

DofE at Lancing College - in a nutshell

There are three levels leading to a Bronze, Silver or Gold Duke of Edinburgh's Award, depending on the length and challenge of each programme:

- Bronze: for those aged 14+ years (Third Form and above) – cost £100
- Silver: for those aged 15+ years (Fourth Form and above) – cost £150
- Gold: for those aged 16+ years (Lower/Upper Sixth Form and above) – cost £200 (all inclusive of expedition costs)

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can be fitted in around academic study, hobbies and social lives for both day and boarding pupils.

Awards sections

Pupils can plan their own activities for each section, showing initiative when looking for new and different ways to fulfil the criteria. Lancing DofE leaders will give directions on what is suitable and can be used to work towards an awards.

- Volunteering: opportunities include helping out in our prep schools, in the school shop, school library or College Farm. Other pupils take themselves offsite to work in local care homes or charity shops.
- Physical: this can include any sport, dance, fitness or anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would work.
- Skills: any activity that broadens understanding and expertise in a chosen skill. Many pupils choose to learn about caring for horses at the Equestrian Centre or look after animals at the College Farm. Other pupils look to make progress in the arts; such as music, drama, art, or develop their chess skills.
- Expedition: several expeditions are carried out across the school year. Most students will carry out a training overnighter on school grounds, before heading off on their practice expedition. Once students are ready they will take part in a qualifying expedition toward the end of the school year, in countryside appropriate to their level of Award. All expedition dates on the School Calendar. Duration of expeditions varies depending on the level:
 - Bronze: 2 days/1 night in local countryside (South Downs)
 - Silver: 3 days/2 nights in unfamiliar, more remote countryside or Forest (such as Ashdown Forest)
 - Gold: 4 days/3 nights in wild country (Brecon Beacons)
- Residential (Gold Awards only, 5 days/4 nights): students undertake a residential course or activity which involves them living with the people that they are working alongside during the day and who are previously unknown to them. Activities might include working in a holiday camp, undertaking a cookery course or helping with the land preservation.