofE

As a member of the Cadet Forces, you can use your Cadet activity towards achieving a Duke of Edinburgh's Award.

There is a lot of overlap between DofE programmes and the activities you might take part in as an Army Cadet. This leaflet outlines how your involvement in Cadets can work even more to your advantage.

How do the awards overlap?

Many cadet-related activities which you take part in can count towards your DofE sections at Bronze, Silver and Gold. Your Army Proficiency Certificate (APC) can also overlap with your DofE sections, and will a little extra effort can count fully towards your DofE.



A personal interest, hobby, participation in a sport, or voluntary involvement in a school or outside club can also be used in your DofE programme.

Bronze (14+ years old)

To achieve your Bronze Award, you need to complete the following sections:

| Volunteering | Physical | Skills | Expedition |
|--|----------|----------|--|
| 3 months | 3 months | 3 months | Plan, train for and complete a 2 day, 1 night expedition |
| You must also undertake a further three months in the Volunteering, Physical or Skills section. | | | |

There are many activities which could count towards your DofE sections at Bronze, and some examples are shown below:

- Cadet in the Community activities can be used for the Volunteering section.
- Physical Achievement Tests can be used for the Physical section.
- First Aid and Skill at Arms plus Shooting can be used for the Skills section.
- A Bronze DofE expedition will gain an ACF 2-star expedition pass or a CCF AT badge.



Silver (15+ years old)

To achieve your Silver Award, you need to complete the following sections:

| Volunteering | Physical | Skills | Expedition |
|---|---|--------|--|
| 6 months | One section for 6 months and the other section for 3 months | | Plan, train for and complete a 3 day, 2 night expedition |
| If you have not achieved your Bronze Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections. | | | |

- There are a huge range of CCF and ACF activities which can count towards your DofE sections at Silver.
- Check with your DofE Leader before beginning your sections. Achieving your Silver Duke of Edinburgh's Award will often satisfy the requirements of ACF 4-star and some CCF Continuation Training subjects.



Gold (16+ years old)

To achieve your Gold Award, you need to complete the following sections:

| Volunteering | Physical | Skills | Expedition | Residential |
|---|--|--------|--|---|
| 12 months | One section for 12 months and the other section for 6 months | | Plan, train for and complete a 4 day, 3 night expedition | Undertake a shared activity in a residential setting away from home for 5 days and 4 nights |
| If you have not achieved your Silver Award you must undertake a further six months in either your Volunteering or the longer of your Physical or Skills sections. | | | | |

- Your Gold DofE programme is the natural progression if you have completed the APC programme or if you are working towards your 4-star.
- If you're a Cadet Force Adult Volunteer aged 18-24, then the Gold DofE programme is also available to you. Speak with your Detachment Commander for further information.

The DofE Leadership Programme (16+ years)

- Members of the Cadet Forces aged 16 and over can follow the modular training programme in DofE Leadership.
- There are four separate modules – Introduction to the DofE, Teamwork and Leadership Skills, Managing a Group and Practical Leadership. Speak with your County DofE Officer if you are interested in becoming a DofE Leader and helping cadets to complete their DofE.

