



Start your Bronze DofE

<https://www.youtube.com/watch?v=Z8GG468LeJI>

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What is the DofE?



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The DofE is 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, helping others, and exploring the countryside.

Millions of young people in the UK have already done their DofE.

Now it's your turn.



What's involved?

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone in school years in which you turn **14 to aged 24** can take part. There are three progressive levels of programmes which when completed lead to a **Bronze, Silver** or **Gold** DofE Award.

To achieve your **Bronze** or **Silver** Award, you'll need to complete your **own** programme of activities in the first 3 of these 4 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](https://www.dofe.org).
- Chat to your **Leader** ([Ms Lacheta](#)) 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.
- Don't forget: if you've already achieved your Bronze DofE Award, you **don't** have to continue with the same activities – you could try something new.



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.

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			
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 is all about making a difference to others' lives. Perhaps you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

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

It's extremely rewarding.

It can also give you the chance to experience the world of work.

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 **Zumba** to **football**, **skateboarding** to **walking** – almost any **dance**, **sport** or **fitness** activity can count.

Whether you decide to join a **team** or do it on your **own**, it's up to you.



From **podcasting** to playing a **musical instrument**, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Through developing practical skills and gaining personal interests and talents, you can 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 this. For example, if you are interested in *photography*, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.



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Expedition



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

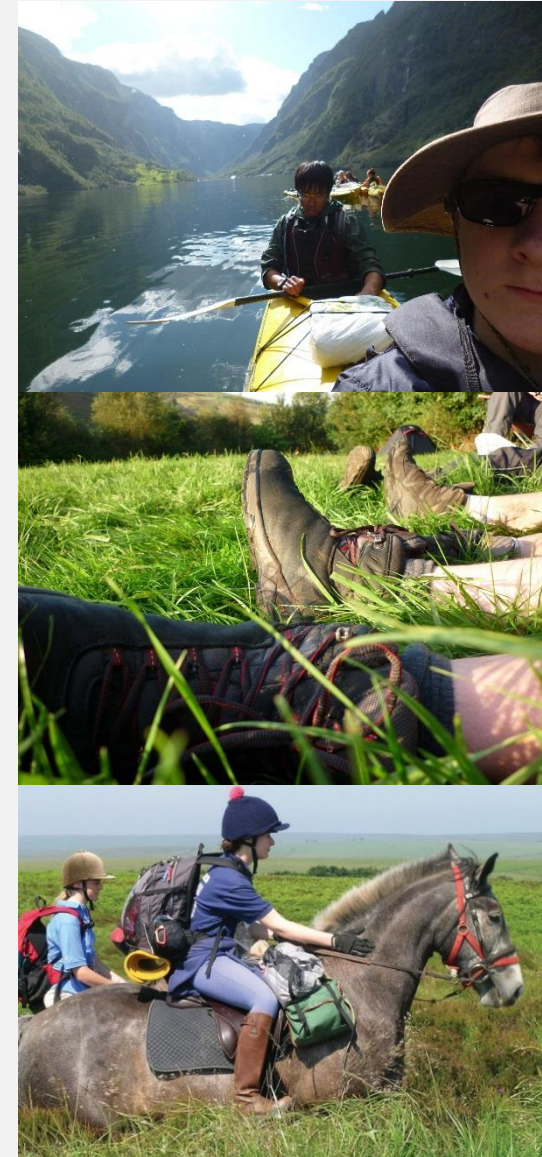
Bronze; You'll plan, train for and do an expedition, spending 2 days and 1 night away. Silver; 3 days and 2 nights away.

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

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.

Your expedition will improve your communication and leadership skills and whilst you'll come home with a rucksack full of washing, you'll have an experience you won't forget.

Next slide – some past students' highlights!



DofE at 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 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

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Start your DofE now



Are you ready to **volunteer**, get **fit**, **learn** and go on **expedition**? The DofE is one amazing adventure you'll never forget.

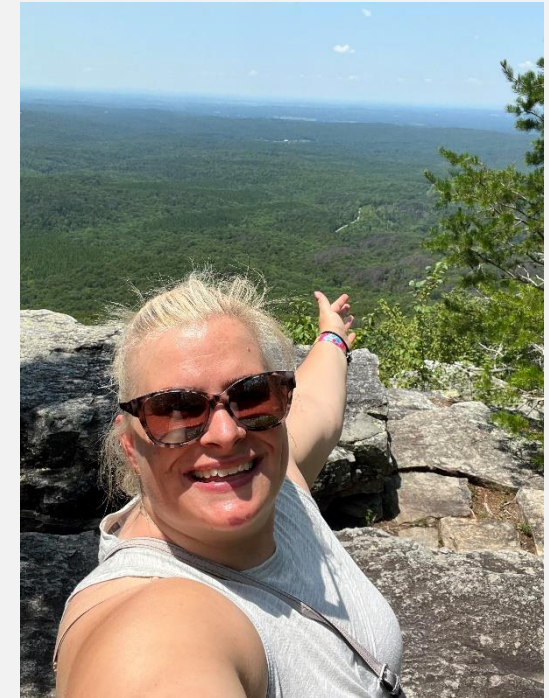
So, what are you waiting for?

Any questions? Speak to

Ms Lacheta

Collect an **application form** before leaving the assembly

Deadline: xxx



Ms Lacheta

DofE Co-ordinator

Loves; exploring new things, seeing beautiful scenery, hiking, music, crossfit, baking, photography, sea breeze, clouds, sunsets, sunrises, immense sense of well-being when achieving something and challenges.

Dislikes; hiking up a hill, any hills actually, and excuses and not being prepared for any eventuality.

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Thank you for watching!