



## Working together...

A guide to running DofE programmes  
within Wales YFC

## Doing your DofE

Did you know that as a member of a Young Farmers' Club, you can use your YFC activities towards achieving a Duke of Edinburgh's Award?

There is a lot of overlap between DofE programmes and the wide range of competitions and events which you may already take part in with the YFC.

This leaflet outlines how involvement in YFC activities that promote fun, learning and achievement can work even more to your advantage.

## How do YFC activities and the DofE Awards overlap?

Many of the exciting activities, competitions and events available to young people at YFC can be accredited by the DofE and used for your DofE programme. Why not make the most of the opportunity to gain this prestigious national Award which recognises all your efforts and achievements? The information below gives some suggestions as to how your YFC activities can count.

### Bronze (14+ years old)

To achieve your Bronze Award, you need to complete the following sections:

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

*You must also undertake a **further** three months in the Volunteering, Physical or Skills section.*



- Volunteering** Do you hold a volunteer role within YFC? Are you a club officer, involved in the youth forum or even involved within a club committee? If you are involved in these roles or similar positions within YFC you are well on track to being successful with this section.
- Physical** What physical skills are you improving within YFC? Do you enjoy outdoor activities? Many fun and physically challenging activities can such as dancing, tug of war, fencing etc can be used to complete this section.
- Skills** Skills which you have learned from YFC training and competitions can be used to complete this section. YFC place a huge emphasis on building skills and learning new ones, the only thing you need to decide is which of them you would like to use in this section.
- Expedition** This section recognises good communication and teamwork skills. Enjoy planning for and completing a two day, one night camping expedition to complete this requirement.

## Silver (15+ years old)

To achieve your Silver Award, you need to complete the following sections:

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>If you have not achieved your Bronze Award you must undertake a <b>further</b> six months in either your Volunteering or the <b>longer</b> of your Physical or Skills sections.</i>			



**Volunteering** Volunteering that you already undertake within YFC may well be used to sign off this section. For example, if you held a club level position for your Bronze Level, consider the opportunities available to you to move into a county position for your Silver programme.

**Physical Skills** and **Expedition** Remember, many of the activities you complete within YFC can be used for these sections – see the previous page for some suggestions.

## Gold (16+ years old)

To achieve your Gold Award, you need to complete the following sections:

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>If you have not achieved your Silver Award you must undertake a <b>further</b> six months in either your Volunteering or the <b>longer</b> of your Physical or Skills sections.</i>				



**Volunteering** Why not aim high and volunteer at a county level position or even progress into a role at Wales level in order to complete your this section?

**Physical** and **Skills** In order to complete these sections it will require development of physical abilities and skills over a substantial period of time. Use this to your advantage by developing areas which you are particularly interested in.

**Expedition** Further develop your expedition skills during a four day three night expedition.

**Residential** This section is only required for Gold participants, and it involves four nights away with people that you don't know. This could be the ideal time for you to join Wales YFC's International programme.



## How else can you help?

Do you have your Bronze Award? Would you like to support other YFC members achieve their award too? If you are looking to achieve your Silver or Gold Award, why not consider becoming a YFC DofE Co-ordinator. This would allow you to help other YFC members to work on their DofE programme – this could be used to complete your Volunteering section.

## Getting started

Your YFC Club might already be a registered DofE Centre – speak to your leader to find out how you can register and get started.

There might be another club in your county area that runs the DofE you should be able to get involved there.

If your club is not running the programme yet contact the local development officer for your county area – details of these can be found on the DofE website. The Development officer will be able to signpost you to a club where you can register to do your DofE, using your YFC activities to complete some of the sections.

## How long will it take?

The time it will take to complete your programme and achieve an Award is in many ways down to you. The shortest amount of time in which you can complete your Bronze Award is 6 months; Silver, 12 months; and Gold 18 months (for direct entrants). During your programme you will need to perform each activity for an average of an hour a week over this time. Don't forget – you have until your 25th birthday to complete any programme and achieve an Award!

## Why do both?

YFC already strive for fun, learning and achievement, and activities completed within YFC link easily into a DofE programme. YFC activities and Duke of Edinburgh's Awards are recognised by colleges, universities and employers.



### Find out more...

Talk to your DofE Development officer to get more information and look [www.DofE.org](http://www.DofE.org)