

## Launch & Information Evening

Tuesday 16 September 2025

6-6.30pm

# The Duke of Edinburgh's Award at CNS

*The world's leading achievement award for young people.*

## **Our Mission**

To inspire, guide and support young people in their self-development and recognise their achievements.

## **12 Years of DofE at CNS**

Over 800 DofE Awards achieved by CNS students.  
Excellent student completion rate.

# Over 3000 Volunteering hours by CNS DofE students in the local community.



**YOUTH  
WITHOUT  
LIMITS**

## Thank you

to

**The Duke of Edinburgh's Award participants**

from

**City of Norwich School, An Ormiston Academy**

who spent

**3107 Hours**

**volunteering between**

**1 April 2024 and 31 March 2025.**

We are immensely proud of the dedication, effort and achievement  
of young people making an impact in their community.

The social value of these hours is

**£19884**

A handwritten signature in black ink, appearing to read 'Ruth Marvel'.

Ruth Marvel OBE, Chief Executive

**June 2025**

# The DofE is...

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A DofE programme is a real adventure.

It doesn't matter who you are or where you're from  
candidates just need to be aged between 14 and their 25<sup>th</sup>  
birthday.

Students can do programmes at three levels:

- **Bronze** (aged 14+) Year 10
- **Silver** (aged 15+) Year 11
- **Gold** (aged 16+) Year 12 & 13

...which lead to a Duke of Edinburgh's Award.

# The DofE is...

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Candidates achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community
- **Physical:** improving in an area of sport, dance or fitness activities
- **Skills:** developing practical and social skills and personal interests
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity

# FIVE BENEFITS OF DOING YOUR DofE PROGRAMME



## SENSE OF IDENTITY

The DofE bring a sense of identity as you start to explore your likes and dislikes through the different sections.



## GIVING BACK TO THE COMMUNITY

It is a chance to give back to your own community or those in need.



## TEAMWORKING SKILLS

It builds your communication skills and strengthens your ability to lead others as well as to work in a team. This is highly sorted by employers and schools alike.



## TIME MANAGEMENT

It teaches you how to manage your time and use it efficiently as you are required to balance the different sections.



## ACADEMIC BOOST

A DofE Award is a great way to demonstrate and evidence your 'soft skills' in practice and this is highly valued by universities.

# Time and age requirements

<b>Level:</b>	<b>Minimum period of participation by:</b>	
	<b>Direct entrants</b>	<b>Previous Award holders</b>
<b>Bronze</b>	<b>6 months</b>	<b>n/a</b>
<b>Silver</b>	<b>12 months</b>	<b>6 months</b>
<b>Gold</b>	<b>18 months</b>	<b>12 months</b>

*Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.*

# Bronze Award (Year 10)

Volunteering	Physical	Skills	Expedition
3 months          1hr/week approx.	3 months          1hr/week approx.	3 months          1hr/week approx.	Plan, train for and complete a 2 day, 2 night expedition
<i>All participants must undertake a <b>further</b> 3 months in the Volunteering, Physical or Skills section.</i>			



# Silver Award (Year 11)

Volunteering	Physical	Skills	Expedition
6 months  1hr/week approx.	One section for 6 months and the other section for 3 months  1hr/week approx. for each section		Plan, train for and complete a 3 day, 3 night expedition.
<i>Direct entrants must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i>			

# Gold Award (Year 12 & 13)

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights
1hr/week approx.	1hr/week approx.		1hr/week approx.	1hr/week approx.
<i>Direct entrants must undertake a <b>further</b> 6 months in either the Volunteering or the <b>longer</b> of the Physical or Skills section.</i>				

# CNS Yr12 Gold Offer 1 & Offer 2.

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## **Yr12 Gold Offer 1. includes the following:**

edofe Gold registration account with CNS. Gold Practice & Assessed Expeditions with CNS. This Offer includes lunchtime sessions including two edofe set up sessions and CNS expedition training sessions.

\*Any students on Yr12 Offer 1 who are new to CNS DofE or have not completed a Silver Practice & Assessed Expedition will be expected to participate on the Yr12 Training Expedition. This is a high-quality navigation, campcraft and trekking training expedition led by Mr Sutton.

## **Yr12 Gold Offer 2. includes the following:**

edofe Gold registration account with CNS. Gold Practice & Assessed Expeditions with an external provider (the booking for this is the students & parents/carers responsibility). Gold Offer 2 includes two edofe set up lunchtime sessions & is also the waiting list for Gold Offer 1.

## **CNS Gold DofE Selection Criteria:**

1. Previous Award(s) achieved: Bronze & Silver.
2. Previous Award achieved: Bronze
3. 6<sup>th</sup> form attendance
4. 6<sup>th</sup> form behaviour

# Choosing activities

There is a massive choice of activities that count towards DofE programmes. Candidates can select practically any activity they want – as long as it's legal and morally acceptable.

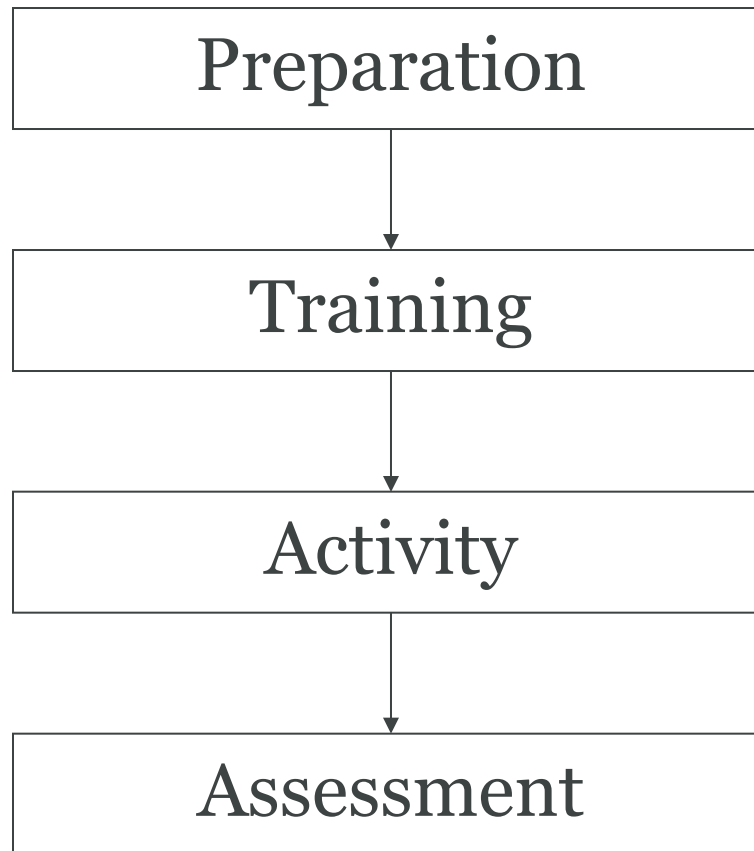
- Activities are placed in specific sections for a reason.
- Candidates need to choose activities that they are going to enjoy.
- Activities could be something that a candidate is already doing or perhaps one they've always wanted to try. For example: Higher Project.
- Activities should be outside of timetabled lessons.
- Volunteering is not paid.

- [Ideas for Activities - The Duke of Edinburgh's Award \(dofe.org\)](https://www.dofe.org)



# The steps for the sections

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# Volunteering

## Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



# Benefits

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- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

# Physical

## Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.





# Benefits

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- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

# Skills

## Aim

- To inspire young people to develop practical and social skills and personal interests.



# Benefits

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- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

# Expedition

## Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



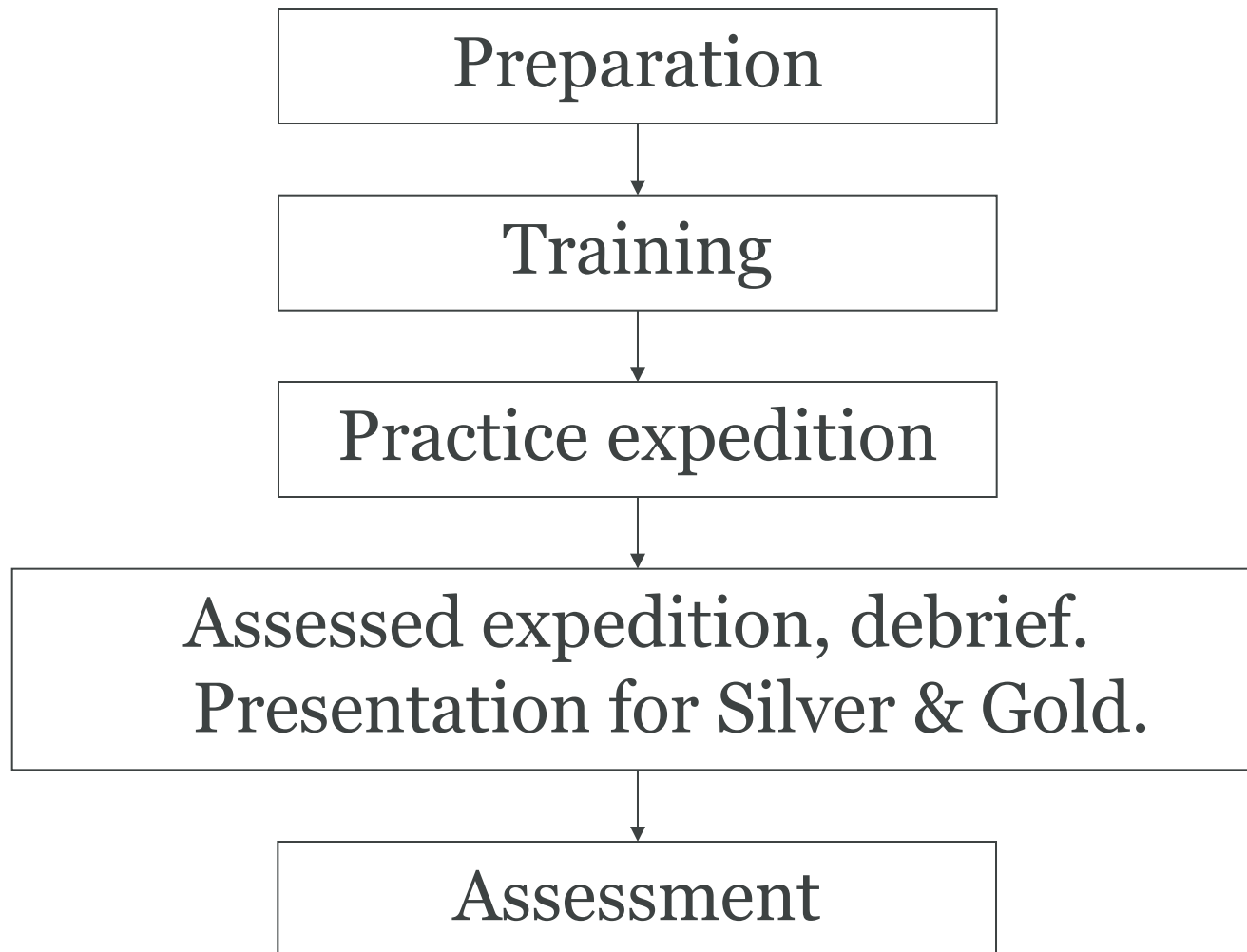
# Benefits

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- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

# The expedition process

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# Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 2 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 3 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 4 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)



# Residential (Gold only)

## Aim



To inspire participants through a concentrated involvement with people they don't know, who are usually from different backgrounds, and bring alternative views to the challenges they will face.



# Benefits

- Meet new people.
- Develop the confidence to thrive in an unfamiliar environment.
- Build new relationships and show concern for others.
- Work as part of a team towards shared goals.
- Accept responsibility for themselves and others.
- Develop communication skills and effective coping mechanisms.
- Develop respect and understanding for others.
- Show initiative.
- Develop the skills and attitudes to live and work with others.

# Residential examples

## Developing an existing interest or something new:

Assisting at a kids' summer camp.

Joining a conservation project.

Doing a photography course.

Improving language skills on an intensive course.



## Expeditions:

Bronze Training & Assessed Expedition (North Norfolk)



Silver Practice Expedition (Suffolk)



Silver Assessed Expedition (Derbyshire)



Gold Yr12 Offer 1 Practice & Yr13 Assessed Expedition (Cumbria)



- Bronze expedition cost includes 1<sup>st</sup> aid course (4 hours).
- Walking boots (with ankle supports) must be worn.
- Equipment can be borrowed from CNS (tent, stove, waterproofs, sleeping bags, sleeping mats, rucksacks).
- Supportive funding: (PP & hardship).

- **Fee deadlines:** Silver Practice expedition 1 October 2026

All other expeditions Friday 19 December 2025

No refunds after 1 April 2026



# fee's

Level	Reg fee	Yr12 new to CNS DofE training	Training/ Practice Expedition	Assessed Expedition	Total for 25-26
Bronze	£30.50	-	£80	£80	£190.50
Silver	£30.50	-	£80	£180	£290.50
Yr12 Gold Offer 1	£37.50	£40*	£300	-	£337.50 £377.50*
Yr12 Gold Offer 2	£37.50	-	-	-	£37.50
Yr13 Gold	Paid			£260	£260

The eDofE registration fee is non-refundable.

**Please do not pay registration fee until your place has  
been confirmed.**

# Expectations of the candidates

- To attend weekly or fortnightly afterschool/lunchtime DofE meetings throughout the year – *days to be confirmed*.
- To complete ALL sections two weeks before the Assessed Expedition.
- To log in to eDofE.org on a regular basis.
- Candidates are responsible for completing their own programme.

Any registered students not actively working toward the award may be replaced.



My Volunteering section

Timescale:

Months

\* Start date:

Earliest completion date:



\* Type/category of activity:

\* Detailed activity chosen:



\* Where are you going to do it?



137/140 characters used

\* What are your goals? What do you want to achieve?



101/140 characters used

\* Who is going to support & assess you?



103/140 characters used

# Future Dates

## **CNS Expedition Information Evening:**

Bronze, Silver & Gold.

Tuesday 17 March 2026

## **CNS DofE Awards Celebration Evening:**

Bronze, Silver & Gold.

Tuesday 24 March 2026

**Application Form Deadline:** Friday 19 September 2025  
(Please follow the link below)

CNS DofE Application Form: Sept  
2025. Bronze, Silver & Gold.  
Submit by: Fri 19 Sept 3pm



<https://forms.office.com/e/SB38gRCJ07>

CNS DofE: [City of Norwich School - The Duke of Edinburgh's Award Scheme](#)