



**Start your Bronze
DofE**

**Mr English – Duke of
Edinburgh Leader**

BRONZE


What's involved?



Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you.

There are three progressive levels of programmes which when completed lead to a Bronze, Silver or Gold DofE Award.

To achieve your Bronze Award, you'll need to complete your own programme of activities in these four sections:

 Volunteering

 Physical

 Skills

 Expedition



How do I choose my activities?

There's a wide range of activities to choose from – most activities can count towards DofE. **Maybe you want to try something completely new? Or get better at something you're already doing?** Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration on DofE.org.
- Chat to your Leader to make sure an activity counts for the right section and that you've set yourself enough of a challenge.
- Most of all, choose activities you'll enjoy – it will make them easier to stick at it.



How long will it take me?

Activities for each DofE section take a **minimum of one hour per week** over a set period of time, so they can be fitted in around your studies and life outside school.

You'll need to participate regularly and show that you're committed to your DofE during this time.

Minimum 1 hour week over 3 months = 15 hours

Bronze (Year 9+)	Volunteering 3 months	Physical 3 months	Skills 3 months	Expedition 2 days 1 night
	Plus a further 3 months in either the Volunteering, Physical or Skills section			

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Volunteering

Volunteering is all about making a difference to others' lives.

Examples:

- Fundraising for a chosen charity
- Litter picking
- Food hampers for elderly/homeless
- Youth organisations such as the Cadet forces, Girl Guides, Scouts
- Helping a teacher run a club
- Sports leadership
- Working in a charity shop
- Peer mentoring
- School Council
- Volunteering at a Primary School
- Conservation projects

Over

3/4

Feel happier
because volunteering
gave them more
confidence

88%

Believe volunteering
helps them feel more
satisfied in life

96%

Say volunteering
gave them a sense
of achievement



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Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way.

Examples:

- Team sports – football, rugby, cricket
- Individual sports – archery, athletics, swimming
- Walking or cycling to school
- Going to the gym
- Fitness classes
- Dance
- Skateboarding/Scootering
- Martial Arts
- Mix of activities



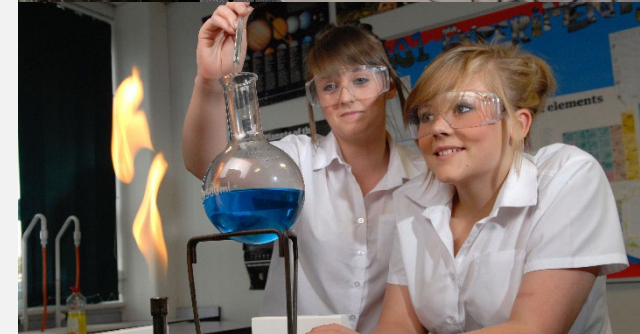
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Skills

The Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Examples:

- Cooking
- First Aid
- Learning a language
- Art & design
- Music – playing an instrument or singing/choir
- Media projects
- Sports officiating
- Looking after pets
- Hair and beauty
- Model construction
- Podcasting



After school



- **Monday after school – 2.45pm to 3.45pm in Science 6 after Christmas.**
- **Learn the following:**
 - **Map reading and navigation skills**
 - **Route planning**
 - **Countryside code**
 - **Expedition preparation**

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Expedition



Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, spending **two days and one night away.**

As part of a small team, you'll plan your aim, choose your location and do some training so you can survive in the great outdoors!

You can choose how you want to travel – it doesn't have to be on foot. You could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.



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Expedition

- **Lots of walking!**
- **Day 1 – 8 miles**
- **Day 2 – 5 miles**
- **You need to have a good level of fitness**
- **More importantly – perseverance and determination!**



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Why do your DofE?



It's difficult to list them all, so here's a quick snapshot.
You'll...

- ✓ Have lots of fun
- ✓ Get healthier and happier
- ✓ Meet incredible people and make lasting friendships
- ✓ Have amazing new experiences
- ✓ Find talents you didn't know you had
- ✓ Gain skills that employers value, which you can reference on your CV
- ✓ Become more confident and independent
- ✓ Stand out from the crowd in college, university and job applications
- ✓ Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."
Benedict Cumberbatch, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through."
Deborah Meaden, Entrepreneur and Dragons' Den Investor

Cost



- The cost to take part in the Award is £90 per person
- This cost covers the registration fee and transport costs for the practice walks and the expedition.
- **Please note that the Award is limited to 24 places and is based on first come first serve basis.**
- **Payment of £90 will need to be made via the App “My Child at School”.**
- **The last day for signing up is Friday 28th November.**
- **You can pay by instalments on the App and pay over a longer period of time.**
- **YOU DO NOT NEED TO HAVE PAID THE FULL AMOUNT BY FRIDAY 28th NOVEMBER**