

INFORMATION GUIDE

SILVER

The next step up from Bronze... you need to be at least 15 to start doing your Silver DofE programme.

A Silver DofE programme has 4 sections, Volunteering, Physical, Skills and Expedition. You need to do at least 6 months Volunteering and a minimum of 6 months on either Physical or Skills and 3 months on the other. It's up to you which one you do for longer.

The Expedition section involves planning, training for and doing a 3 day (2 night) expedition. This means it is harder work and you will have to carry more!

Though you can change your mind later, you should decide which section you want to do for longer at the beginning. Knowing how long you're going to do it for will help you to set your aims for the sections.

This table shows what you need to do:

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and undertake a 3 day, 2 night expedition.
Direct entrants (those who haven't done Bronze) must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			