



How long does a DofE programme take to complete?

Each section must be done for a minimum period of time for an average of an hour a week over this time. To achieve an Award young people must show persistence, commitment and personal development.

It's not something that can be achieved through a short burst of enthusiasm one weekend! However, they may easily fit their DofE activities in around their school, college or work commitments, carrying them out in their own personal time, partly as one of a range of options in supported/core time or as an after-school or lunchtime programme. They may choose to use an activity they are already doing as a DofE activity – or go for something completely new.

Each progressive level demands more time and commitment from participants. There is no real time limit when it comes to completing a DofE programme. As long as they are under 25 years old when they complete all their activities in their programme, they're free to work at a pace that they're comfortable with to achieve their Award. The chart below shows the minimum time participants must do their programmes for, expressed in months and usually requiring a regular commitment of around an hour a week per section. Direct entrants are young people who have not achieved the previous level of Award.

Bronze (14+ years old)

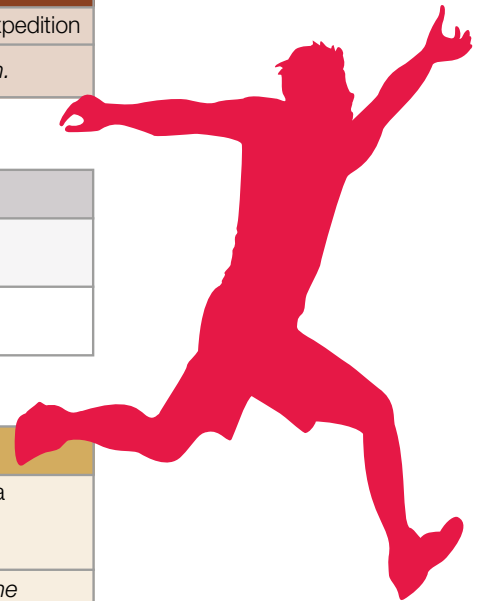
Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.</i>			

Silver (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 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 (16+ years old)

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
<i>Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.</i>				



Length of time of DofE expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

Notes: Time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity. Participants have to undertake at least one practice expedition as part of their training. This may be more closely supervised than their final assessed expedition, which is remotely supervised to develop independence and a sense of personal responsibility.