



**Start your
Silver DofE**



SILVER

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.

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.

Silver (Year 10+)	Volunteering 6 months	Physical 6 or 3 months	Skills 6 or 3 months	Expedition 3 days 2 nights
	Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

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Volunteering



Volunteering's all about taking action and making a difference to other people's lives.

Maybe you're interested in animals or tackling climate change? Or you want to raise money for a cause that means a lot to you?

From coaching a local football team or collecting for a foodbank to starting a campaign, you'll give up your time to help others and change things for the better.

It's extremely rewarding, grows your confidence and independence — and can give you the chance to experience the world of work too.

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.

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can give your mental health a great boost too.

You can decide to join a team or do it on your own — it's up to you.



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Skills



From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

By developing practical and social skills and gaining interests and talents, you'll enjoy yourself and get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to it. So, if you're interested in photography, you could do it as your skill.

You'll grow your confidence and show you're committed, motivated and can rise to a challenge.



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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 three days and two nights 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.



What will this cost?

- Lunchtime training sessions on Wednesday (not every week)
- 1 full day training (with external company – term 4)
- 2 day practice (with external company – term 5)
- 3 day qualifying expedition (with external company – term 6)
- All group equipment to be provided
- Campsite costs
- Travel costs
- DofE registration fee

Total = £240

There is a non-refundable £24 in order to register you for the award.

PP students will be eligible for a discount.

What happens next?



If this is something you are interested, you will need take a letter and application form.

Hand to your tutor and they will pass back to me.

DEADLINE: Friday 21st October

The application form will ask you what ideas you have for your Skill, Volunteering and Physical sections. Please provide as much detail as you can.

There is lots of information available on the DofE website: <https://www.dofe.org/>

If you have any questions, please come find me in D6 or email D.saban@stbcc.org