



Getting started with your Top Awards

**BRONZE**

|              |                 |   |
|--------------|-----------------|---|
| Volunteering | <b>3 months</b> | PLUS a further <b>3</b> months in the Volunteering, Physical or Skills section. |
| Physical     | <b>3 months</b> |   |
| Skills       | <b>3 months</b> |   |
| Expedition   |                 | <b>2 days 1 night</b>   |

**SILVER**

|              |  |  |
|--------------|--|--|
| Volunteering | <b>6 months</b>                                  | Direct entrants must do a further <b>6</b> months in the Volunteering, or the longer of the Physical or Skills sections. |
| Physical     | one section for 6 months, the other for 3 months |  |
| Skills       |  |  |
| Expedition   |  | <b>3 days 2 nights</b>   |

**GOLD**

|              |   |  |
|--------------|---|--|
| Volunteering | <b>12 months</b>                                  | Direct entrants must do a further <b>6</b> months in the Volunteering, or the longer of the Physical or Skills sections. |
| Physical     | one section for 12 months, the other for 6 months |  |
| Skills       |   |  |
| Expedition   |   | <b>4 days 3 nights</b>   |
| Residential  |   | <b>5 days 4 nights</b>   |

**STARTING AGES:**



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

**Bronze** in Year 9 or 14+  
**Silver** in Year 10 or 15+  
**Gold** aged 16+  
**& in Explorer or Network Scouts**

Each section

**1 HOUR**

average per week

Register online @  
[www.hsdofoe.org](http://www.hsdofoe.org)

## Getting started with my DofE

|                               |   |
|-------------------------------|---|
| <b>EDofE username</b>         |   |
| <b>Login to EDofE</b>         | <a href="http://www.edofe.org">www.edofe.org</a> <b>Username</b> – as above<br><b>Password</b> – date of birth in format ddmmyyyy e.g. 22091987<br>Enter personal details and choose a new password   |
| <b>Choose your timescales</b> | Click on <b>My Bronze/Silver/Gold DofE</b> and select your timescales. Click the ? or refer to your handbook for details.   |
| <b>Choose your activities</b> | Choose your activities. Refer to the handbook or download a list at <a href="http://www.tiny.cc/dofeactivities">www.tiny.cc/dofeactivities</a> . If your activity is not on the list or you need help ask your leader or email <a href="mailto:dofe@scouts-hants.org.uk">dofe@scouts-hants.org.uk</a> . |

**My Volunteering section**

Status: Not Started

Timescale: 12 Months

Start date:

Earliest completion date: 21/10/2013

Type/category of activity:

Detailed activity chosen:

Where are you going to do it?:

What are your goals? What do you want to achieve?:

Who is going to assess you (Name)?

What position do they hold?

Assessor's email:

Assessor's telephone no:

Select your preferred leader to submit the section details to:

Have you checked your spelling? Remember, the text you put in these boxes will appear in your Achievement Pack!

### Some top tips

1. You can backdate one section three months.
2. Your assessor should be someone experienced in the activity, over 18 and not related to you.
3. Click "Submit details for approval".
4. Get started on your activity for an average of an hour per week for the required time.
5. For the **expedition section** your leader will normally set this up

|   |   |
|---|---|
| <b>Add evidence</b>   | You can upload text (e.g.diary), photos and documents as you go. Evidence is approved by your leader and later you can produce an achievement pack if you want.   |
| <b>Assessor report</b><br><i>Remember to mark this evidence as assessor report!</i> | The only compulsory piece of evidence is an assessor report. You can <b>upload</b> this from an email or photo/pdf of a written report. Your assessor can go to <a href="http://www.dofe.org/assessor">www.dofe.org/assessor</a> with your EDofE number, level & section and input the report online. |
| <b>Completion</b>   | You can submit each section for approval and once all sections are completed, the award will come to us for approval. Your badges will be presented locally and your certificate at a presentation evening.   |
| <b>Starting the next level</b>  | Go to <a href="http://www.hsdofoe.org">www.hsdofoe.org</a> and click on getting started to complete a new registration form.  |

## Volunteering

Volunteering is all about making a difference to other people's lives. Perhaps you're interested in animals or conservation? Or you might like to work with older people or raise money for a cause that means a lot to you? From teaching children cyber safety to starting a local recycling campaign, the Volunteering section of your DofE enables you to give your time to help others and change things for the better.

- You can volunteer as an individual or a team.
- Up to one quarter of the time can be training towards your chosen service.
- There are lots of [opportunities within Scouting](#), for leadership roles you need to complete some [training](#) at each level of award and submit some evidence on eDofE.
- There are [lots of choices](#) including helping people or animals, leadership, raising awareness, environmental projects or helping a charity.
- You cannot be paid for the activity you do!

**What can I do for my volunteering section?** Get inspired by our [Volunteering ideas list](#) or find opportunities in our [Opportunity Finder](#).

## Skills

The Skills section is about discovering what you're really good at. Maybe you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website? By developing practical and social skills and nurturing your personal interests and talents, you'll boost your self-esteem and your CV.

- Physical activities, while they have elements of skill, cannot be used for this section. It can be useful to think of physical activities as those that make you sweat and a skill as one that does not.
- There are over 300 different [activity ideas](#) you can choose from including: playing an instrument, learning a language, event planning, gliding, marksmanship (shooting) or producing a newsletter or website.
- There are [several activities you can do within Scouting](#) which must be run in accordance with POR.
- The activities need to be done in your own free time and not part of directed time at school.
- If you continue the same skill from a previous level you must aim for a higher level or a variation e.g. if your aim for bronze was piano grade 4 maybe you would chose a different instrument or aim for grade 6

**What can I do for my skills section?** Get inspired by our [Skills ideas list](#) or find opportunities in our [Opportunity Finder](#).

## Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless.

Improve your football, rock climbing or dance skills or try a completely new sport or activity. Join a team or do it on your own. You don't have to be super fit or world class – with the DofE, it's about setting your own challenges, giving 100% and being the very best you can be.

- Physical activities are generally ones that make you sweat. Some sports e.g. marksmanship, snooker/pool and gliding are actually skill activities, make sure you [check the list](#) before you start.
- There are [lots of choices](#) including team sports, individual sports and just keeping fit!
- Scouting Activities include: archery, canoeing, climbing, rowing, sailing & walking, which must be run in accordance with POR.
- The activities need to be done in your own free time and not part of directed time at school.
- If you continue the same physical from a previous level you must aim for a higher level or a variation e.g. improving a different skill, reaching a higher standard or trying a different discipline e.g. kayaking to open canoe.

**What can I do for my physical section?** Get inspired by our [Physical ideas list](#) or find opportunities in our [Opportunity Finder](#).

## Expedition

As part of a small team, you'll plan and complete a practice and final expedition that will truly stretch your horizons. You'll improve your communication and leadership skills and take a rucksack full of memories home with you.

- Every expedition needs to be unaccompanied, self-reliant and with an agreed aim.
- The expedition must be by your own physical effort using one of the following modes of travel: Land (walking, cycling, horse riding or wheelchair) or Water (canoeing, rowing or sailing)
- All expeditions must meet the [20 conditions](#), which are assessed by an accredited D of E assessor and supervised by a leader in the area responsible for your safety.
- You need to prepare, train for, complete at least one practice, complete the qualifying expedition and give your presentation back.
- Speak to your leader about expedition opportunities in your District, most Districts facilitate walking and sometimes canoeing or cycling expeditions at bronze and silver level and some Districts support Gold.

- If your District is not running a suitable expedition programme or you have ideas for something more adventurous and they can't support you then contact [dofe@hampshirescouts.org.uk](mailto:dofe@hampshirescouts.org.uk) and we'll do our best to support you.
- The expedition will usually take place with your Explorer or Network unit, but there are several opportunities on the [Opportunity Finder](#), which are open to people from all licenced organisations. Check with your leader before committing.

| Level  | Duration         | Planned activity                  | Recommended environment   |
|--------|------------------|-----------------------------------|---|
| Bronze | 2 days, 1 night  | 6 hours, min 3 hours journeying   | Rural country, canals, rivers or inland waterways/lakes. Can be familiar to participants  |
| Silver | 3 days, 2 nights | 7 hours, min 3.5 hours journeying | Rural, open or forest countryside, but should include some open areas. Canals, rivers, inland waterways/lakes or sheltered coastal waters. Must be unfamiliar to participants.  |
| Gold   | 4 days, 3 nights | 8 hours, min 4 hours journeying   | Wild Country, remote from habitation which is unfamiliar to participants (emphasis is going through rather than over, solitude not altitude!). Rivers, inland waterways and lakes in rural areas; sheltered coastal waters or estuaries. Yachts may use the open sea. |

Get some inspiration from our [Expedition ideas list](#). Find open expeditions run by our Approved Activity Providers (AAPs) to suit you in our [Opportunity Finder](#).

## Residential

If you're going for your Gold DofE Award, you need to complete an additional Residential section. You can choose from a range of residential activities – from helping at a National Trust site in the UK to working with children in India. You'll spend **five days** and **four nights** taking part in a shared, worthwhile activity with people you've never met before. A DofE residential will boost your independence and confidence and is a great way to leave a positive footprint on your life and other people's.

- There are a wide range of activity choices, such as training, activity based, environmental or volunteering. It needs to be with a majority of people you do not know.
- **Scouting examples** include helping at a Scout campsite, a camp with a section you don't usually work with or a leadership or permit training course.
- Activities such as attending the World Scout Jamboree as a participant do not count, as you know the people well before you attend.
- Take a look at our list of [Residential ideas](#) and an outline of what can and cannot count for a residential: [Residential Checklist](#)
- Find residential opportunities in our [Opportunity Finder](#)



## Chief Scout Platinum Award

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1. **Membership:** Be a member of Explorer/ Network Scouts for 6 months
2. **Nights Away:** Complete 6 nights away (at least 4 camping) – not including those used for any other section of this award.
3. **ICV activities:** Complete 2 activities from the ICV (international, community and values) list, from different sections.
4. **DofE/challenges:** Complete Bronze DofE or CSA Platinum challenges



More information: [CSA Platinum award](#) & [ICV list](#)

## Chief Scout Diamond Award

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1. **Membership:** Be a member of Explorer/ Network Scouts for 12 months
2. **Nights Away:** Complete 12 nights away (at least 8 camping) which may include nights away from the Platinum award. This cannot include nights away used for other sections of this award.
3. **ICV activities:** Complete 4 activities from the ICV list, at least one from each section. If you hold CSA Platinum complete two additional activities.
4. **DofE/challenges:** Complete Silver DofE or CSA Diamond challenges



More information: [CSA Diamond award](#) & [ICV list](#)

# Queen's Scout Award

1. **Register** at [www.scouts.org.uk/qsa](http://www.scouts.org.uk/qsa)
2. **Membership:** Be a member of Explorer/ Network Scouts for 18 months from registration date and at the time of completion.
3. **Nights Away:** Complete 18 nights away (at least 12 camping). **Includes** nights away as a young leader/leader **and** those used for the CSA Platinum/ Diamond awards **But not** those used for any other part of the DofE/QSA award.
4. **ICV activities:** Complete 6 activities\* from the ICV list, two from each section
5. **DofE/challenges:** Complete Gold DofE or 5 QSA challenges
6. **Presentation** – complete a presentation of your achievements



\* Complete 4 if CSA platinum completed, 2 if CSA diamond completed.

More information: [Queen's Scout Award & ICV list](#)

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|---|--|
|  <p><b>What is the Explorer Belt</b></p> <ul style="list-style-type: none"><li>• A challenge of a lifetime</li><li>• A 10 day expedition in another country</li><li>• Understanding of the country, culture &amp; way of life</li><li>• A minimum of 50 hours spent travelling on an expedition, although public transport can be used</li><li>• <b>Age 16+</b> in a group of 3 or more young people</li><li>• Those under 18 must have an in country support team available to them</li></ul> |  <p><b>What is the SOWA?</b></p> <ul style="list-style-type: none"><li>• A Scout Network only award</li><li>• A chance to undertake a project based on Peace, Environment or sustainability</li><li>• Undertake a discovery weekend</li><li>• Undertake a voluntary project on the chosen theme in the UK or abroad on one of the above themes lasting 80 hours.</li></ul> |
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More information: [Explorer Belt](#) & [Scout of the World Award](#) (Network only)