



# Start your Bronze DofE



# What is the DofE?

The DofE can be 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, making a difference and broadening your horizons.

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

**Now it's your turn.**



BRONZE

# What is the DofE?



# 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 and progress in something you already do? Your DofE can be whatever you want it to be.

Activities for each section should 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 <b>3 months</b> in either the Volunteering, Physical or Skills section				

# 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.

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



## What activities count

Volunteering is simple. It's about choosing to give time to help people, the community or society, the environment or animals.

Your volunteering must **not** be done for a business but can be undertaken for a **charity or not-for-profit organisation**.

For your volunteering activity you need to choose to give time to do something useful without getting paid.

You can also volunteer in a team, which might be an easier way to find an activity if you can identify a local need you can help with.

# Volunteering ideas



Helping children, e.g. Youth club or Scouts • Helping children to read in libraries • Helping in medical services e.g. Hospitals • Helping older people • Helping people with special needs • Tutoring • Young carer • Campaigning • Cyber safety • Council representation • Peer education • Animal welfare • Environment • Litter picking • **Beach and coastline conservation** • Zoo/farm/nature reserve work • Being a volunteer lifeguard • Event management • Fundraising • Serving a faith community • Supporting a charity • Working in a charity shop • Dance leadership • St John Ambulance • Sports leadership • Music tuition • Working at an animal

# 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.



# Physical examples



Archery • Athletics • Triathlon • Bowls • Boxing • Croquet • Cross country running • Cycling • Fencing • Golf • Gymnastics • Horse riding • Motocross • Roller skating • Running • Canoeing • Diving • Free-diving • Kite surfing • Kneeboarding • Rowing & sculling • Sailing • SCUBA diving & snorkelling • Surfing/body boarding • Swimming • Windsurfing • Belly dancing • Bhangra dancing • Line dancing • Morris dancing • Scottish/Welsh/Irish dancing • Street dancing • Breakdancing • Hip hop • Tap dancing • Badminton • Racketball • Squash • Table tennis • Tennis • Aerobics • Cheerleading • Fitness classes • Gym work • Pilates • Running/jogging • Walking • Weightlifting • Yoga • Judo • Karate • Tae Kwon Do • Tai Chi • Baseball • Basketball • Cricket • Curling • Dodgeball • Football • Handball • Hockey • Korfball • Lacrosse • Netball • Polo • Roller derby • Rounders • Rugby • Sitting Volleyball • Softball • Tchoukball • Tug of war • Ultimate frisbee • Volleyball • Wallyball • Water polo

# 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.



# Skills



• Circus skills • Conjuring & magic • Majorettes • Puppetry • Singing • Speech & drama • Ventriloquism • Yoyo extreme • App design • Astronomy • Coding/ programming • Electronics • IT • Marine biology • Rocket making • Taxonomy • Weather/meteorology • Website design • Agriculture (keeping livestock) • Dog training & handling • Horse handling & care • Pet care – health, training, maintenance • Pigeon breeding & racing • Church bell ringing • Composing • DJing • Playing a musical instrument • Gardening • Snail farming • Vegetable growing • Cards (i.e. bridge) • Chess • Clay target shooting • Cycle maintenance • Darts • Dominoes • Fishing • Kite construction & flying • Model making • Snooker & pool • Cookery • Driving: motorcycle maintenance/ road skills • Event planning • First aid – St John • Hair & beauty • Learning about the RNLI (Lifeboats) • Money management • Public speaking • Archaeology • Bird watching • Coins • Collections, studies & surveys • Fashion • Language skills • Reading • Amateur radio • Blogging • Sign language • Film & video making • Newsletter & magazine production • Vlogging • Writing • Boat work • Cake decoration • Candle-making • Carnival/festival float construction • Clay modelling • Crocheting • Cross stitch • DIY • Drawing • Dressmaking • Embroidery • Enamelling • Fabric printing • Furniture restoration • Glass painting • Jewellery making • Knitting • Macramé • Mosaic • Painting & design • Patchwork • Photography • Pottery • Quilting • Rope work • Rug making • Snack pimping • Soft toy making • Taxidermy • Weaving • Woodwork



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# Expedition



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

As part of a small team, you'll plan your aim, choose your route and do some training to make sure you're prepared and know what you're doing – then spend two days and one night away. Groups are a minimum of 4 and a maximum of 7.

You have to spend a minimum of 6 hours walking and/or completing your aim. You also have to be completely self sufficient apart from water, you have to carry everything you need with you. You are not allowed your phone!

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing, possibly blisters – and an experience you won't forget.

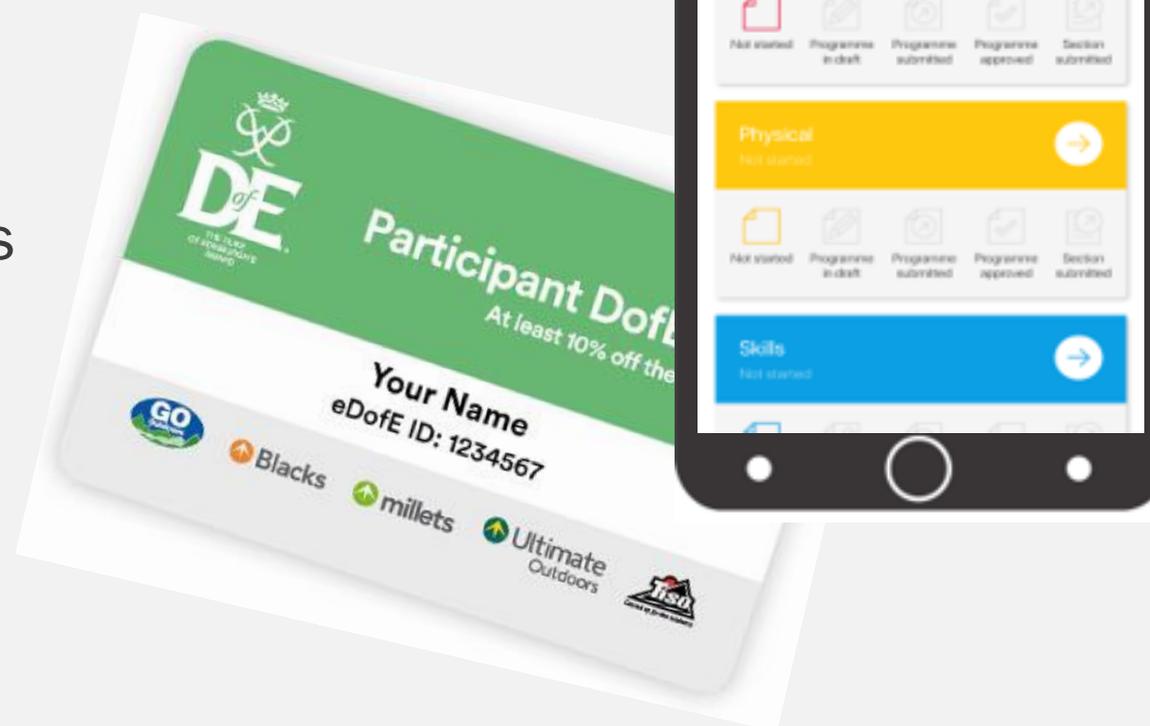


# Your Welcome Pack and eDofE

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.



# How do you pass each section?

For each section of the award, you will need someone who is willing to be your 'assessor'.

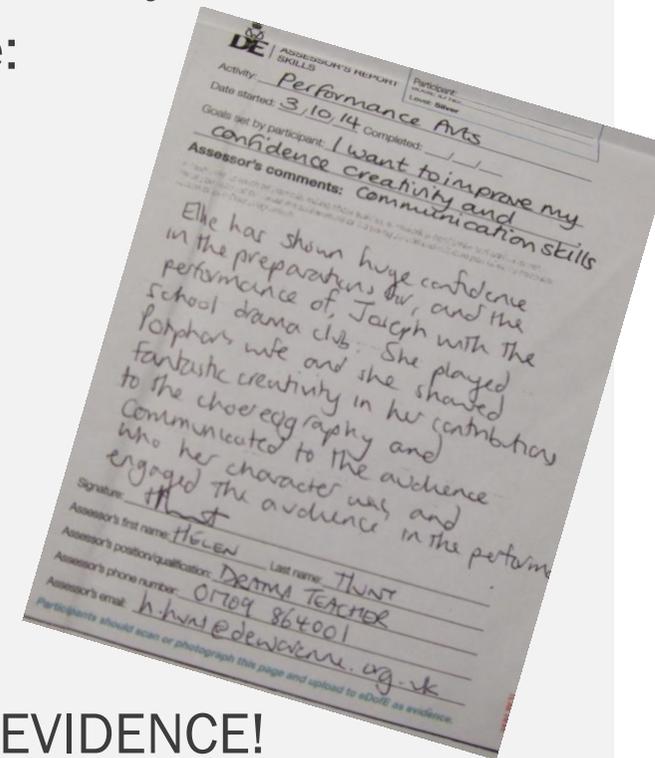
They must be over 18 and not a relative. They must also be prepared to write a short report at the end of your section and be willing to sign and give their contact details.

You will need to provide evidence that you have been keeping up with your sections regularly and upload this to your 'eDofE'. This evidence could be:

- Photographs
- Fitness tracker logs e.g. 'Strava'
- Keeping an activity log that your assessor signs off

Once you submit your assessor report and any other evidence,

Ms Brooke checks it is all ok and then passes that section.



DE | ASSASSOR'S REPORT | Participant: Level 10/11

Activity: Performance Arts

Date started: 3, 10, 14 Completed:           

Goals set by participant: I want to improve my confidence, creativity and communication skills

Assessor's comments: Elle has shown huge confidence in the preparations for, and the performance of, Teach with the school drama club. She played Popper's wife and she showed fantastic creativity in her contribution to the choreography and communicated to the audience who her character was and engaged the audience in the performance.

Signature: [Handwritten Signature]

Assessor's first name: Helen Last name: THUNT

Assessor's position/qualification: DRAMA TEACHER

Assessor's phone number: 01709 864001

Assessor's email: h.hunt@denwarrine.org.uk

Participants should scan or photograph this page and upload to eDofE as evidence.

# Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits, so here's a snapshot. You'll...

- Have fun, get healthier and maybe even happier
- Meet interesting people and have new experiences
- Find talents you didn't know you had
- Gain skills that employers value, to use on your CV
- Become more confident and independent
- Stand out from the crowd in applications
- Make memories that will last a lifetime
- Prove to people that you can stick at things and don't give up easily



*"Without determination and passion I wouldn't be where I am today."* **Benedict Cumberbatch**



*"Life doesn't naturally happen, you've got to get involved. As an employer I want to work with people who can see things through."* **Deborah Meaden, entrepreneur.**

# What will it cost?

Over recent years we have been gradually building up our kit stores and we are now able to loan out almost all specialist equipment such as tents, rucksacks, Trangia stoves, sleeping bags and even walking boots. This saves families a lot of money.

When we go on expedition, there are obviously travel costs, hire of a vehicle and accommodation costs. (These are minimal for our Alderney based practice expedition) Hopefully we will go to Guernsey for our qualifying expedition.

There are at least two fundraising opportunities each year, a jumble sale and a flag day and if we do these for ourselves, we are then able to bid for money from Alderney Sports Foundation and Tripsfund. It is expected that all students doing D of E will help at these events. The more fund raising we can do, the less cost to parents.



**JUMBLE SALE  
AT THE  
ISLAND HALL**



# Start your DofE now

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

- Return your enrolment form and cheque
- Start thinking about what you might like to do for each section
- Your sections should be outside school hours, but could be a school lunchtime or after school club. You could also go to any other Alderney club or follow an activity on your own.
- You will need to ask permission of someone **over 18 who is not a relative** to be your **assessor**.

To get started with your  
DofE, speak to Ms Brooke.

