



Start your DofE Adventure

Please sit next to your parents

What is the DofE?



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 from year 9 in school 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 these four sections:

 Volunteering

 Physical

 Skills

 Expedition



If you are going for Gold there is an additional section:

 Residential

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.
- Chat to your Leader 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 a previous DofE Award (Bronze or Silver), you don't have to continue with the same activities – you could try something new.



BRONZE

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			

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.

Silver (Year 10+)	Volunteering	Physical	Skills	Expedition
	6 months	6 or 3 months	6 or 3 months	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.				

GOLD

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 social life.

You'll need to participate regularly and show that you're committed to your DofE during this time.

Gold (age 16+)	Volunteering	Physical	Skills	Expedition	Residential
	12 months	12 ^{or} 6 months	12 ^{or} 6 months	4 days 3 nights	5 days 4 nights

Physical and Skills sections: one section for 12 months and the other section for 6 months

If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

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 football 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



Volunteering

Typical mistakes/tips:

Must not be a profit making organisation

Some clubs are run as a business and these would not count

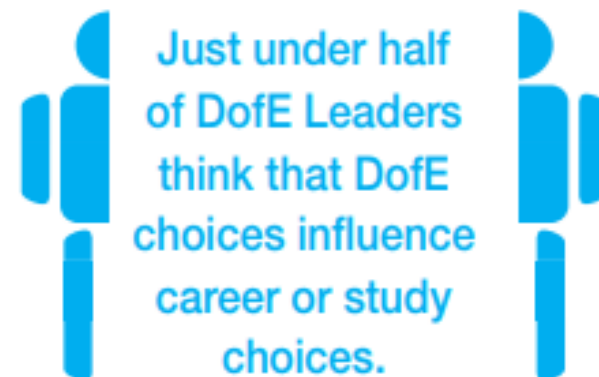
Registered charities are safe

Cannot do a task if they are perfectly capable of doing it themselves. Walking a friends dog because they are busy/lazy would not count.

Walking someone's dog because they are too old/frail/had a recent accident would count.

Work-ready skills that DofE Leaders think participants develop...

- 96%** Teamwork
- 86%** Confidence
- 72%** Determination
- 69%** Commitment
- 65%** Positive attitude



Just under half of DofE Leaders think that DofE choices influence career or study choices.

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.



Physical

Typical mistakes/tips:

Things done in normal lesson time does not count

After school clubs are ok

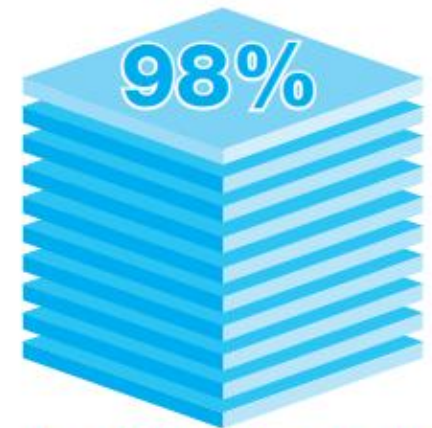
It does not have to cost you any money

Going for a jog for an hour per week in total is fine

P.E. teachers are very supportive and will often act as an assessor if needed

Work-ready skills that Gold Award achievers feel they gained through their DofE...

- 77% Communication
- 73% People Skills
- 69% Confidence
- 67% Leadership
- 65% Teamwork



In a recent survey of Gold Award achievers, 98% were employed or had obtained places in higher/ further education.

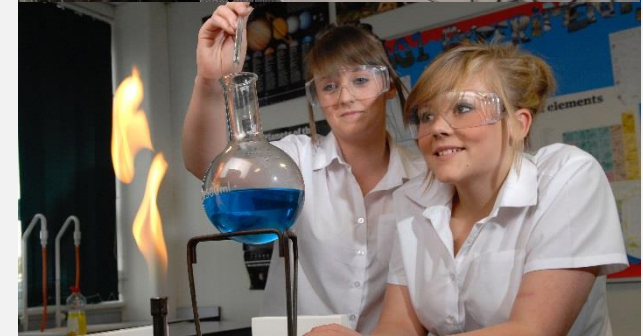
Skills

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.



Skills

Typical mistakes/tips:

If it is more of a Physical activity it wont count in this section.

e.g. Karate would not count

Avoid sports and dance

Things done in normal lesson time does not count because it is directed time

e.g. Music lessons in school during normal lesson time does not count

Music lessons or practicing at lunch time or at home does count



Section Quiz



- 1 – Skill section - Target shooting, with the Instructor for your assessor
- 2 – Volunteering section - Helping young children at a Dance school they pay to go to, with the Dance teacher for your assessor
- 3 – Skill section – Learning to cook different meals at home, with your Aunt (who is a chef) as your assessor
- 4 – Physical section - Riding your bike to school for over an hour in total per week, with your school tutor as your assessor
- 5 – Volunteering section - Helping walk your neighbours dog because they work away a lot, with the neighbour as your assessor
- 6 – Volunteering section - Helping your neighbour cut their lawn and do general jobs around the house because they have become physically unable to do so, with them as your assessor
- 7 – Skill section - Learning how make a rocket at a workshop that lasts 4 hours but is only on once every 4 weeks, with the teacher as your assessor

Expedition

Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.

In order to qualify to come on expedition at Churchill you must have completed all of your other sections first!

You'll plan, train for and do an expedition, spending two days and one night away at Bronze. Silver is 3 days and two nights. Gold is 4 days and 3 nights.

As part of a small team of 4 to 7 people, 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.



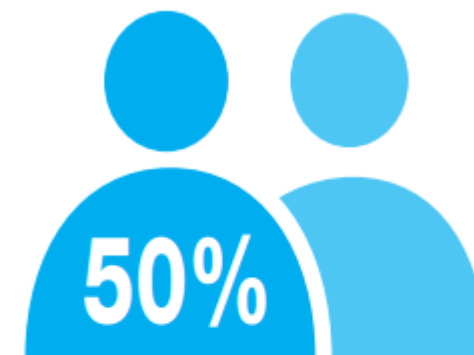
BRONZE

Expedition



Key Dates for Bronze:

Date	Day	Time	Location	Event
2nd October 2019	Wednesday	2pm - 2:20pm	Hall	Assembly launch for all Y9
8th October 2019	Tuesday	6pm – 8pm	Hall	Parents evening 1 - All new starters (not signed up to any D of E before) - Bronze Y9/Silver Y10/Silver Y11/Gold Y12
5th November 2019	Tuesday	Midnight	n/a	Deadline for new recruits (year 10 applies to silver only)
24th November 2019	Sunday	10:30am - 1pm	Turing	Training Day 1 & Section choice deadline Y9 Bronze
16th May 2020	Saturday	10:30am - 1pm	Turing	Bronze & Silver section completion deadline



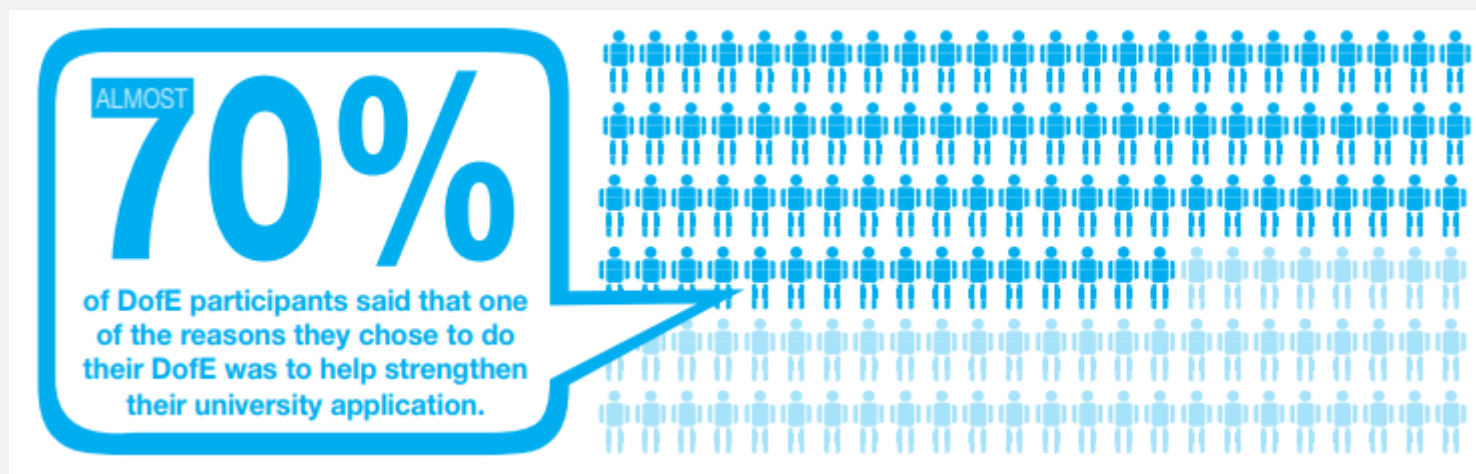
of Bronze and Silver Award holders think that the activities they did as part of their Award could support them in their future career.

Expedition

Staff have relevant qualifications including Mountain leader training and current outdoor first aid certificates. They are accredited DofE assessors themselves and have over a hundred expeditions worth of experience at all levels.

All Churchill staff give up their free time voluntarily to run the award – This is well over a hundred hours each year! We do it because we believe in the values the Award offers to young people and we think that you all deserve the opportunity.

Would you as a parent like to volunteer also? Please see Mr Tinker to discuss.



Expedition



Programme ideas: Expedition section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of ideas that you could do or you could use it as a starting point to create an Expedition of your own. Remember, it's always your adventure.

You can find more information at DofE.org/expedition and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity. If you have additional needs talk to your leader about the support and variations that could help you.

On foot

- Studying how insect life differs from woodland to open fields.
- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route and create a signpost selfie guide.
- Considering the impact of tourism on the flora and fauna of the area you are in.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code.

By bicycle

- Using a cycle system to undertake a research project on the provisions and quality of cycle paths.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.

- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Sailing the Norfolk Broads to explore modern and ancient uses of the area.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along a large river recording the types of boats and their uses.
- Planning a significant sea journey under sail to record the effects of coastal erosion.
- Using simple mapping techniques to produce a map of an estuary on the expedition, comparing it with a real map when you return.

By canoe or kayak

- Recording the wildlife found on a large inlet or loch.
- Taking a series of photos to come up with a guide to a section of canal systems.

- Making a study of the locks and lochs on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a canoe trip and create a storyboard (photo/painted/drawn) of your expedition.
- Choosing several points along a river and measure speed of flow, width and depth and comparing the differences along their route, trying to explain why this may be.

By wheelchair

- Creating an expedition music play list that reflects the team's experiences.
- Following a disused railway track noting the current use of previous railway buildings.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.

- Planning a route in a forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.

On horseback

- Exploring bridle paths and create an A-Z of the outdoors from the trip.
- Planning an expedition with sea views, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

A flavour of a DofE expedition

Locations:

Bronze expeditions

Practise – Quantocks

Assessed - Mendips

Locations:

Silver expeditions

Practise – Exmoor

Assessed - Dartmoor

Locations:

Gold expeditions

Practise – Snowdonia

**Assessed – Lake
District**



Costs for Bronze

At Churchill we make the Duke of Edinburgh Award as accessible as possible.

Pupil Premium contributions can be made if you meet the criteria, payments can be paid in instalments and much of the kit can be borrowed.

The school will provide:

Tent
Stove
Fuel
Maps
Transport from school
(apart from Mendips exped)

Registration: £21.50

Expedition fee: £125

The school can provide:

Rucksack
Sleeping bag
Roll mat



You will need your own:

Walking boots
Waterproof coat
(with hood)
Waterproof trousers
Water bottle
Food

Basic first aid kit (shared)
Compass (shared)
Map case (shared)

GOLD

Residential

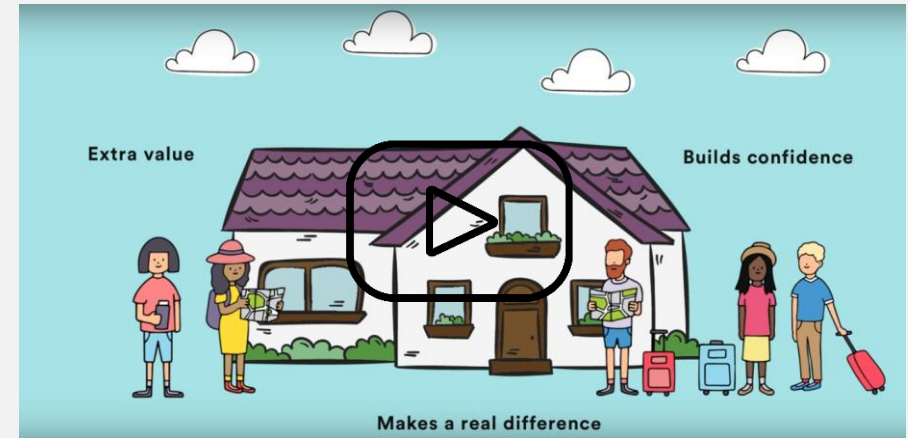


To achieve your Gold Award, you need to complete an extra section – the Residential. It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with – both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

It may be that you want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



GOLD

Residential



Programme ideas: Residential section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you.

This sheet gives you some ideas of things you could do or could use as a starting point to create a Residential of your own.

You can find more information at DofE.org/residential and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Going on a residential gives you the chance to learn

how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see DofE.org/residential for the requirements).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.)

Service to others

- Being a leader at a UK-based holiday camp for disadvantaged young people.
- Undertaking a voluntary teaching placement overseas.
- Being part of a service crew at a large summer camp for Brownies.
- Volunteering on a YHA residential summer camp.
- Volunteering at a residential summer school.
- Being an assistant to support an eco-friendly waste project at an outdoor education centre
- Helping out on a pilgrimage.

Environment and conservation

- Joining a tree planting project with your local environment trust.
- Attending a conference on climate change as a youth representative
- Helping the preservation team of a railway or canal
- Studying coral bleaching in Australia.
- Joining a National Trust working holiday and join different conservation projects in various locations across the UK.
- Taking part in a Field Studies course learning about biodiversity and conservation.

Learning

- Undertaking a cookery course.
- Doing a photography course and exhibiting your work.
- Taking part in a bushcraft residential.
- Spending time on a narrowboat and training towards becoming a skipper.
- Taking part in a field studies course.
- Learning to write and produce music and putting on a show.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.
- Taking part in a week-long Gaelic or Welsh language and culture course.

Activity based

- Taking part in a sport based residential developing your basketball skills.
- Taking part in multi-faith residential, studying different religions.
- Joining an ACF activity week with members of different detachments you don't know.
- Learning to snowboard on an intensive course in Scotland.
- Joining an historical re-enactment society

The whole award in 8 mins!



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 any 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

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?

To get started, speak to

Mr Tinker

Mr Spencer

Find all the information covered tonight and more in the R:\Student resources folder Duke of Edinburgh Award