



Start Your Bronze DofE



How do I choose my activities?

There are lots 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 DofE 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 3 months in either the Volunteering, Physical or Skills section				

BRONZE

What will you do?

Volunteering

Volunteering is all about taking action and making a difference.

You can choose the cause that means most to you.

From coaching a local football team to starting a campaign, you'll give up your time to change things for the better.

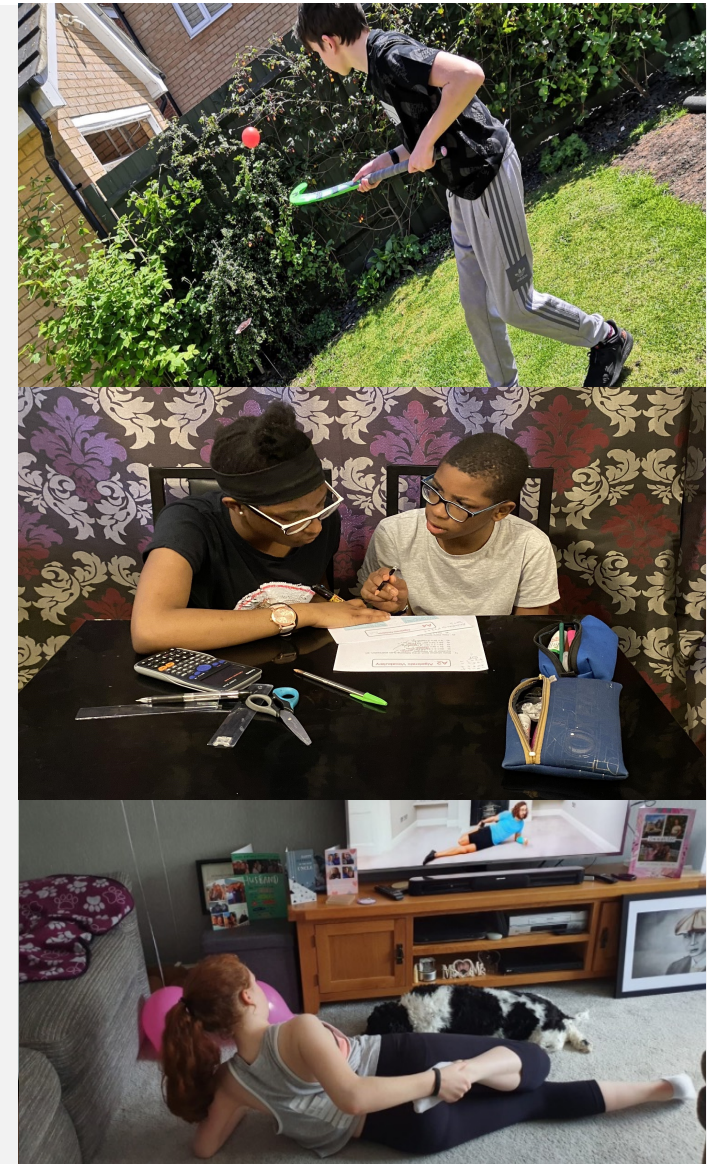
It's extremely rewarding — and it can give you the chance to experience the world of work.

Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From yoga to gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

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



BRONZE

What will you do?

Skills

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

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

You'll grow in confidence and get a real sense of achievement.

Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend two days and one night away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.



Expedition Kit

A full kit list can be found on our Academy webpage, under useful documents and forms.

DofE Expedition Kit List



BRONZE

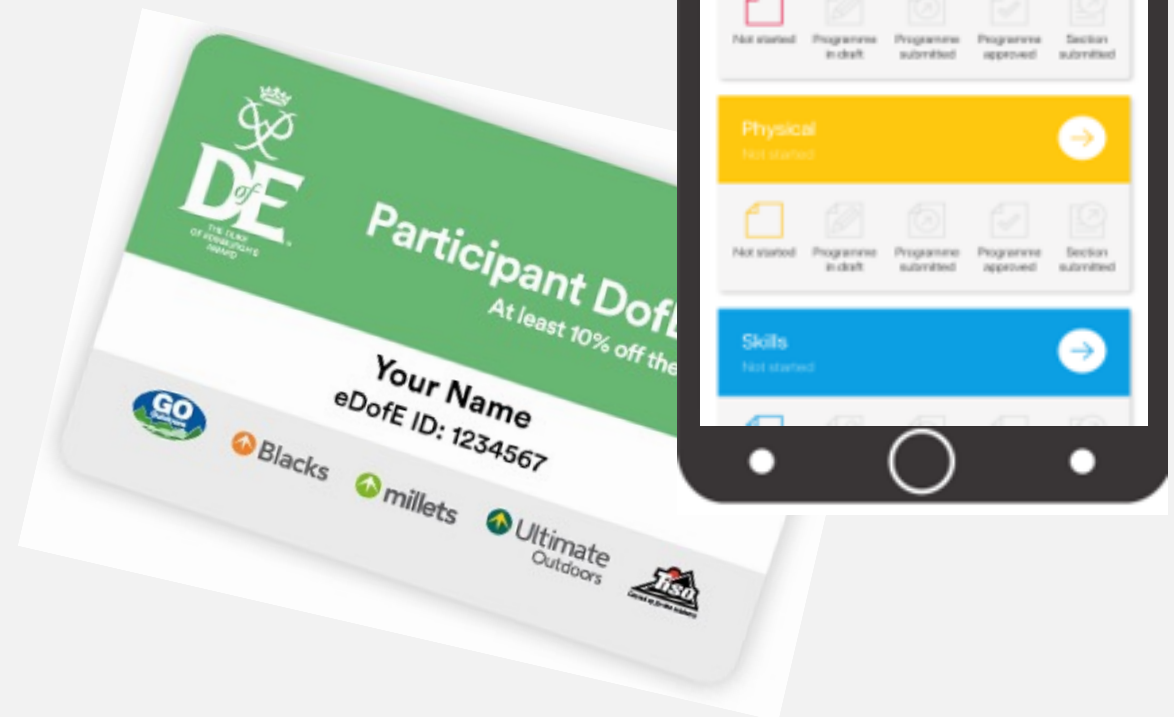
Your Welcome Pack and eDofE



Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.



BRONZE

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.

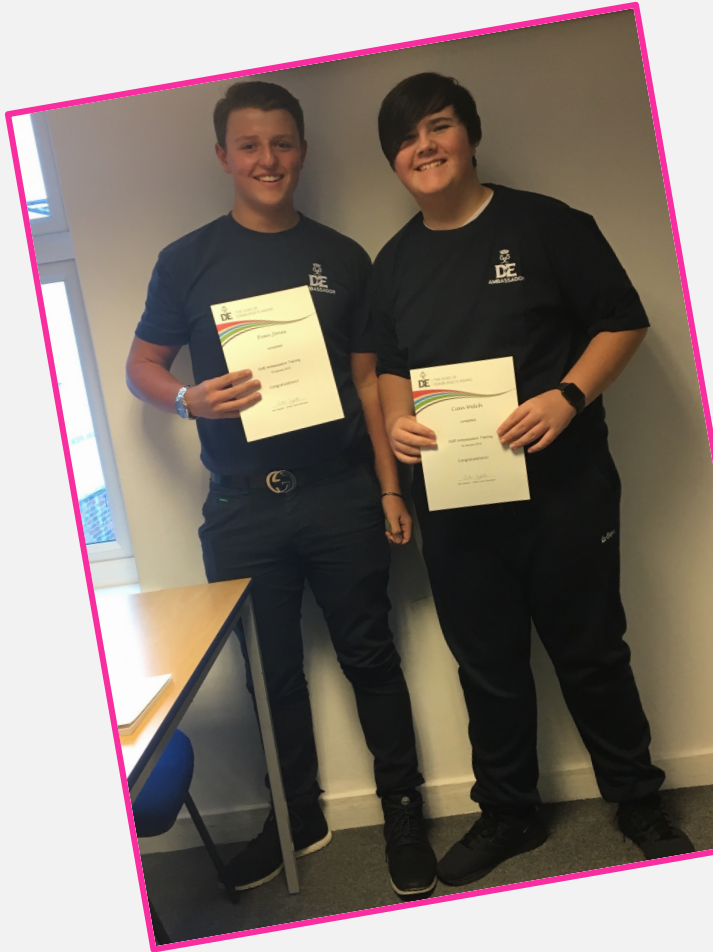


"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." **Benedict Cumberbatch**, actor.



"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.

Become an Ambassador or WoW Employee



WHAT ARE YOU WAITING FOR?

Are you ready to volunteer, get fit, learn something new and make new friends? The DofE is one amazing adventure you will never forget.

So, what are you waiting for?

For more information look at our information booklet on our Academy website.



How Much Will it Cost?

Registration Fee – £25.50

Practice Expedition - £25.00

Assessed Expedition – £25.00

Kit Hire - £10 (£50 refundable deposit). This will cover usage for both expeditions.

If you are struggling with the cost, please speak to a member of the DofE team to see how we can further support you and your child.

When are the Expeditions?

Expedition Training – One session a week after school – Dates TBC

Practice Expedition - 25th – 26th April 2024 – Buckmore Park – ME5 9QG

Assessed Expedition - 9th – 10th May 2024 – Jeskyns Park – DA12 3AN

Please be aware that your child will need to be dropped off and collected from the expedition locations.

It is the parent/carers responsibility to arrange for transport to and from the expedition as we are unable to hire coaches due to students finishing at different times based on their walking pace and navigation skills.

Kit Store

For £10 Students can hire 5 items including:

1. A tent
2. A Roll Mat
3. A Rucksack
4. A Trangia (Stove)
5. Waterproof Jacket and Trousers



We are also introducing a walking boot store which will have limited availability, for families that need extra support with the cost.

Do DofE – you won't regret it!

