
DofE
YOUTH WITHOUT LIMITS
START YOUR BRONZE DofE

What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.





YOUTH WITHOUT LIMITS

What will I do?

BRONZE AWARD

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.

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better





Volunteering Ideas and Inspiration

Helping People

- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs

Working with the environment or animals

- Animal welfare
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Zoo/farm/nature reserve work

Coaching, teaching and leadership

- Dance leadership
- Head student
- Leading a voluntary organisation group
  - Sea Cadets
  - Air Cadets
  - Girls 'Brigade
  - St John Ambulance
  - Scout Association
  - Army Cadet Force
  - Boys' Brigade
  - Girlguiding UK
  - Sports leadership
  - Music tuition

Community action & raising awareness

- Cyber safety
- Council representation
- Drug & alcohol education
- Neighbourhood watch
- Peer education
- Promotion & PR Road safety

Helping a charity or community organisation

- Being a charity intern
- Being a volunteer lifeguard
- Fundraising
- Religious education
- Serving a faith community
- Supporting in a charity shop

How to choose

Think about what interests or excites you!

What's something you've always enjoyed doing?

What are your hobbies?

What's something you've always wanted to try?

Think about what you're passionate about!

Do you love animals?

Do you love spending time with your grandparents and other older adults?

Are you passionate about climate change?

Is there a cause that resonates with you?

Think about the time and skills you have to give.

There are lots of options to choose from, so it can be helpful to narrow down your choices by deciding what skills you'd like to focus on, and what time you have available.

How to choose

Do some research

Check within your school

Search the internet/social media

Ask friends and family where they give their time.

Local Volunteer Centres

There are local organisations that work with charities in their region to connect them with the volunteers they need to succeed

DofE Opportunity Finder

This is a section on the DofE website that shows opportunities listed by Approved Activity Providers (AAPs)

Physical section

Take part in whatever dance, sport or fitness activity you would like

Get fitter and have fun along the way!





Physical Ideas and Inspiration

Individual Sports

- Archery
- Triathlon
- Boxing
- Golf
- Gymnastics
- Trampolining
- Wrestling

Water Sports

- Canoeing
- Diving
- Rowing
- Swimming
- Scuba diving
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom
- Belly dancing
- Line dancing
- Salsa
- Irish/Scottish
- Tap dancing

Fitness

- Aerobics
- Pilates
- Weightlifting
- Wii-fit
- Yoga
- Fitness class
- Walking/running

Martial Arts

- Aikido
- Ju jitsu
- Judo
- Karate
- Sumo
- Mixed martial arts
- Tai chi

Team Sports

- Baseball
- Cheerleading
- Cricket
- Lacrosse
- Rounders
- Rugby
- Volleyball

Extreme Sports

- BMX
- Climbing
- Snowboarding
- Skiing
- Mountain biking
- Skateboarding
- Ice skating

Racquet Sports

- Badminton
- Tennis
- Squash
- Table tennis

Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had





Skill Ideas and Inspiration

Performance arts	Science & technology	Care of animals	Music	Natural World
• Ballet • Ceremonial drill • Circus skills • Puppetry • Singing • Speech & drama • Theatre • Yoyo extreme	• Coding • Ecology • Engineering • Weather • Rocket making • Zoology • Website design • Electronics	• Aquarium keeping • Beekeeping • Caring for reptiles • Dog training • Horse care • Looking after birds • Agriculture/livestock	• Church bell ringing • Playing in a band • Playing an instrument • Composing • Reading music • Improvising melodies	• Conservation • Forestry • Gardening • Growing carnivorous plants • Snail farming • Vegetable growing
Games/Recreation	**Learning/Collecting**	**Media and Communication**	**Life Skills**	**Creative Arts**
• Chess • Darts • Fishing • Go karting • Snooker • Warcraft • Sports officiating	• Archaeology • Astronomy • Bird watching • Coin Collecting • Genealogy • Postcard • Stamp Collecting	• Amateur radio • Blogging • Film & video making • Journalism • Vlogging • Helping those visually/hearing impaired	• Cookery • Car maintenance • First aid • Money management • Public speaking • Navigation • Event planning • Hair and beauty	• Cake decoration • Candle-making • Clay modelling • Crocheting • Cross stitch • Jewellery making • Rug making • Floral decoration

Expedition

Explore the great outdoors and spend a night away from home

Create memories that will last a lifetime





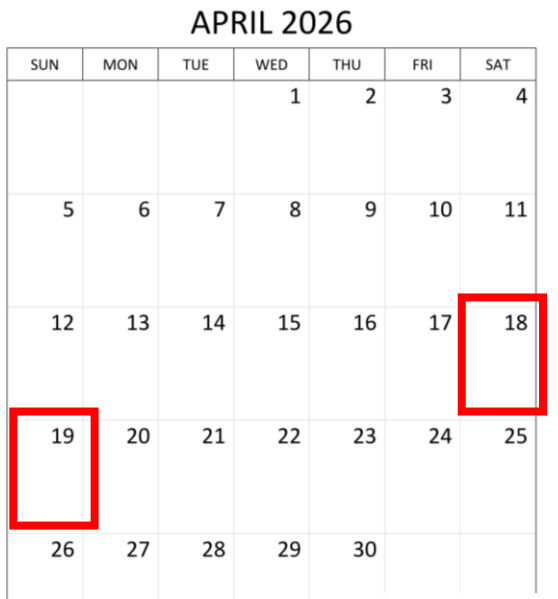
Expedition

Our expedition section will be provided by approved activity provider Intense Adventure with support from school staff.

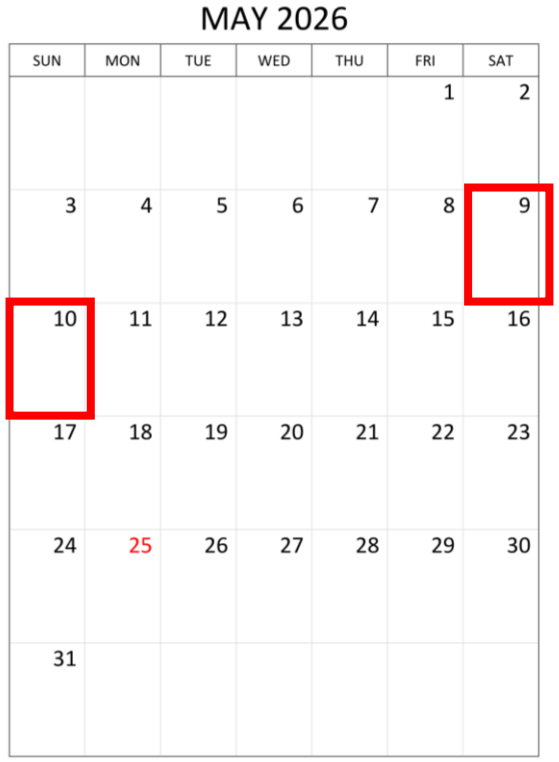
Students will undertake 2 days of training over one weekend and then a further qualifying weekend.

It is essential that students are present for both weekends if they are to complete their award during year 10.

Parents will be responsible for transport for students to and from the expedition venues which are TBC in the Warwickshire area.



Training



Qualifying

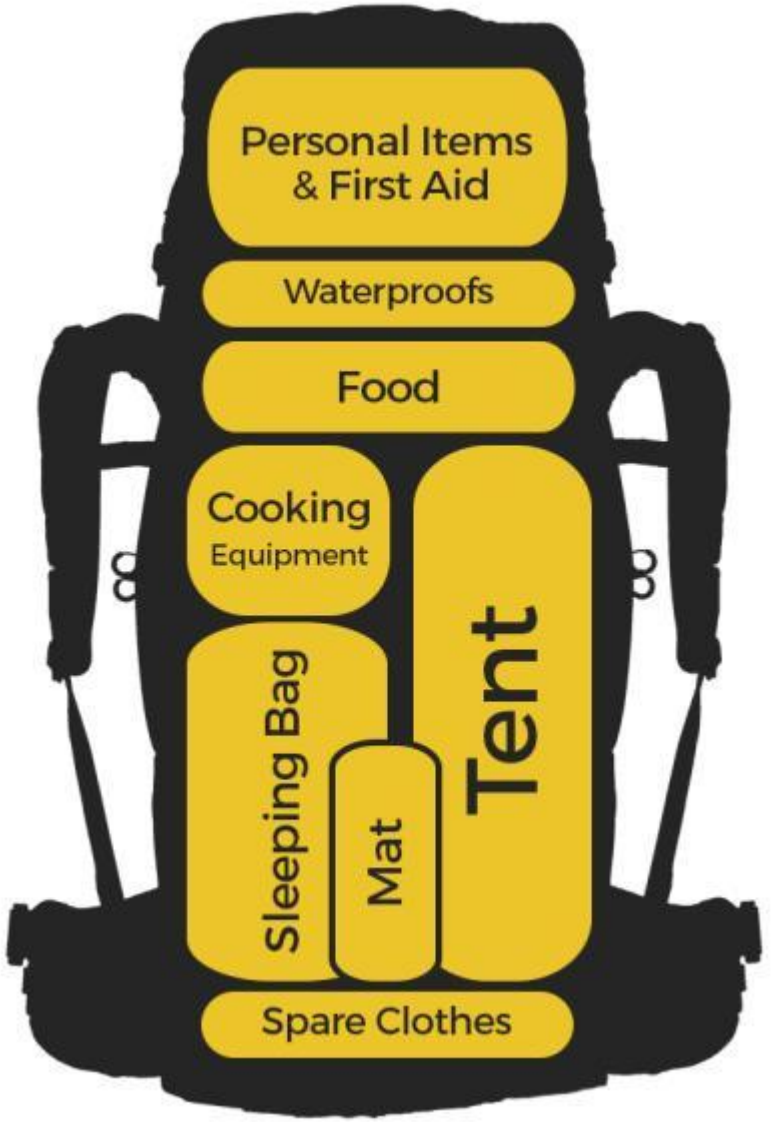
Expedition

Kit requirements

Students will need:

- Waterproof walking boots
- A 60-70 litre rucksack
- Waterproof jacket
- A sleeping bag
- A foam mat

School has a small stock of this equipment to lend out and it can also be hired from Intense Adventure, but many families like to share existing kit or buy new using the D of E discount card.



Costs explained

The cost for registering for the award is £38

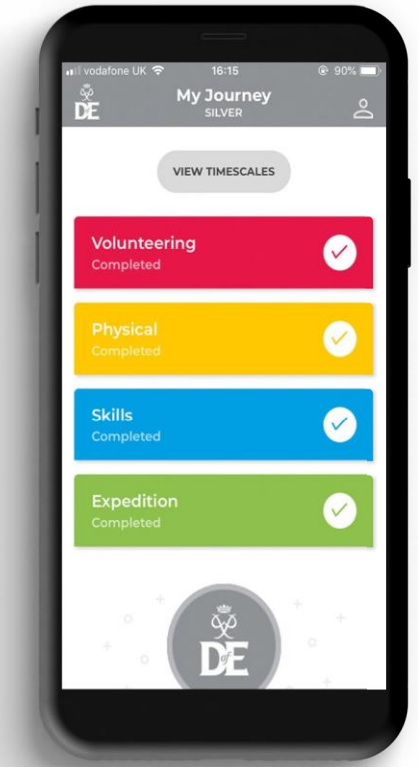
This is made up of £28 which is paid to the DofE Award scheme for registration of each participant and £10 towards the school's registration and costs as a DofE licensed organisation.

We expect the cost of the expedition program to be between £180 and £200.

There are 60 places available, and these will be decided by a random name draw allocation, if more than 60 students show interest.

Your Welcome Pack and eDofE





Getting started

Are you ready to start an adventure you'll never forget?

Any questions please speak to Mrs Eyles

