

The Duke of Edinburgh's Award at NSG

Year 9 Bronze



NORTHAMPTON SCHOOL FOR GIRLS



DofE
Manager/
DofE Lead

DofE Manager/
DofE Lead

Mrs K Bright



DofE Gold – September 2026

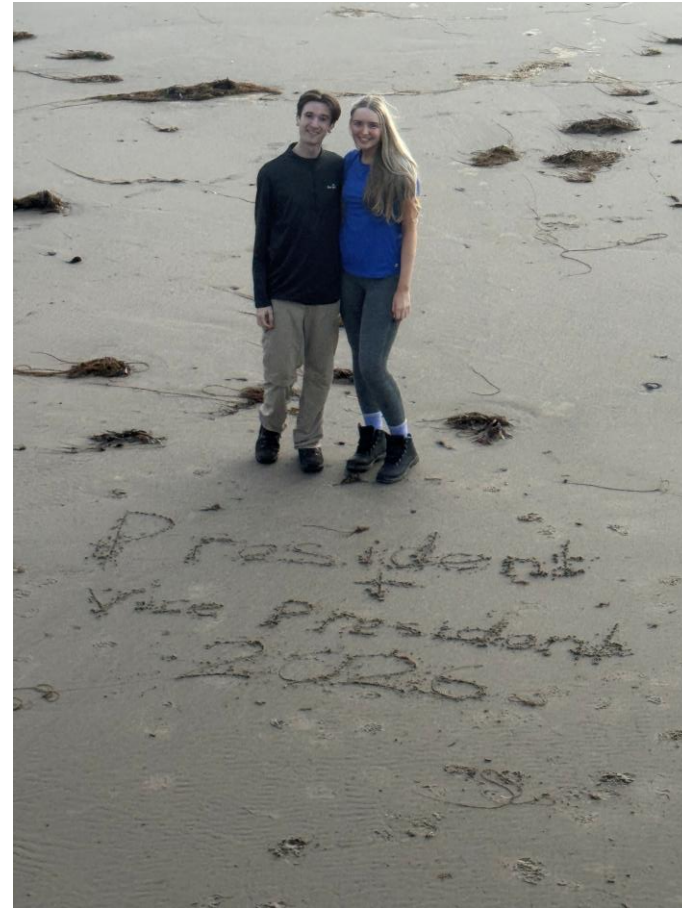
These 10 incredible Year 13 students, all started their DofE experience in an assembly just like this.

They are now well on their way to completing their Gold Award. Upon completion, they will go to Buckingham Palace to celebrate their incredible achievement.



NSG School President

Milly Knight



What is the Duke of Edinburgh's Award?

It is a nationally recognised award scheme, aimed at young people aged between 14 and 25

There are three levels:

- Bronze
- Silver
- Gold



The Bronze Award is open to all students in Year 9 (the year you will turn 14).

If you successfully complete the Bronze Award, there will be the option to go on to complete the higher levels of the Duke of Edinburgh Award

The benefits to young people

The benefits to young people

Young people completing the DofE programme develop skills and attitudes they need to become a much more rounded and confident adult. These are qualities that employers are attracted to. When adding your achievements to university and further education institutes, it is also looked upon extremely favourably.

- Self belief
- Self confidence
- A sense of identity
- Initiative
- A sense of responsibility
- A real awareness of their strengths
- New talents and abilities
- The ability to plan and use time effectively
- The ability to learn from and give back to others in the community
- Building new friendships
- Problem solving, presentation and communication skills
- Leadership skills
- Team working skills



The benefits to young people

Independent Impact Research

Supported by Pears Foundation, the charity commissioned the University of Northampton to carry out a study into the value of the DofE.

The Impact Research showed that the DofE continues to offer a successful personal development programme for young people



The benefits to young people

Key Findings of the Research by the University of Northampton

Key findings:

- **84%** of young people felt that they have become a more responsible person.
- **84%** of young people cited that they had developed the ability to stick at tasks until they are completed.
- **77%** of young people and 87% of Leaders said young people's problem solving skills improved.
- **81%** of participants had increased motivation.
- **90%** of young people said doing their DofE has given them opportunities to help others.
- **93%** feel that doing their DofE has helped them to develop teamwork skills.
- **84%** feel that it has helped them develop decision-making skills.

Our research with Gold Award holders showed:

- **93%** felt that by including their Award on an application form it would help to secure employment.
- **58%** believed that having achieved an Award had helped them in their job/career – the most helpful section was Volunteering.
- **64%** believed that having an Award helped them gain their most recent/current job.



What do employees say?

“ Here at British Gas we believe the DofE makes young people more employable, developing the skills we need in our workforce – including a positive attitude, tenacity, and a good work ethic. Our belief in the value of The Duke of Edinburgh’s Award means that we recognise those who have achieved their DofE in our recruitment process. The skills and experiences gained in achieving a DofE Award really shine through in the recruitment process and help candidates differentiate themselves in a highly competitive market.”

ANGELA WILLIAMS,
HR DIRECTOR, BRITISH GAS



“ The DofE gives young people the opportunity to reach their potential and develop into confident adults, while giving back to their communities and learning new skills. We are delighted to be working with the Charity and look forward to forging strong links between DFS and the DofE, making the most of all it has to offer.”

IAN FILBY,
CHIEF EXECUTIVE OFFICER, DFS



What do employees say?

“I’ve found everyone who has completed their DofE has become more confident and shown a maturity that makes them stand out and helps them progress in their careers”

DEAN LIGHTWOOD, HEAD OF OPERATIONS,
LLOYDS BANKING GROUP

LLOYDS
BANKING
GROUP



“Our apprenticeship programme and the DofE component of that is allowing us to bring in young talent. By the end of the programme we’re hoping that they’ve discovered a career. In exchange we get a loyal, dedicated workforce”

JAMIE PROUDFOOT, SCOTRAIL



“When I get a CV through, to see the DofE is a big tick in the box, because they chose to do something torturous and hard. They took on a challenge and got to the end of it!

THEO PAPHITIS, BUSINESSMAN



What attitudes and skills are employers looking for?

Self-management

Every DofE programme is unique as participants are required to plan their own programme and source their own activities. They are required to manage their own time to fit in their activities alongside school, college, work and family life.

Realistic yet challenging goals need to be set for each activity and although there are adults to help, no one achieves an Award unless they put in the effort, managing their time effectively.

What attitudes and skills are employers looking for?

Problem solving

Problem solving is a key element required across all sections of the DofE but is perhaps best developed through the Expedition section. In this section participants have to make considered decisions to help them complete their journey safely and they are expected to deal with problems without adult intervention.

They learn how to apply their knowledge and skills developed through their training, and understand the consequences of the decisions made.

What attitudes and skills are employers looking for?

Team working and communication

Working together as a team is imperative to the successful completion of a DofE programme.

Working together with new people on their Residential section to reach a shared goal, and working with their expedition team to get from one check point to the next, young people learn the importance of good communication and the value of each other's skills.

In the Volunteering section many young people will experience for the first time having to work alongside adults in well-established teams; taking on new roles and accepting new responsibilities, often helping to develop leadership skills and self-confidence.

What attitudes and skills are employers looking for?

Positive approach to work

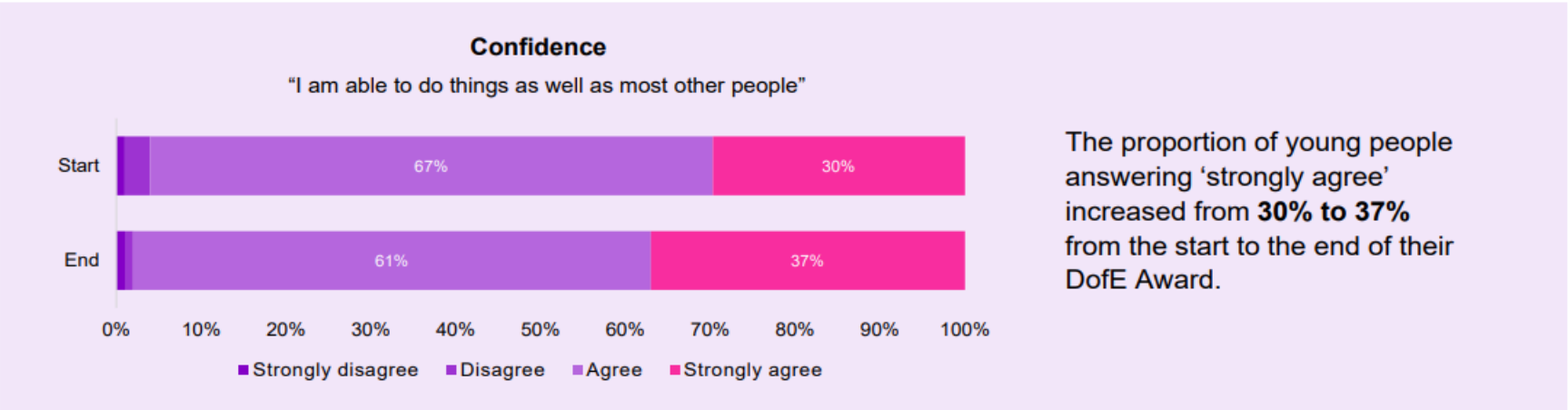
Young people are the driving force behind their own DofE programme and, in much the same way that employability isn't something that you can be taught, you have to be active and committed to achieve.

What DofE participants have shown is that they are willing to get involved, take on new challenges and take advantage of opportunities to develop themselves.

Statistics from the DofE in 2024

Young people doing their DofE improved their confidence and problem solving.¹

Figure 4



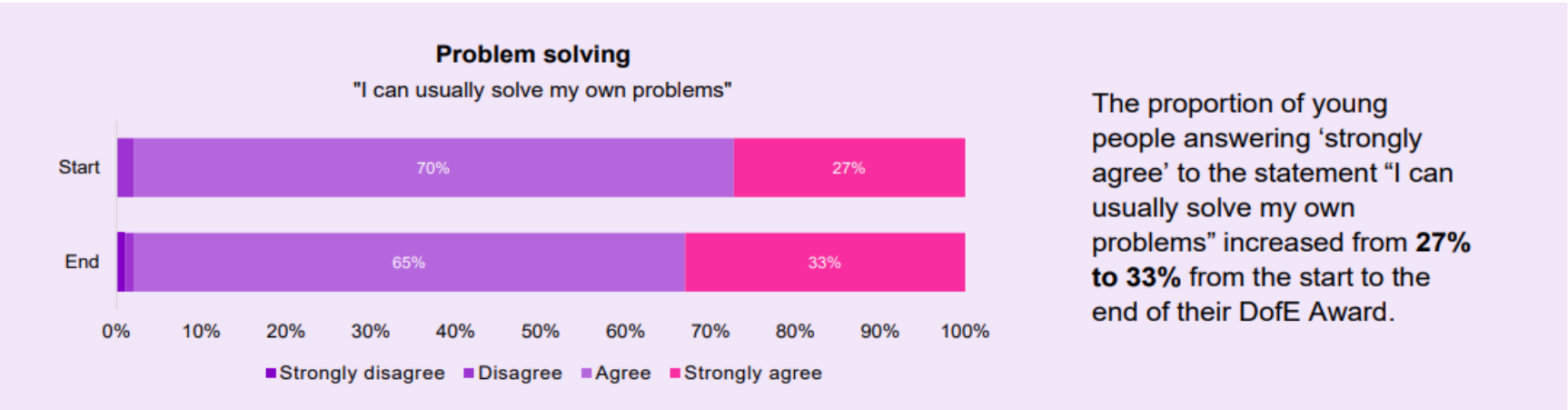
“When [my DofE group was] together, we felt like we could take on anything.”

Bronze, Silver and Gold Award holder, 20

“DofE has made me more confident and independent, and prepared me for work.”

Bronze and Silver Award holder, 20

Figure 5



Statistics from the DofE 2024 Impact Report

Young people doing their DofE improved their emotional management and initiative.¹

Figure 6

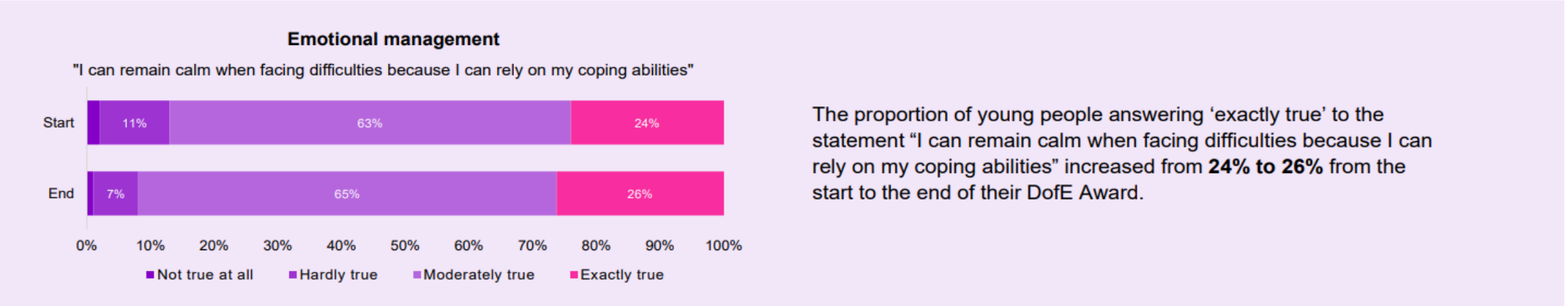
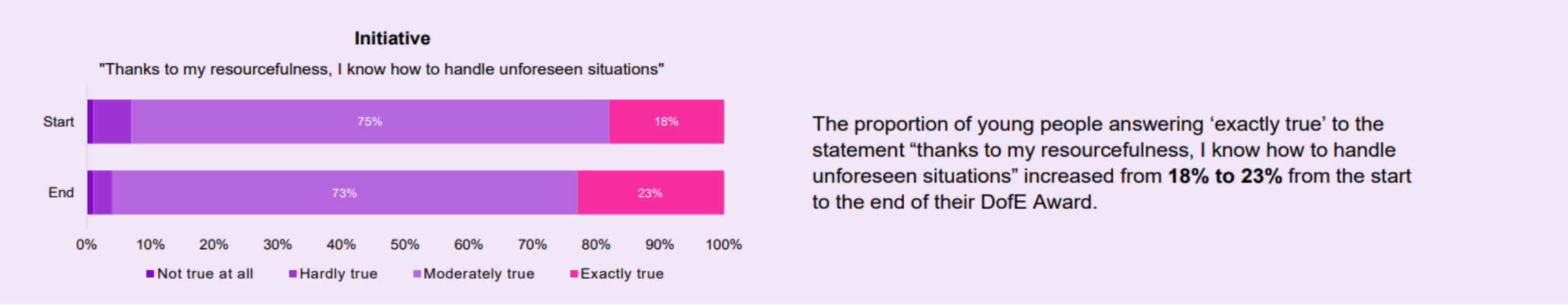


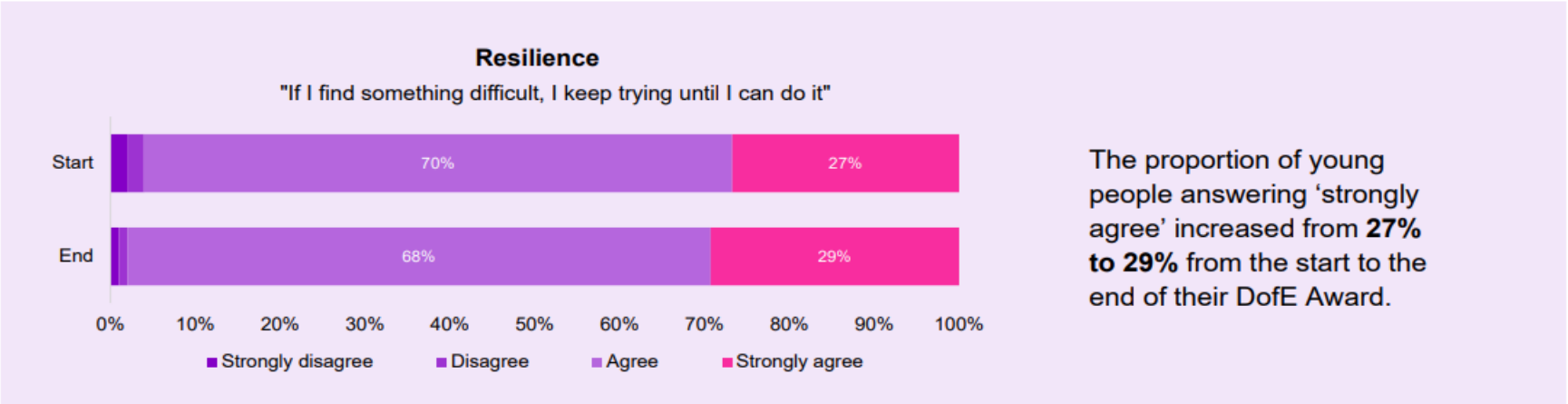
Figure 7



Statistics from the DofE 2024 Impact Report

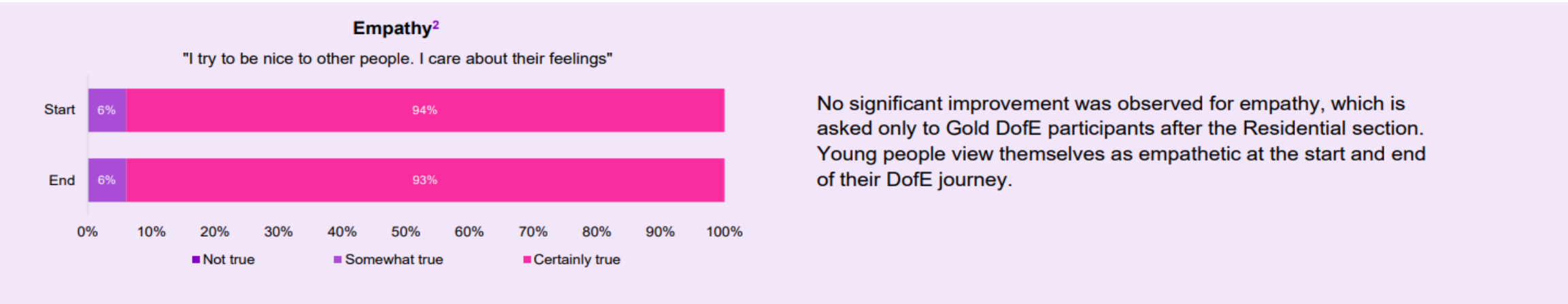
Young people doing their DofE improved their resilience.¹

Figure 8



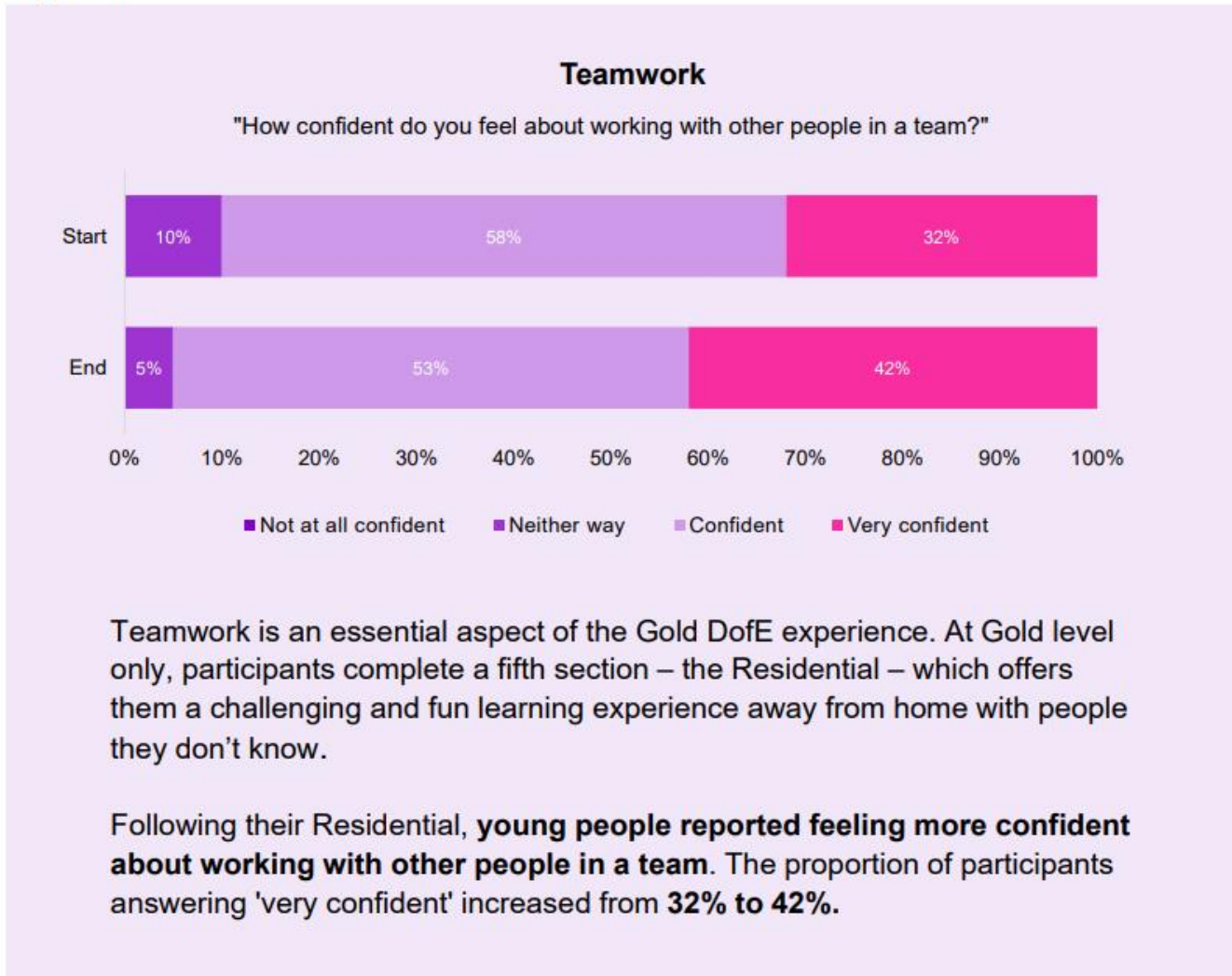
"I'm a lot more resilient than I was before. Now I'm able to keep trying and not give up."
Silver Award participant, 15

Figure 9



Statistics from the DofE 2024 Impact Report

Figure 10



Statistics from the DofE 2024 Impact Report

Young people doing their DofE reported higher feelings of belonging and more trust in their local area.¹

Figure 11

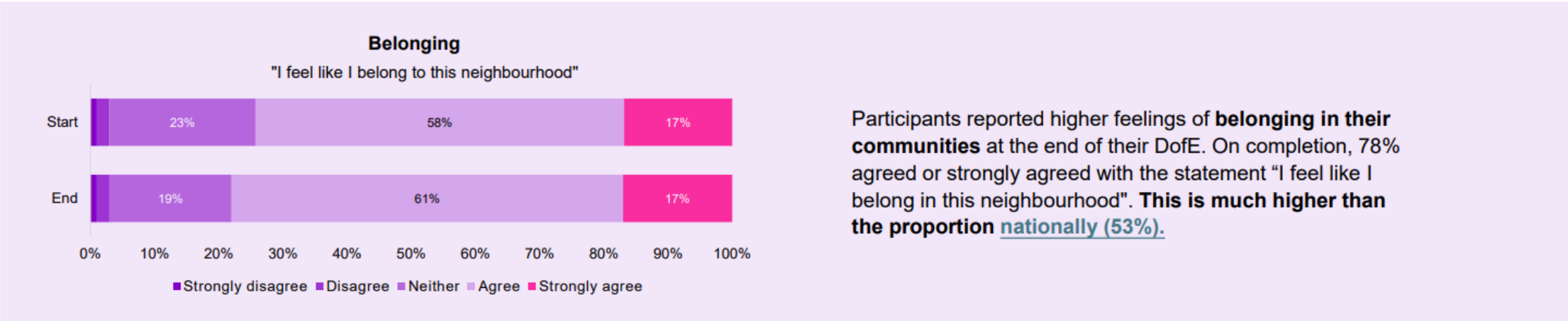
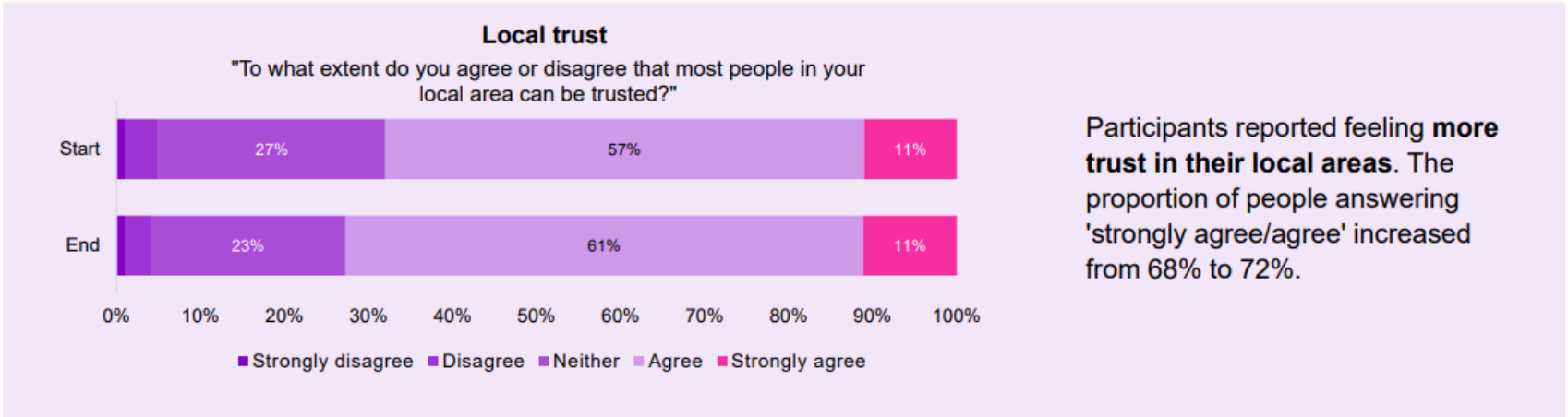


Figure 12



“I volunteer at a food bank for DofE. It feels great to be able to contribute to the local community.”

Gold Award participant, 20

Participant Quote

“Before DofE, I was in my shell. I didn’t go out, didn’t do activities. It opened my eyes to the opportunities out there”

Gold Award holder, 19

Participant Quote

“A big [skill I learned] was being able to motivate others as well as myself. I learnt how to work more as a team.”

Gold Award holder, 20

Participant Quote

“Since starting DofE, I’ve been more active, physical and eager to be out in the world.”

Silver Award participant, 15

What does the DofE involve?

There are four sections you must complete to achieve the DofE Award:

Volunteering

Skill

Physical

Expedition

You will need to think about what to do for each section.

You will organise and complete this yourself.

You will need to spend at least **one hour per week for each activity for either 13 weeks** (3-month activity) **or 26 weeks** (6-month activity)

You will receive training for this section at school, which will include a practice weekend expedition in May too complete the training.

The qualifying expedition will be in September 2026.

What does the DofE involve?

Volunteering

Volunteering is about giving your time to help people, the community, society, the environment or animals.

You must not be paid for the time you spend volunteering or replace a paid worker.

You must not volunteer for a profit-making organisation.

VOLUNTEER



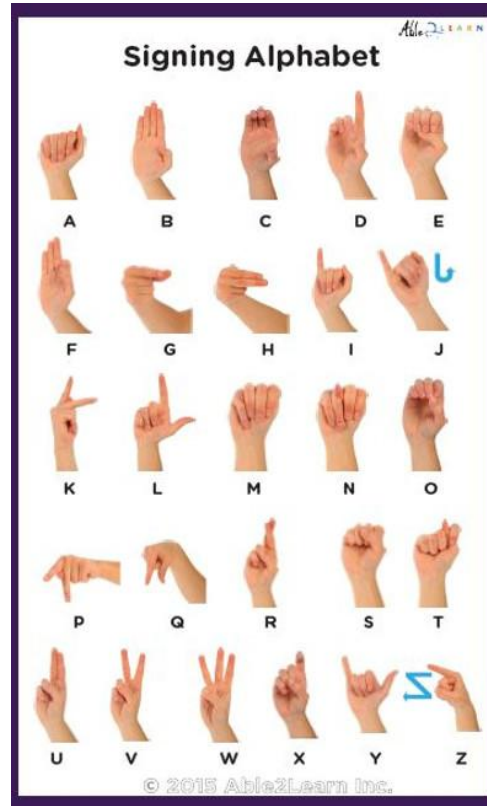
Examples:

- Brownies, Rainbows, Cubs and Beaver leaders.
- Helping in a library, the fair-trade tuck shop or at an afterschool club in or out of school.
- Charity shops.
- Visiting the elderly / care homes.
- Eco club activities e.g. making eco bricks.
- Litter picking / environmental work.
- Fundraising or raising awareness.
- Sports / dance leadership.

What does the DofE involve?

Skills

The skills section is about developing practical and social skills, and personal interests.



Examples:

- Playing an instrument – lessons and/or practice..
- Singing or drama.
- Crafts (card making, henna, textiles, crochet, knitting, drawing etc.) (outside of lessons).
- Cooking and baking (outside of lessons).
- Looking after animals..
- Reading a book reviewing and creative writing.
- Learning sign language.
- Learning First Aid.
- Learning a different language.

What does the DofE involve?

Physical

This section is about taking part in a physical activity such as sport or dance.

Do not confuse this with the skills section!



Examples:

- Team sports (basketball, hockey, football, netball etc.).
- Individual sports (badminton, swimming, aerobics, gym).
- Dance.
- Rowing / sailing / water sports.
- Running.
- Walking.



How long does it take to complete the Bronze Award



The Bronze Expedition

Training

At NSG we use a DofE Approved Assessors.

Their training is provided in two parts. This ensures you are fully prepared for the qualifying expedition:

- **Training Day – Saturday 6th March 2026**
- **Practice weekend expedition – Saturday 24th/Sunday 25th April 2026**



Training will include:

- Map reading
- Camp cooking
- Food and menu planning
- Tents and Equipment familiarisation
- Pitching a tent
- First Aid and emergency scenarios
- The Countryside Code
- The Highway Code

The Bronze Expedition

Qualifying Expedition

The Expedition Assessor will sign off the training as complete at the end of the practice weekend in April 2026, so that you can proceed to complete the final qualifying expedition.

The final qualifying expedition will be held on

- **Qualifying Expedition Saturday 22nd May / Sunday 23rd May 2026.**



Staff Expedition Volunteers

Staff Volunteers

Alongside the external provider, we have many staff who volunteer their free time to support you during the expedition. The staff keep coming back every year to support because camping is such a wonderful experience.

Staff who have previously supported the expeditions include:

Mr R Campbell
Miss P Holmes
Mrs H Mansfield
Mrs S Peachey
Mrs Tarlton
Mrs J Tait

Mr E Boylan
Miss L Huskisson
Mr B Norwood
Mrs A Riley
Mr M Wilkinson
Mrs V Wragg

Mrs I Foo
Mr A Keshani
Miss C Olds
Mr T Smith
Mrs E Carter
Mrs R Birkett