



What is the DofE?

The DofE is...

Your DofE programme is a real adventure.
It doesn't matter who you are or where you're from.
You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- Bronze (aged 14+)
- Silver (aged 15+)
- Gold (aged 16+)

...which lead to a Duke of Edinburgh's Award.

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey.

Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<p><i>All participants must undertake a further 3 months in the Volunteering, Physical or Skills section. <u>You can backdate one section up to three months</u> – if you already do an activity, we suggest this is the activity that you do for a total of six months.</i></p>			

Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable. A full list of ideas is on the DofE website for you to have a look at.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

Choosing activities

Think about what you want to do for each section, and check with your DofE Leader that your choices can be counted.

Use the helpful lists and category finder on **www.DofE.org/sections**.

Volunteering

Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.

Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation
- Sports Leaders at school
- Litterpicking



Aim

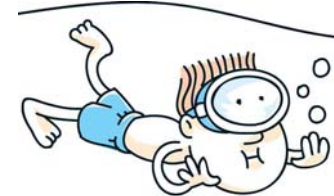
- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

Benefit

- Enjoy keeping fit and improve fitness.
- Discover new abilities.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Table Tennis
- Dance
- Fitness/Gym Work
- Extreme sports
- Martial arts



Aim

- To inspire young people to develop practical and social skills and personal interests.

Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Learn how to set and rise to a challenge.

Skills ideas

- Creative arts
- Performance arts
- Learn a Language
- Care of animals
- Music
- Technology
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports

Why learn a language

tolerance friends
empathy enjoyment
influence awareness
empowerment
pleasure
insight understanding
pride adaptability
advantages
scope
employability
opportunities
perspective
confidence
memories
freedom



Expedition



Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

What you get out of the Expedition

- Commitment to Training
- Working as a Team
- To have fun
- Achieve something that you would not normally do
- Communicate with your team
- Learn to do campskills



Preparation for the Expedition

- Students will be required to attend training on a Friday every other week After school. This way we feel that the students do not have to compete with other clubs and they don't lose their valuable lunchtime. It worked incredibly well this last year – the staff and students really enjoyed it and it ended up as a fun session at the end of the week!
- A list of the dates and a programme of activities that we will be covering will be on the back of the enrolment letter.
- The Practice Expedition will be in October, with Training will be completed over the winter ready for the Assessment Expedition in the spring.

Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

The Next Step...

- Complete the form at the bottom of the letter and enrolment form for Bronze DofE.
- Complete the activity form with what you plan to do for your Bronze Award. This is important so that you can get started as soon as you have been enrolled.
- Once you have been enrolled onto the Award, we will hold a session to give out the information to the students. It is very important that the students look at the daily bulletin for messages from me.
- DofE is all completed on the computer and it is very important that the students read any messages that are sent to them.

- eDofE website to show to students
- <https://www.edofe.org/MyBronzeDofE>
- Question Time.....

Have fun!