



Blairgowrie Open Group

Programme notes for
participants and parents –
BRONZE

The Blairgowrie Open Group Duke of Edinburgh's Award programme has been running for many years now and has grown to become highly inclusive, with participants engaging in the most diverse range of activities and expeditions, to achieve truly life changing results for themselves.

Anyone aged 14 to 24 can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award. You can start DofE in the school year in which you turn 14.

There are four sections to complete at bronze level. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition. For more information on what the DofE is, please check out the website **www.dofe.org**

The following pages outline what you need to do to earn yourself a Bronze Duke of Edinburgh award through the Blairgowrie open group. The first thing to ask is...

How much commitment does it need?

You must do a minimum of 3 months activity for each of the Volunteering, Physical and Skills sections. You also must spend an extra three months on one of these sections. Finally, as part of an expedition group of between 4 and 7 people, you must train for, plan and complete a 2-day (1 night) Expedition.

It takes at least 6 months to complete your bronze programme.

You need to show regular activity and commitment during this time of averaging at least an hour a week per section. You can't achieve an Award in a short burst of enthusiasm over one weekend! I'll be there throughout this to help advise, support and approve your choices.

Expedition places

We aim to get every participant onto an expedition that puts in the time and effort to prepare themselves. This means that participants need to take ownership of the award and make it happen. They can do this by:

- Logging into eDofE regularly uploading evidence and updates on their progress
- Attend the Expedition Training evening classes that will start in January.
- Plan their expedition by choosing a route, completing a route card and deciding on their aim.

The number of expeditions that we can run is almost entirely dependent on our expedition support team, a group of outdoor qualified volunteers.

Covid-19

Covid restrictions in recent years have made DofE tricky to complete for many people across Scotland, but we are hopeful that the worst is behind us, and we are looking forward to running a successful year again. Nothing can be predicted, however, and we may have to adjust plans during the programme. Award registration is valid until you are 25 years old, and therefore there is plenty of time to complete it even if factors beyond our control cause issues this year. We will continue to support anyone that stays motivated in future years if restrictions force us to change plans.

Costs

The cost for the award is £23, plus a variable payment for the expedition

- **A DofE Award registration fee of £23** due before the new year
- **An expedition fee** due in March. This will vary but is a share of transport costs and kit hire and kept at cost price.

The registration fee will go straight to the DofE office and is used to register for the Award and set up your eDofE account. Paying the registration fee does not guarantee an expedition place and is non-refundable if a place on an expedition is not allocated. Expedition places will be confirmed in March, towards the end of the training classes.

Timetable

Below is a summary of how the Bronze Award will fit into the school year, along with some key action points at each stage. If you register for the Award, please keep this letter handy

for reference throughout the year. Please note that these dates are subject to change and should be used as a guideline only.

November/December

To register for the Award, participants should **fill in the form at the bottom of this letter**. This can be then emailed to me at the address at the end of the letter or handed in at the Welcome evening on 15th December. The registration fee of £23 should be paid during the evening. You will then be set up with an online eDofE account and be able to start the award.

December

Attend an evening meeting on the 15th of December at 7:30pm where I will explain what is involved in the Duke of Edinburgh Award. I will be your Award Leader and will be a day to day contact to help support you on all sections of the award. If you can't make this, but still want to apply, that's fine, just send me an email with the form at the end and we'll set you up.

You should begin the activities required to complete the Skill, Physical and Volunteering sections. Visit the website www.dofe.org which will help you decide on your activities. Identify an appropriate assessor for each section – this is someone who can oversee your activities, challenge you to develop and ensure your safety throughout. Good examples would be your football coach, music instructor, art teacher or charity shop manager, but cannot be a family member.

The DofE Award is entirely online. Once you have an account **log into** www.eDofE.org to

- submit your activity choices
- upload evidence and assessor reports
- create expedition maps and route cards, and share this with your group
- send messages to your group leader

January to March

Attend the weekly expedition training classes. There will be several sessions at 7:30pm in the run up to your practice day. These take place on Wednesdays at the Adult Resource Centre on Jessie St and **attendance will be expected once per week for approximately 10-12 weeks.** By the end of this course, your group will have learned the

basic skills in order to be prepared for the training day, and in turn be deemed safe to complete an independent assessment expedition.

March

During this month, we will confirm the expedition groups, and the final payment will be expected by the end of the month. In order to prepare for the expedition, your group must:

- show the most commitment to the evening classes
- Choose a route
- Prepare a route card and map (one per group, and can be done through eDofE mapping)
- Decide on their aim and update eDofE. <http://www.dofe.org/go/expeditionaims/>
- Return the forms with expedition fee (paid through parent pay)

participants that do not complete these tasks will not secure their place on an assessment expedition.

End April/Early May

Training day and practice Expedition. During this day a qualified leader will teach you all the things you need to carry out your own expedition. It is up to you to show them you have learned everything, if they are in any doubt regarding your ability to complete the expedition safely, they will not approve your training and you will not be allowed to attend your qualifying expedition.

Mid May

Qualifying Expedition. For this expedition your group will operate “independent and unsupported”. There will be supervisors in the area, but you and your group will be responsible for all major decisions like... Map-reading, cooking, pitching tents, your aim and dealing with any emergencies. The campsite for this is wild and remote, there are no toilets and no phone signal.

Each group will have a DofE assessor, who is there to ensure you follow the 20 conditions. For an up-to-date record of the 20 conditions, do a google search for “20 conditions of the DofE expedition 2021”

By this point you will be well prepared and know what you need to do. Just make sure you are busy (walking or doing your aim) for at least 6 hours each day. There are no prizes for getting back first, take your time and enjoy the experience.

Expedition Report

The final stage is to finish your aim and upload your evidence onto eDofE. This can take any form you like so long as shows what you did. It can be written, PowerPoint, poster, scrapbook, music, or any other format that works for you. If you want to work in a group to produce your report the size of what you produce should reflect the number of people working on it. (e.g. 2 people = 4 pages etc.)

You can hand your report to me, but you should also make sure a copy is uploaded onto eDofE.

Completing the Award

In order to complete the Award, you must ensure that your eDofE account is complete. Each section needs an assessor report, and any other supporting evidence you can find. This includes some or all of the following

- 1) Photos
- 2) A personal report of your experience
- 3) Log sheets
- 4) Media, certificates, or anything else that helps show what you have been up to

A section will not be approved if it *only* has an assessor report completed.

How to Apply

If you are still interested, please complete the attached consent form and return it to me via email or hand in during the parents evening. If you have any questions, please don't hesitate to contact me.

Paul MJ Cunningham

paulcunningham@pkc.gov.uk

Application for Bronze DofE Award 2021

Name:

Date of birth:

Email (please ensure this is valid and checked regularly):

Parental consent:

I would like(participant's name) to be registered for the Bronze DofE Award and having read the information provided agree to him / her taking part in the activities described. I acknowledge:

- **the need for him / her to behave responsibly.**
- **That registration requires an initial payment of £23**
- **Registration does not guarantee a place on an expedition**

Parent's signature: Date:

Full Name (capitals):