

Bronze DofE Award

The DofE Award (DofE standing for Duke of Edinburgh) is a youth awards programme founded in the UK by Prince Philip, Duke of Edinburgh in 1956. Since then it has expanded to 144 nations and consists of three awards: Bronze, Silver and Gold. The award is available to all 14-24 year olds regardless of their background, skills and interests; it pushes young people to their personal limits and recognises their achievement. DofE is also recognised as a valuable brand by universities and employers, as well as being an internationally recognised award.



The Bronze DofE award consists of a volunteering section, undertaking service to individuals or the community, a physical section, improving in an area of sport, dance or fitness activities, and a skills section, developing practical and social skills and personal interests. Two of these are done for three months and one for six. As well as this, and individual partaking in the Bronze DofE Award must go on an Expedition. This Expedition involves use of navigation, survival and teamwork skills across an adventurous journey through the UK. The Bronze expedition takes place over two days, participants have to camp overnight.

Recently, I went on my Bronze Practice Expedition. Over the two days we had to navigate across a set route in a group of seven with just a map and our intuition. It was immensely challenging but also very rewarding and most importantly fun! Overall, we walked for 12 hours, 19 miles and suffered from many, many blisters. Despite being exhausted it was an incredible experience and I expect the real expedition will be just as enjoyable.



I would highly recommend DofE to anyone being offered the opportunity. The Duke of Edinburgh Award is said to 'enable young people to develop and step outside of their comfort zone in a safe and supportive environment' which is a statement I stand by completely. Even after only having completed a small part of the award, I feel as though I have broadened my experiences, learnt more about my abilities as an individual and made countless exuberant memories.

By Georgia 9B