



WE DISCOVER, WE GROW

Girlguiding

# Do your DofE

Girlguiding and The Duke of Edinburgh's Award  
– working together

[DofE.org](http://DofE.org)

# Girlguiding and the DofE

Are you a Guide? Ranger? Young leader? Adult member aged 18-24? And most importantly – up for a challenge? Then maybe it's time to do a DofE programme with Girlguiding!

“The best part of my DofE was doing my expedition to Greenland, crossing glaciers and seeing the Northern lights.”  
– Hope, 18

There's also overlap between some

Girlguiding awards and activities and the DofE, so it might be easier than you think to get started on your DofE journey.

So, are you interested in gaining new skills and having life-changing experiences all whilst getting an internationally recognised award (and we haven't even mentioned the fun you'll have yet)? We thought so! Read on to find out how the DofE works and what you'll need to do.

## Ages and timescales

The time it will take to complete your programme and achieve an Award is in many ways down to you. The minimum time for each section of a DofE programme is given in months. The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, 12 months and your Gold, 18 months. You'll need to do each activity for an average of an hour a week and you have until your 25th birthday to complete a programme.

The age range is different for some of the Girlguiding awards and qualifications, such as the Queen's Guide award.

Bronze (Year 9+)	Volunteering <b>3</b> months	Physical <b>3</b> months	Skills <b>3</b> months	Expedition <b>2 days</b> <b>1 night</b>	
	Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section				
Silver (Year 10+)	Volunteering <b>6</b> months	Physical <b>6 or 3</b> months	Skills <b>6 or 3</b> months	Expedition <b>3 days</b> <b>2 nights</b>	
	<b>Physical and Skills sections:</b> one section for <b>6 months</b> and the other section for <b>3 months</b> If you didn't do Bronze, you must do a further <b>6 months</b> in either the Volunteering or the longer of the Physical or Skills sections.				
Gold (age 16+)	Volunteering <b>12</b> months	Physical <b>12 or 6</b> months	Skills <b>12 or 6</b> months	Expedition <b>4 days</b> <b>3 nights</b>	Residential <b>5 days</b> <b>4 nights</b>
	<b>Physical and Skills sections:</b> one section for <b>12 months</b> and the other section for <b>6 months</b> If you didn't do Silver, you must do a further <b>6 months</b> in either the Volunteering or the longer of the Physical or Skills sections.				

# Choose your activities

There are many different activities which you will get involved with through your guiding experiences. Lots of these can be used for sections of your DofE Award, regardless of which level you are undertaking. Here are some ideas:

## Volunteering

Why not see if what you are already doing can be counted? Leading in a unit, doing your Queen's Guide award, Young Leader Qualification, adult Leadership Qualification, or helping in local guiding in other ways such as being a Peer Educator on a regular basis can also count towards your DofE.

## Skills

Discover something that you're good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. The sky's the limit when it comes to skills. Look in your badge books to see if you can do an interest badge as part of this section.

## Physical

This is a chance to focus on your health and fitness and have fun along the way. Improve your fitness, start climbing or have dance classes; with a team or on your own. Set your own challenge and be the best you can be. Look in your badge books to see if you can do an interest badge as part of this section.

## Expedition

As part of a small team, you'll get to grips with the great outdoors. You'll improve your communication and leadership skills and make memories. Camp and Explore skills builders could form part of your training if you are in Rangers or Guides. For further information about this section speak to your DofE Leader.

## Residential (Gold level only)

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with. There are also a number of suitable Residential activities available through Girlguiding Activity Centres which may be of interest.

## Why not do both?

If you're doing your Queen's Guide award, then why not count your activities for your DofE too? Chat to your leader/Queen's Guide coordinator to see what activities you can use for both awards.

By registering for your DofE programme and Girlguiding award you can gain more recognition for the efforts you put in. Girlguiding awards and the DofE are both recognised by colleges, universities and employers.



# Five steps to your DofE Award

## 1: Make contact

Contact your Girlguiding county DofE adviser. If you don't know who this is, your leader or local commissioner can help you.

## 2: Pick your level

Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). Pay a small fee and register to do your DofE with a DofE group. You'll then receive your *Welcome Pack* and be emailed a link to your eDofE account.

## 3: Choose your activities

Decide with your leader or DofE adviser what you are going to do for each section of your DofE programme. Remember to check what can be counted towards Girlguiding awards and qualifications and that you meet the requirements of both. Check out the guidance on the Girlguiding website for more information. Whatever level you're doing you'll create your own personal programme with the help of your DofE Leader. Check out [DofE.org/sections](https://www.dofe.org/sections) for loads of inspiring ideas.

## 4: Do the activities

Get started. You'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your Assessors will sign off each section as you complete them.

## 5: Achieve your DofE Award

When you've finished all of your sections, submit your Award in eDofE to your DofE Leader. They'll arrange for your achievement to be confirmed – congratulations, you've achieved your Award and will receive a certificate and a badge! Then, you can continue onto the next level (if appropriate).



## Find out more

**Girlguiding awards:** Speak to your leader, adviser or local commissioner.  
E: [DofE@girlguiding.org.uk](mailto:DofE@girlguiding.org.uk) T: 020 7834 6242 [girlguiding.org.uk](https://www.girlguiding.org.uk)

**The DofE:** take a look at [DofE.org/do](https://www.dofe.org/do).

For more detailed information visit: [DofE.org/do](https://www.dofe.org/do)

