



Start your Bronze DofE



BRONZE

What is the DofE?



The DofE's a life-changing adventure where you learn new transferable skills.

It's about going the extra mile, pushing yourself to do more, getting fitter, learning new skills, making a difference and broadening your horizons.

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

Now it's your turn.



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What is the DofE?



Watch this video <https://www.youtube.com/watch?v=GuZMfKbMW6M>

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 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			

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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.

Work experience is NOT volunteering unless it is for a charity!

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



Volunteering ideas

- Enrichment at school
- Support primary PE events
- Supporting younger sports teams / coaching
- Local community council
- Park run
- Scouts
- After school clubs
- Sanctuaries
- Charity shops / café
- Chester Zoo
- Zooniverse



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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.

Enrichment clubs, music for life are school opportunities



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Expedition – run by Learn Outdoors



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

25th – 26th March : two days training in school – learn skills, learn how to map read, plan your route



12th – 13th June Practise expedition, spend two days and one night away in Flint practising the skills you learnt during training.

3rd – 4th July Qualifier expedition, your assessment, you must independently navigate your chosen route and survive for 2 days without outside assistance.

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.



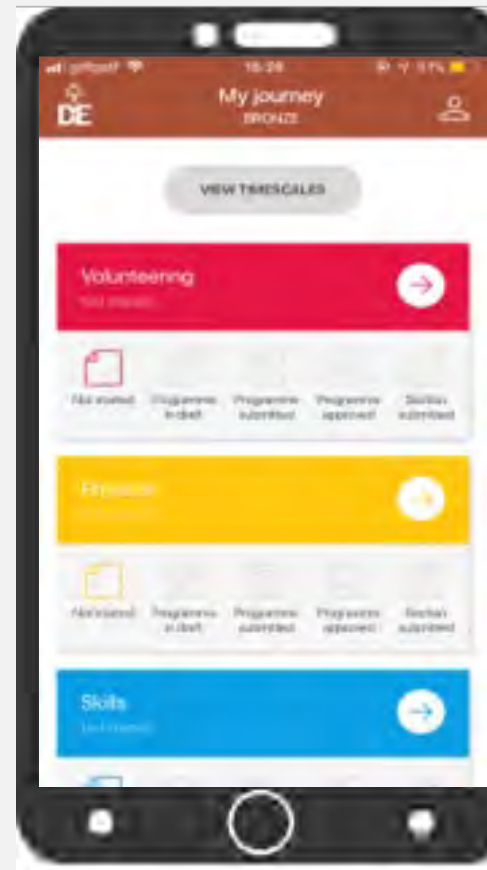
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Your Welcome Pack and eDofE



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

1. To get your assessor booklet through the post you must complete the user details and survey.
2. Enter planned activities including expedition – submit for approval – check times correct – no parent assessor.
3. Start weekly activity & keep a log (on school & DofE website)
4. Finish – upload log & assessor report (from booklet or online)
5. Submit for approval.



Using the eDofe app



**YOUTH
WITHOUT
LIMITS**

Using the DofE app

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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...

- Demonstrate you are self motivated
- Become more confident and independent
- Stand out from the crowd on applications
- Gain skills that employer's value
- Support someone or something in need
- Get healthier and happier
- Find talents and passions you didn't know you had
- Meet new people and make lasting friendships
- Have fun!



"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.

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Cost?



The cost of the Bronze Award is £381.

This includes:

- **Cost of registration with the DofE £28 & a £5 admin fee**
- **Training & route planning days £100**
- **Practice expedition (two days and one night) £124**
- **Qualifying expedition (two days and one night) £124**
- **Maps, tents, stoves and fuel for the expeditions.**

Travel to and from the event is not included. Parents are encouraged to car share and drop off/pick up to the expeditions.

Payment is on the school on-line payment system. Pupil premium students should apply as the fee is covered by the school.

Enrolment with deposit by 7th October 2024

Learn Outdoors



On Bronze DofE expeditions with Learn Outdoors your child will get:

- **A team who are a passionate about helping your child achieve their expedition element of the DofE Award.**
- **High quality training and expeditions planned and implemented by us.**
- **Highly experienced instructors who hold the Mountain Training qualification, have specific first aid training and are DBS checked**
- **Expert training in pre-expedition preparation which includes route planning, navigation, kit and food choices.**
- **Bespoke expertise according to the needs of the school and individuals.**
- **Loan of high-quality tents and stoves which are cleaned and checked after each use.**
- **Camp fees included in the price.**
- **A 'Tips for Success' pdf training booklet which was highly rated as an example of best practise during our most recent AALA inspection.**
- **Expert on the ground supervision and use of tracker technology as an additional safety tool.**
- **A team with an excellent safety record, who maintain robust operating procedures and are continuously striving for improvement.**

In addition, Learn Outdoors has a dedicated office team providing pre and post-expedition support. Learn Outdoors are a DofE Approved Activity Provider (AAP) and have been working closely with Tarporley High School since 2011.

We are regularly inspected and hold an Adventure Activities Licensing Authority (AALA) licence which provides assurance that we meet the required safety standards

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Start your DofE now



Read the information sheet carefully with your parents.

If you wish to enrol it is done on the school payment system.

You have to be committed to this, as after you have signed up and the teams agreed the full fee must be paid.

Teams are picked by school, you will be in your chosen pair, after which you are in mixed gender teams.

The DofE is a charity.
Visit [DofE.org](https://www.dofe.org) for more information.