

Getting started

Take the first steps of your adventure today and find out how to start your DofE journey:

1

Choose your level

Decide which level of DofE programme you would like to do (this will depend on your age, time commitments etc.).

2

Talk to your DofE Leader

Contact your DofE Leader.

3

Choose your activities

Decide with your DofE Leader what you are going to do for each section of your DofE programme. Whatever level you're doing you'll create your own personal programme with the help of your DofE Leader so that you are both clear how a CREST Award can count towards your DofE Award – you just have to choose one activity for each section. See www.DofE.org/sections for loads of inspiring ideas.



4

Do the activities

Get started! Remember to record what you are doing on eDofE (our online record keeping system) and ask your Assessors to sign off each section as you complete them. Your CREST teacher or mentor can sign off your skill, or you could upload a picture of your CREST certificate as evidence.

5

Achieve your Award

When you have completed all the sections of your DofE programme submit your DofE Award in eDofE to your DofE Leader.

Find out more...

CREST Awards: Speak to a Science/DT/Maths teacher in school. They (or you) can register your CREST project with a CREST Local Co-ordinator. It's best to register at the start of the project. You can find details of the CREST Awards at: www.britishscienceassociation.org/crest-awards. You can find your CREST local co-ordinator at www.britishscienceassociation.org/crestcontacts.

The DofE: speak to your DofE Leader or take a look at www.DofE.org.



Scan for our two-minute DofE info movie!

www.facebook.com/theDofE

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Doing your DofE Skills section with a CREST Award

Information for participants

What's it all about?

Lots of people may think of 'skills' as being related to art, music or drama. But, we know that people can be skilled in all kinds of areas.

That's why you can now do project work in science, technology, engineering or maths (STEM) and count it towards your DofE Skills section through the British Science Association's CREST Awards Scheme.

CREST is a nationally recognised, UCAS endorsed awards scheme that recognises quality STEM project work and, just like The Duke of Edinburgh's Award, you can achieve CREST Awards at Bronze, Silver and Gold level.

There is a lot of overlap between the Skills section of your DofE and the criteria that you'll be meeting as part of a CREST Award. It might be much easier than you think to achieve both of these awards!

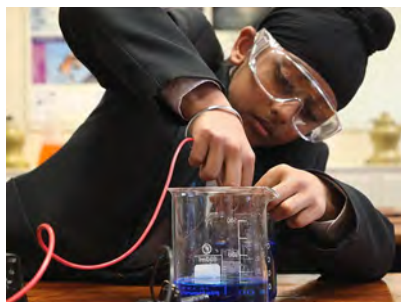
How long will my DofE programme take?

The time it will take to complete your programme and achieve an Award is in many ways down to you. The minimum time for each section of the DofE programme is given in months.

The shortest amount of time in which you could complete your Bronze DofE programme is six months (of which a minimum of three needs to be your Skills section); your Silver DofE, 12 months; and your Gold DofE, 18 months (if you haven't got your Silver DofE).

Why do both?

Why not? By registering for your DofE and CREST Awards you can gain twice the recognition for the efforts you put in. Both CREST Awards and The Duke of Edinburgh's Award are recognised by colleges, universities and employers.



“Me and my friends created a project for our CREST/ DofE Awards to build a robot that could pick up litter. Our DT teacher helped us and we learned loads about engineering and the maths involved in making it work. We are all now keen to go on to study science and technology at university and this project gave us a good grounding!”

Timothy Edwards
Gold Award participant



How do the Awards overlap?

A CREST Award can count towards your Skills section at any DofE Award level:

Level	DofE Skills section	CREST Awards	How do they fit?
Bronze	Age 14+ (takes 3 months minimum)	Typically aged 11-14 (10 hours minimum)	Make sure you do a minimum 12 hours on your CREST project*
Silver	Age 15+ (takes 6 months minimum)	Typically aged 14-16 (30 hours minimum)	You should do more than enough in your CREST project to count for your Silver DofE Skills section*
Gold	Age 16+ (takes 12 months minimum)	Typically aged 16+ (70 hours minimum)	Make sure that you do your project work over the full number of months required for your DofE*

*If you are doing the bulk of your CREST project in a condensed time, or with a link scheme, ensure you can extend your project over the months required for the DofE. During your programme you'll need to do each activity for an average of an hour a week over this time. You have until your 25th birthday to complete your DofE programme and achieve your DofE Award.

Activities undertaken prior to entry

If you have started, or completed, a CREST Award before you have started your DofE programme, you can count your activity towards the achievement of your DofE Award if it was done in the preceding three months.