



# Start your Bronze DofE



BRONZE

# What is the DofE?



The DofE's a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

Millions of young people in the UK have already done their DofE since it was first started in 1956.

**Now it's your turn.**



# How do I choose my activities?

There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

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

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



# Volunteering section

Helping at Cubs/Scouts/Brownies/Guides  
Local charity shop  
School library  
Coaching younger sports teams  
Litter picking/environmental groups  
Helping at a school club  
Listening to younger students read  
Helping an older person  
Frecheville Community Volunteers

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**LIMITS**



## Physical section

Football / Cricket / Netball / Basketball teams

Running

Cycling / Mountain-biking / bmx

Swimming

Using the school gym after school

Horse riding

Dancing

Cheerleading

Yoga

## Skills section

Cooking at home

Learning a musical instrument

Training a pet

Learning animal care

Gardening

Chess

Fishing

Snooker

First Aid

Cake decoration

Painting / Arts

Woodwork / Metalworking



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# Expedition



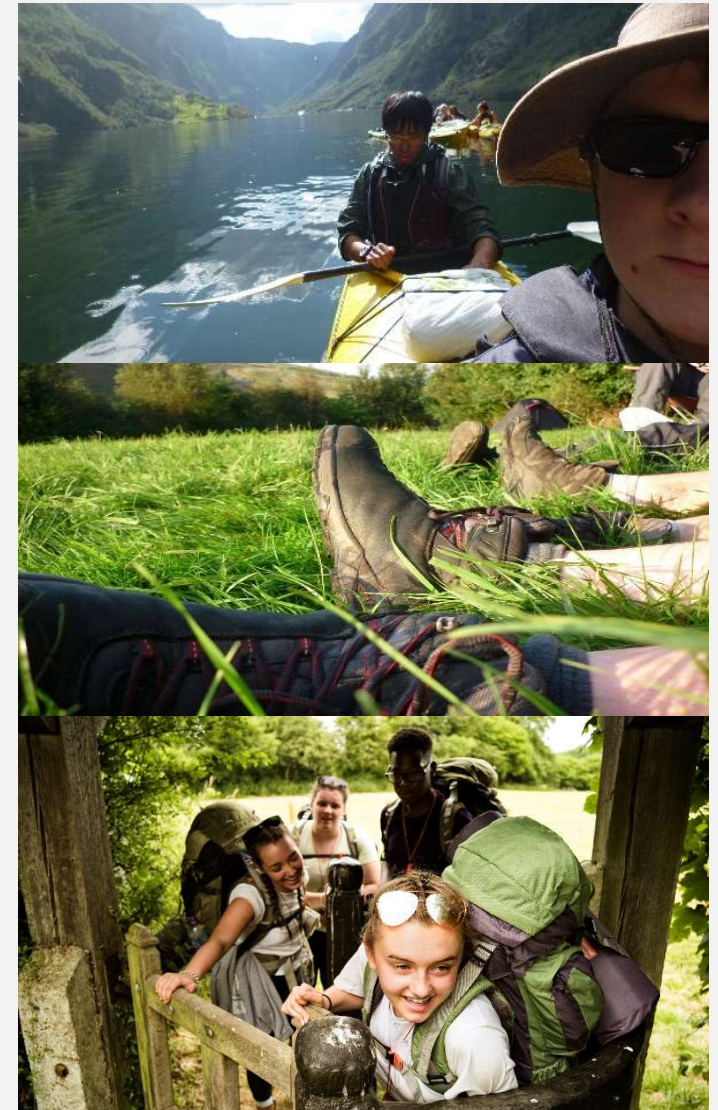
**Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.**

As part of a small team, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing — then spend two days and one night away.

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.

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing — and an experience you won't forget.





# Expedition

- Practice sessions before the Expedition.
- Location: Peak District
- Groups of 4 to 7
- Remotely supervised
- Spirit of Adventure
- Equipment / costs





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# Why do your DofE?



## So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, 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 and passions you didn't know you had
- Gain skills that employers value, which you can use 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.

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# Start your DofE now



What support will students receive?

A mentor in school  
Section Supervisor  
Expedition Training  
Online resources / DofE App  
Discount card

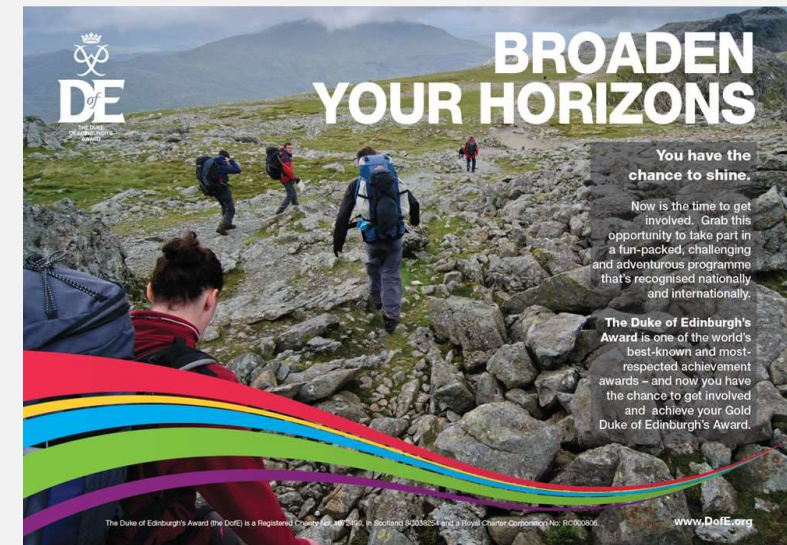
What is the cost?

£35 (£30.50 registration fee,  
£4.50 school costs)  
Small cost for campsite  
Walking boots?

# Next steps

- If this sounds like the challenge that you are wanting to take part in, and benefit from doing, we need a registration form filling in. **Return by Wednesday 7<sup>th</sup> May.**
- Once we have your form, we can add an item on School Gateway for the £35 registration fee.
- You will then be registered and can look forward to receiving your Welcome Pack from the DofE.

# Any questions?



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