

# What is D<sup>of</sup>E?

## This is a quick rundown of DofE and why you should do it with Tsunami Explorer Scout Unit.

The Duke of Edinburgh Scheme, DofE for short, is an amazing opportunity and national recognised award to broaden any young person's ambitions in life and give them a sense of responsibility, achievement and self-fulfilment which is sometime lacking in modern day young culture.

The Scheme is broken down into three levels, Bronze, Silver and Gold. You can jump straight in at any level depending on your age. You can start Bronze and Silver in the academic year that you turn 14 and 15 respectively, but for Gold you must be 16 before you can start. You have up till your 25<sup>th</sup> Birthday to complete your award but if you hold your ground and get on with it you can finish all three levels by your 18<sup>th</sup> Birthday like some other past Tsunami alumni.

Each DofE participant has a personal journey and as such each person's DofE programme will look different with varying goals. One thing they all have in common is that your Volunteering, Physical and Skills section has to be at least an hour a week. Below is a breakdown of the timeframes for all three awards.

Age	Volunteering	Physical	Skill	Expedition	Residential
14	6 months	3 months	3 months	2 x 2 Day Expedition in the South Downs	N/A
15	6 months (12 months if you didn't complete Bronze)	6 months	3 months	1 x 3 Day Practice Expedition in the South Downs 1 x 3 Day Qualifying Expedition in the New Forest	N/A
16 (you must be 16 to register)	12 months (18 months if you didn't complete Silver)	12 months	6 months	1 x 2 Day Training Expedition 2 x 4 Day Expedition in Wild Country <i>Dartmoor, Lake District, Brecon Beacons</i>	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.

Example of activities other explorers have done for their sections include...

Volunteering	Physical	Skills
Young Leaders at Beavers, Cubs or Scouts ( <i>talk to Katherine for a placement</i> )	Running	Baking
Volunteering at British Heart Foundation	Archery	Photography
Volunteering at Mind	Climbing	Stage Lighting
Volunteering with the National Trust	Cycling	Playing an Instrument
	Swimming	Cross Stitch

Okay so you have a rough idea of the basics of the DofE programme. On top of the different sections, they will also need to complete the necessary training for the expedition section. This will consist of a couple of competition hikes to build teamwork and reinforce the need for navigational skills, First Aid (covered by a single day course) and several days out hiking in the South Downs with Nathan, the DofE Supervisor. Nathan has completed his Bronze, Silver and Gold DofE and completed his DofE Supervisor Training so he knows his stuff

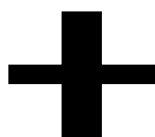
At Tsunami we take the stance of train hard, complete easy. This refers to the fact that we will do a lot of training for Bronze but that's because if you make the foundation strong, you can build upon them easily to step up to Silver and then onto Gold.

We know that there are several options when completing the Duke of Edinburgh Award as many schools run their own scheme. However many explorers have regretted starting the scheme with their school.

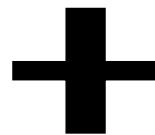
### Reasons to complete your award with Tsunami ESU

- ❖ Great Support in completing and achieving your goals
- ❖ On hand assistance. We are but a phone call away or see Katherine every week at Explorers
- ❖ Katherine will chase you to see where you are on the award
- ❖ You will be doing your expedition with a group of like-minded individuals
- ❖ You will make fantastic friendships
- ❖ We will not baby you
- ❖ Scout run Expeditions are more challenging and interesting than School ones
- ❖ Cheaper. We aim to make the expeditions as cheap as possible as we are a charity so do not aim to profit.
- ❖ Past explorers from Tsunami who have completed the awards are available for any advice or guidance.

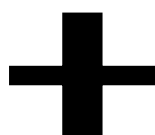
### What else can they achieve?



- ❖ 6 Nights Away (4 camping)
- ❖ Complete two items from the International, Community and Value List



- ❖ 12 Nights Away (8 camping)
- ❖ Complete two further items from the International, Community and Value List or 4 in total



- ❖ 18 Nights Away (12 camping)
- ❖ Complete two further items from the International, Community and Value List, or 6 in total
- ❖ Do a presentation to inspire others to complete their Queen's Scout Award



# Photos from our past achievers!



"Adventure is the best way to learn"  
Daniel (Geneva)

