



CITY OF NORWICH
SCHOOL



Launch & Information Evening

Tuesday 15 September 2026

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.

13 Years of DofE at CNS

Over 900 DofE Awards achieved by CNS students.

Excellent student completion rate.

75 CNS expeditions

Over 4000 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

4381 Hours

volunteering between

1 April 2025 and 31 March 2026.

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

£33076

A stylized, handwritten signature in black ink.

Ruth Marvel OBE, Chief Executive

June 2026

The DofE is...

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 25th
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...

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

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

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 further 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 further 6 months in the Volunteering or the longer 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 further 6 months in either the Volunteering or the longer of the Physical or Skills section.</i>				

CNS Yr12 Gold Offer 1 & Offer 2.

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 expedition training 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. 6th form attendance
4. 6th form behaviour

Choosing activities

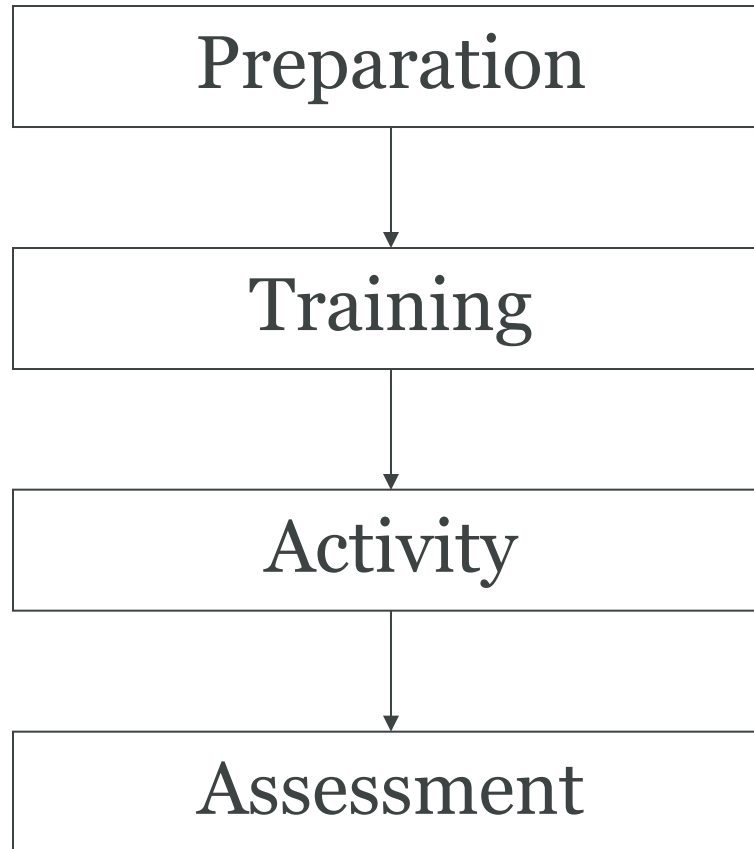
There is a massive choice of activities that count towards DofE programmes. Candidates can select practically any activity they want – as long as it's legal and morally acceptable.

- 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



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

- 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

- 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

- 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

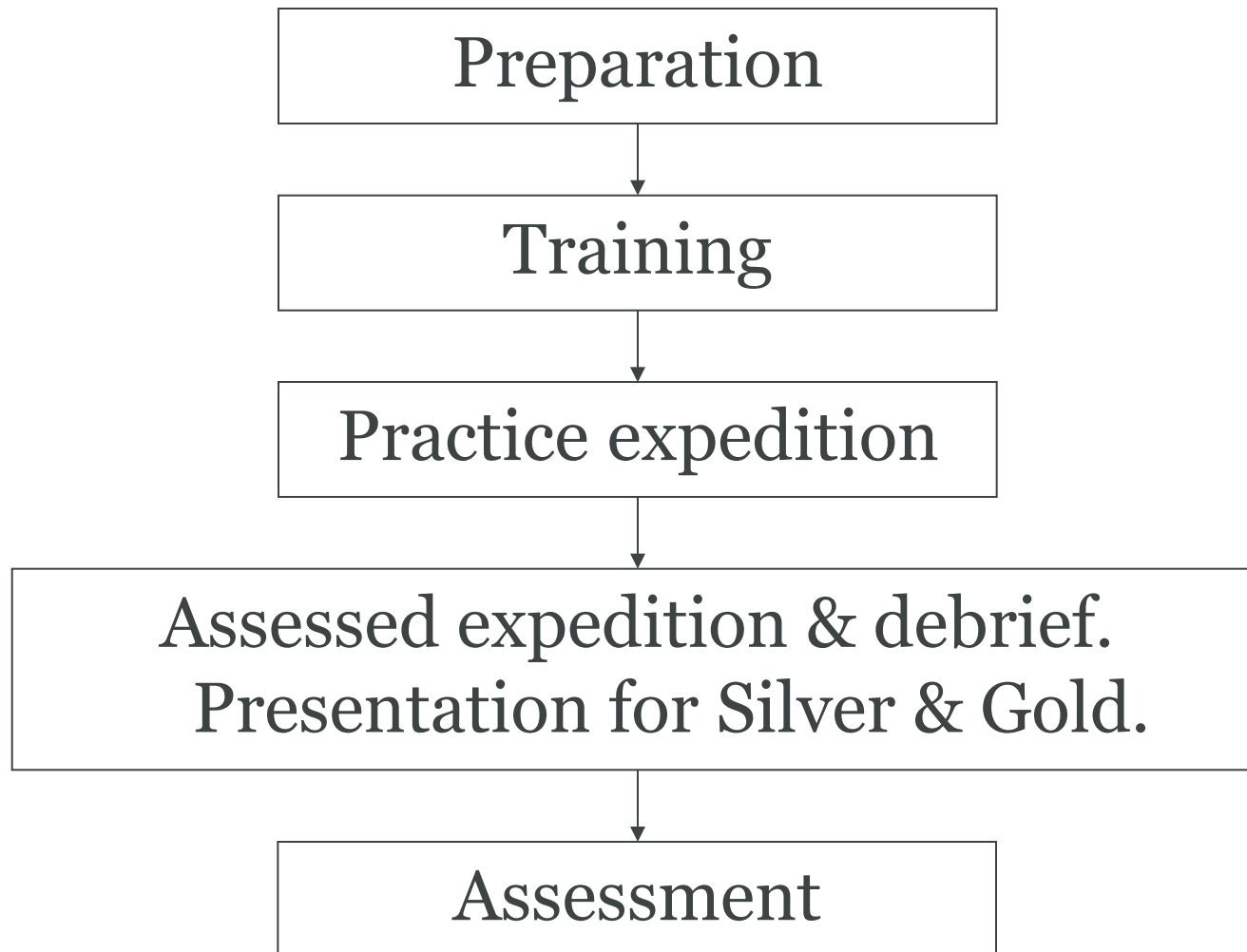
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Benefits

- 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



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)

Bronze A Expedition Dates 26-27

2027		
Date	Year	Location
Training Thursday 15 April 5.30pm – Saturday 17 April 3.45pm	10	North Norfolk £80

Assessed Thurs 13 May 5.30pm - Saturday 15 May 3.45pm.	10	North Norfolk £80
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Bronze B Expedition Dates 26-27

2027		
Date	Year	Location
Training Thursday 22 April 5.30pm - Saturday 24 April 3.45pm	10	North Norfolk £80

Assessed Thursday 20 May 5.30pm - Saturday 22 May 3.45pm.	10	North Norfolk £80
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Yr11 Silver Expedition Dates 26-27

2026	
DATE	Location
Practice Monday 12 October 5.30pm – Thursday 15 October 3.45pm.	Suffolk £80

2027	
DATE	Location
Practice Monday 12 July 8am – Thursday 15 July 9pm.	Derbyshire £200

Yr12 & Yr13 Gold Expedition Dates 26-27

2027	
DATE	Location
<i>Yr12 Master Class Training: for all Yr12 students who did not complete their Bronze and/or Silver Expeditions with CNS.</i> Wednesday 21 April 5.30pm - Saturday 24 April 4pm.	North Norfolk £50
2027	
DATE	Location
Practice & Assessed Monday 28 June 8am - Friday 2 July 9pm.	Lake District £300

Expeditions:

Bronze Training & Assessed Expedition = Parental responsibility drop off/pick up.

Silver Practice Expedition (Suffolk) = Parental responsibility drop off/pick up.

Silver Assessed Expedition (Derbyshire) = school minibuses.

Gold Practice & Assessed Expedition (Cumbria) = school minibuses.

- Bronze expedition cost includes 1st 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's

Level	Reg fee	Yr12 new to CNS DofE training exped	Training/ Practice Expedition	Assessed Expedition	Total for 25-26
Bronze	£33	-	£80	£80	£193
Silver	£33	-	£80	£200	£313
Yr12 Gold Offer 1	£40	*£50	£300	-	£340 £390*
Yr12 Gold Offer 2	£40	-	External provider	External provider	£40
Yr13 Gold	Paid			£300	£300

The eDofE registration fee is non-refundable.

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

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.



Expectations of the candidates

- To attend fortnightly lunchtime DofE meetings throughout the year-
Room 107.

Bronze A: Tuesdays Week A.

Bronze B: Tuesdays Week B.

Silver: Thursdays

Yr12 Gold 1: Friday Week A.

Yr13 Gold: Friday Week B.

- 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.**

Submitting sections on eDofE.org

DofE students are required to upload the following two items of evidence to submit their sections:

- **Log sheets:** showing a minimum of the specified timeframe. For example: 3 months = 12 hours spread across this time. Log sheets and assessor report must show, for example, 1 January 26 – 1 April 26.

[Acivity-Logs.pdf](#)

- **Assessor Reports:** to be completed online.

[Assessor's Report - The Duke of Edinburgh's Award](#)

- **Application Process:** application form submit with deadline. Acceptance is via email then reg fee payment deadline to confirm your place by:

Friday 25 September.

- **Bronze Students** are then placed into two groups, Bronze A & Bronze B. These groups will be full and we don't accommodate movement between groups.
- The DofE Award is a challenge that leans towards developing resilience for students. Students may feel out of their comfort zones. The challenge is for students to develop holistically as an individual.

Expeditions:

- Exped groups: 4-7 students. Each student selects a 'preferred partner'. Sometimes student may not get their preferred partner.
- Emergency procedure: 'expedition bubble'. Base Camp Control.
- ***More information at the CNS Expedition Info Evening in January.**
- CNS DofE Trip Phone number:

Contract of Agreement for CNS Expeditions.

Participation on CNS DofE Expeditions is a privilege. If students do not follow behaviour expectations within school or on expedition they will be removed and/or not invited onto the CNS DofE Expedition:

Students who are removed from the expeditions will need to be collected by parent/carer as agreed in the 'contract of agreement' on the consent form.

If students are removed and not invited on the CNS Expeditions they have the opportunity to complete the Practice and/or Assessed Expedition with an external provider.

- I agree that I will provide walking boots (with ankle support) for my child to participate on the DofE Expedition(s).
- I agree that all mobile phones & electronic devices will be declared & switched off, from the start to the end of the expedition, and sealed in a waterproof pack. Only to be used in an emergency. *Any student who is found with a mobile phone that has not been declared will be sent home from the expedition. It is the parent/carers responsibility to collect the child from the expedition venue or organise transport from the expedition venue.*

Contract of Agreement for CNS Expeditions.

- I agree that school behaviour & CNS DofE expectations apply on expedition. Any student not adhering to these expectations will be sent home. Parents/Carers will be expected to collect their child without delay. If my child is removed from an expedition (before or during the expedition) I understand that they have lost the privilege to be involved in future expeditions. The Training, Practice and Assessed expeditions of any level are viewed as the same trip. Future participation on the CNS DofE programme (next Award level) will be at the discretion of the Trip Leader & Head Teacher.
- I agree that if my child is required by the Trip Lead to leave the expedition due to sickness, illness, a breach of the behaviour expectation, DofE expedition expectation or not complying with the phone policy, stated above, I will personally collect or organise for my child to be picked up, from the expedition venue without delay.
- I understand that if I do not meet the Expedition Payment and Consent & Medical form deadline which is Friday 11 December 2026 and/or don't provide any important changes with my child's medical information, at least four weeks before the expedition, then the Head Teacher & Trip Lead may remove my child from any of the relevant DofE Expeditions.

CNS DofE Deadlines

Bronze, Silver and Gold Expedition fee's & consent/medical form submission deadline is:

Friday 11 December 2026.

- Payment deadline for all expedition fee's.
- Student medical, consent & contract of agreement form.
- Silver Practice expedition fee deadline: Friday 25 September 2026

Student Vol, Phys & Skill (& Residential at Gold) sections submitted by:

Bronze: Friday 7 May 2027

Silver: Monday 14 June 2027

Gold Yr13 Monday 31 May.

Refunds for the expedition cannot be issued after 1 April 2027. All proceeds from the expedition will go towards replenishing the CNS DofE students kit & equipment.

Please note:

If deadlines are missed by parents/carers and/or students, it is at the discretion of the Head Teacher & trip lead whether a student is removed from the trip. This can be up until the day the trip is due to leave CNS. It is not the responsibility of the trip lead to chase parents/carers when information has already been requested.

Future Dates

CNS DofE Awards Celebration Evening:

Bronze, Silver & Gold Achievers.

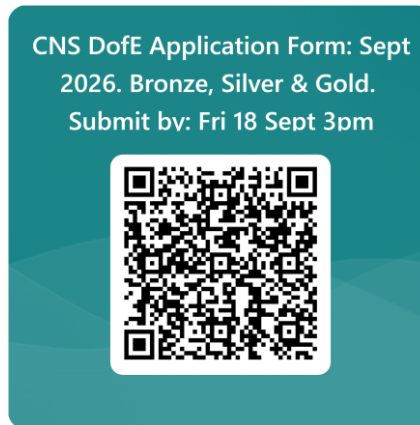
Tuesday 12 January 2027

CNS Expedition Information Evening:

Bronze, Silver & Gold.

Tuesday 26 January 2027

Application Form Deadline: Friday 18 September 2026 (Please follow the link below)



CNS DofE Application Form: Sept 2026.
Bronze, Silver & Gold. Submit by: Fri 18 Sept 3pm –
Fill out form

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

CNS DofE Expedition Trip mobile phone: