



Duke of Edinburgh Gold Award

at Ashton Sixth Form College

Here at Ashton Sixth Form College you have the opportunity to complete your Duke of Edinburgh Gold Award. Many participants describe it as a life-changing experience through adventures, caring for others and being creative. It's all about pushing personal boundaries, gaining new skills and meeting new people. The award will help you develop skills highly sought after by universities and employers as well as providing you with incredible experiences outside of your normal college routine.



Even if you've never completed any previous levels of the Duke of Edinburgh Award you can directly complete your Gold Award at Ashton Sixth Form and we also welcome those with previous Duke of Edinburgh levels.

At Ashton, we offer two pathways to the Gold Award; Fast track and Direct Entry.

- Fast track is a 12 month programme for students who have already achieved their Silver Award.
- Direct Entry allows students who have not yet completed their Bronze or Silver Awards to go straight to achieving their Gold Award by following an 18 month programme.

Throughout your time with us you will be supported by our DofE coordinator, Greg Smith, who is based within the college. Please e-mail for any information – gregory.smith@asfc.ac.uk, or drop into IT2.7.

“My DofE has made me realise I can be whoever I want to be.”
Jay, Gold Award holder

Benefits you will gain include:

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| • A sense of achievement | • Leadership skills and abilities |
| • New skills and interests | • Exciting opportunities |
| • Self-confidence and self-reliance | • Experience of teamwork and decision making |

There are five sections to the Gold Award - Residential, Expedition, Skills, Physical and Volunteering.

Expedition

You will take part in a four day expedition, which will take place in 'wild country'. This will be run by a fully qualified expedition leader and over the course of the award, they will work with you to prepare you for your expedition. This will include training sessions, a practise expedition and the qualifying four day expedition. Whilst at most centres you are only given the opportunity to complete your expedition on foot, here at Ashton Sixth Form College we offer you the opportunity to canoe.

Residential

You will need to undertake a five day residential as part of the Gold Award. The Residential can be of your choice, but you will need to be away from home for 5 days and 4 nights with people you don't already know. The college recommends participation in the 'The Challenge, available from the National Citizen Service (<http://www.ncsthechallenge.org/>) which takes place during college holidays. There is a small additional charge for this section, payable separately and directly to the residential provider.

Skills, Physical and Volunteering

You must spend 12 months (1 hour per week) volunteering. Additionally you must complete a regular (1 hour per week) physical activity and you must learn a new skill.

- 12 months of volunteering, plus
- EITHER 12 months of Physical and 6 months of Skill
- OR 12 months of Skill and 6 months of Physical.

Students who don't already hold a Silver Award (who are following the Direct Entry pathway) will need to add on an additional 6 months in either the Volunteering, Physical or Skill sections.

Students will be expected to make their own arrangements for these sections although this could involve participation in an existing enrichment or activity either at college or at a club you already attend (running, judo, chess etc). These can be backdated to your initial registration and our in college coordinator will help you choose suitable activities and help you gather evidence.

Timescales

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and undertake a 4 day, 3 night expedition.	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.

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



Our Duke of Edinburgh programme is non-profit keeping the price as low as possible for you. The Gold programme costs £250, and there is an additional fee of £60 if you choose to canoe (which is spent directly on canoe hire).

