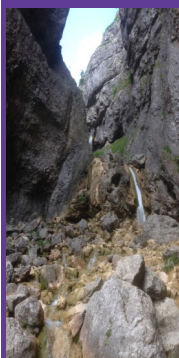




You get to visit
some
wonderful
places—
Gordale Scar
Yorkshire



From the first day to the last it's a real adventure. Every section gives you something different- that's the fun of it! You will enjoy a lot of new experiences, discover talents you never thought you had, challenge yourself... Plus you'll do things you love. It's a real buzz!

Then there's the rest...

- Achieving an award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.
- You are getting recognised for doing things you want to do (and may even be doing already).
- You will make a difference to other people's lives and you community, be fitter and healthier, make new friends and have memories to last you a lifetime.



Once you are 16 you can do your Gold DofE programme.

You'll spend 12 months on your Volunteering section. For Physical and Skills you must spend 12 months on one and six months on the other - you decide which way round to do it.

Your Expedition will be for four days and three nights (plus an acclimatisation day) and should take place in 'wild country'....plus at least two practices learning navigation and first aid along the way.

The big difference at Gold is you'll also do a Residential section - staying away from home for five days and four nights doing a shared activity with people you don't know. It's great fun and a real chance to do something different!

If you've jumped straight into your Gold DofE programme you'll need to do a further six months either volunteering or whichever one of your physical or skills activities you spent the most time on.

For Gold, 18 months if you've started at Gold level without doing your Silver - even if you've done Bronze.



Useful for

- ◆ Jobs
- ◆ Applications
- ◆ Universities
- ◆ Colleges
- ◆ CV
- ◆ Personal achievement
- ◆ Fitness

Last Year Springwood High School gained more GOLD Awards— in addition to the high number of bronze across the trust and held a very high profile presentation night

