



What is the DofE?

BRONZE EXPEDITION 2018

The 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 in the UK or abroad.

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous level Award holders
Bronze	6 months	n/a

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

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

Eg, Volunteering for 6 months – library or brownies

Physical for 3 months – playing a sport outside school, parkrun

Skill for 3 months – playing an instrument or cadets or photography

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.

- 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

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Volunteering

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



Physical

In short, anything that requires a sustained level of physical energy and involves doing an activity. You are free to do this section independently or as part of a team.

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



Skills

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



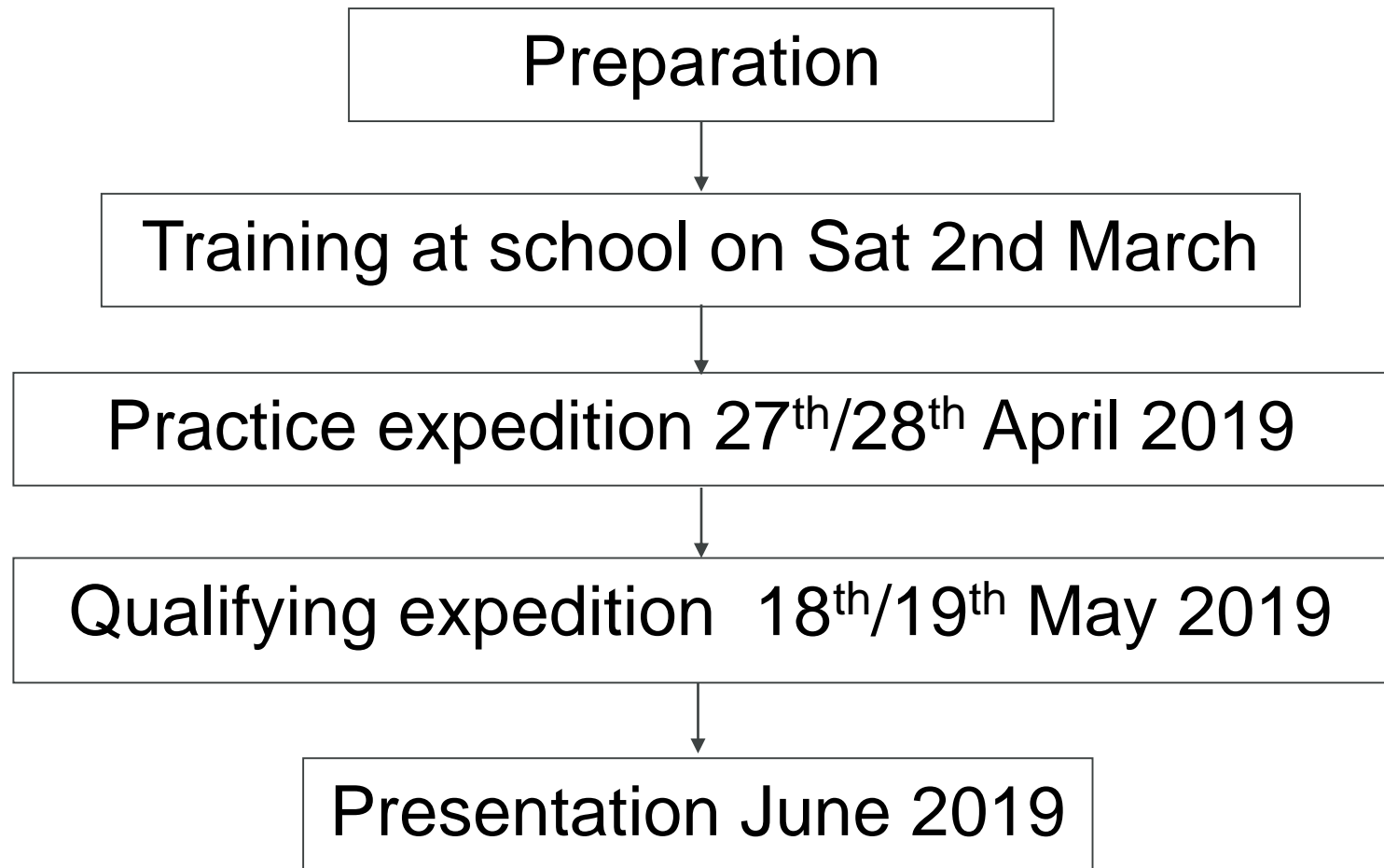
Expedition



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.

The expedition process



Expeditions at LGGS

- Bronze – two days in Silverdale/Arnside
- Gold – four days walking in the Lake District and Snowdonia or canoeing in Scotland



Timescales for qualifying expedition

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)

So what happens now and how can you help?

- To enrol we require the enrolment form and contract as well as the deposit - **£50 on parentpaye by Friday 12th October – have their welcome packs and accounts before half term.**
- Once these are all in and checked then I will enrol your daughter onto edofe.
- She will receive an email and can start to complete her edofe account, she will also be given a book that has assessors reports that can be completed and has information about each section.
- It is then up to your daughter to keep her account up to date and submit evidence and reports.

EVIDENCE FOR SKILLS




Tuna bake 16/1

✓ Edit



Pasta 9/1

✓ Edit



Pasta 9/1

✓ Edit



Pasta 9/1

✓ Edit



Peppers 28/12

✓ Edit



Peppers 28/12

✓ Edit



EVIDENCE FOR PHYSICAL



Physical log 4



Edit



Physical log 3



Edit



9/3



Edit



2/2



Edit



3/2



Edit



28/2



Edit



How can you help your daughter?

- It's personal... Help ensure that the activity choices they find are exciting, but realistic for your budget, transport and local facilities.
- Get the evidence... Remind her to keep gathering evidence, e.g. photographs/certificates, and uploading it to eDofE.
- Help find an Assessor... Every young person needs to find an Assessor to sign off each DofE section. The Assessor can be anyone who knows about or organises the activity. It might be the gym or sports instructor, art teacher, club or volunteering event organiser but **It cannot be a family member.**
- Prove it... As their programme comes to an end you can remind them to make sure their Assessors write their reports so that they can complete the section.
- Use it... Ensure they include their DofE involvement and achievements in their CV or personal statement.

TIME SCALES FOR BRONZE 2018

Friday 12th October	Enrolment and Activity forms and deposit paid
by Friday 9 th November	Have submitted for approval & started at least 1 section
by Friday 11 th January	Must have started 2 nd activity
SATURDAY 2ND MARCH	BRONZE PRE-EXPEDITION TRAINING DAY AT LGGS
by Friday 5 th April 2019	Have started 3 rd activity and completed at least ONE section, with the assessor's report uploaded to edofe
W/END 27TH/28TH APRIL	PRACTICE EXPEDITION
by Friday 17 th May	Completed at least TWO sections, with assessor's report uploaded onto edofe for Mrs Shaw to check.
W/END 18TH/19TH MAY	ASSESSED EXPEDITION
Before Friday 14 th June	Completion and Presentation of expedition reports

BRONZE

Why do your DofE?

So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving your Bronze Award are endless. 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

Have fun!