



# 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.

**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	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night
Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section				

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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**

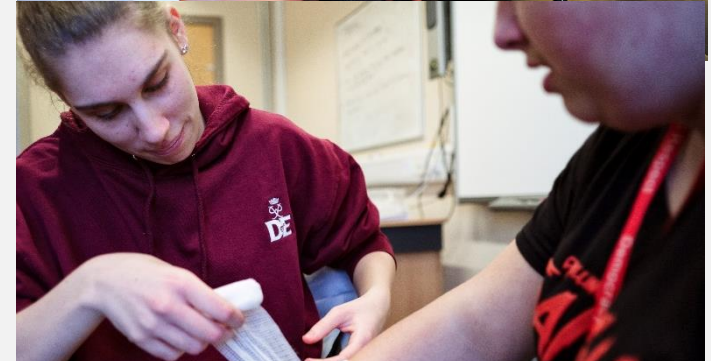
feel happier because volunteering gave them more confidence

**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



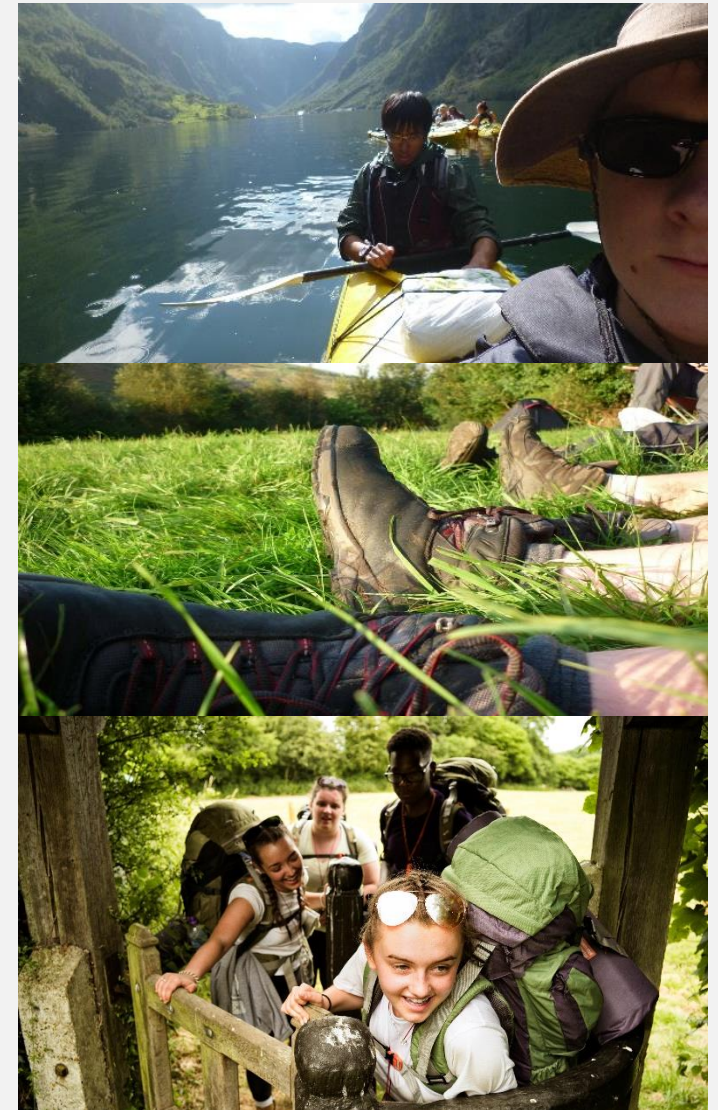
**Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.**

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 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.



# What will this cost?

- Training sessions on Friday Lunchtime (not every Fri)
- 1 training day hike
- 2 day (1 night) qualifying expedition DURING enrichment week  
(If students are unavailable during enrichment week they will not be able to take part in Bronze DofE)
- All group equipment to be provided
- Campsite costs
- Travel costs
- DofE registration fee

**Total = £90**

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



# What happens next?



**You will need to complete 2 forms.**

- **An online google form that will be emailed to parents tonight.**
  - **A programme planner that you will need to take today**

Do NOT hand in any money. This will be requested after half term.

Hand the programme planner in to your tutor and they will pass back to me.

**DEADLINE: Friday 14<sup>th</sup> October**

This is a hard deadline. **I will not accept late applications.**

# The application form

The programme planner will ask you what **ideas** you have for your **Skill, Volunteering** and **Physical sections**.

Please provide as much detail as you can. If you do not know who your assessor will be yet, do not fill this in.

This has been designed to help you when setting up your eDofE account.

Your name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Email address: \_\_\_\_\_

Your emergency contact's name: \_\_\_\_\_

Their relationship to you (parent/guardian): \_\_\_\_\_

Their telephone number: \_\_\_\_\_

**Volunteering** section planned start date: \_\_\_\_/\_\_\_\_/\_\_\_\_ for: **3** or **6** months? *(please circle)*

Type & details of activity: \_\_\_\_\_

Where are you going to do it: \_\_\_\_\_

List personal goals you want to achieve: \_\_\_\_\_

Your Volunteering section Assessor's name: \_\_\_\_\_

Their job/position: \_\_\_\_\_

Assessor's Email or phone number: \_\_\_\_\_

**Physical** section planned start date: \_\_\_\_/\_\_\_\_/\_\_\_\_ for: **3** or **6** months? *(please circle)*

Type & details of activity: \_\_\_\_\_

Where are you going to do it: \_\_\_\_\_

List personal goals you want to achieve: \_\_\_\_\_

Your Physical section assessor's name: \_\_\_\_\_

Their job/position: \_\_\_\_\_

Assessor's Email or phone number: \_\_\_\_\_

**Skills** section planned start date: \_\_\_\_/\_\_\_\_/\_\_\_\_ for: **3** or **6** months? *(please circle)*

Type & details of activity: \_\_\_\_\_

Where are you going to do it: \_\_\_\_\_

List personal goals you want to achieve: \_\_\_\_\_

Your Skills section Assessor's name: \_\_\_\_\_

Their job/position: \_\_\_\_\_

Assessor's Email or phone number: \_\_\_\_\_

Your DofE Leader will advise you on what to put in the Expedition section.

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

If you have any questions, please come find me in B7 or email [j.walsh@stbcc.org](mailto:j.walsh@stbcc.org)



St Bede's College logo: *IN NOVITATE VITAE*

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- Lunch Menu

## Duke of Edinburgh

We currently have 150 pupils involved in Duke of Edinburgh following the Bronze, Silver and Gold Award. Please find below information which you will find useful:

### Duke of Edinburgh Letters

Bronze	Silver	Gold	General
		<a href="#">Initial Gold Award Letter 2021-2022</a>	<a href="#">Physical Section Ideas</a>
			<a href="#">Volunteering Section Ideas</a>
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### Year 7

- [Bell Burnell House](#)
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