



The Ferrers
School

Start your
Silver DofE













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BRONZE









WELCOME
to DofE

Why do your DofE?



Well, the benefits of achieving your Silver Award are endless.

Here's a snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people
- Make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers value (CV)
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories and friends 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

Silver

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.





Start your
SILVER
DofE

Silver

What's involved?



Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone in school year in which you turn 14 to aged 24 can take part. There are three progressive levels of programmes which when completed lead to a Silver or Gold DofE Award.

To achieve your Silver Award, you'll need to complete your own programme of activities in these four sections:

-  Volunteering
-  Physical
-  Skills
-  Expedition



Silver

Volunteering



Volunteering is about helping others:

Coaching a team

Fundraising for a charity

DofE Ambassadors

In school?

It's extremely rewarding

It can also give you the chance to experience the world of work.



Silver

Physical



The Physical section is about improving physical fitness.

Does it get you sweaty?

At home

At the gym

At school (not PE)

Team sports

Individual sports

Walking/ Martial Arts/ Dance

Are you challenging yourself?



Silver

Skills



The Skills section is about developing a new talent or existing skills.

At home

At school

Research project

Music lessons

Sports leadership

Cadets

Guides/ Scouts

DofE Ambassadors



How do I choose my activities?

Your DofE can be whatever you want it to be!

- Try something new
- Something you already do
- Choose activities you'll enjoy
- You can carry on with the same activities
- Hundreds to choose from
- How do I know what counts?



How long will it take me – Silver Direct?

Activities take a minimum of one hour per week over a set period of time.

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

Silver level requirements



			
<p>Volunteering</p>	<p>Physical</p>	<p>Skills</p>	<p>Expedition</p>
<p>6 months</p>	<p>One Section for 6 months and the other for 3 months.</p>		<p>Prepare, train for and undertake a 3 day and 2 night expedition. At least 7 hours of planned activity each day.</p>
<p>Participants who have not achieved their Bronze Award must undertake a further 6 months in either the Volunteering, or the longer of the Skills and Physical sections.</p>			

Silver

Expedition



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

Silver: 2 Expeditions (1 practice and 1 qualifying)

Presentation

Walking / Horse Riding / Canoeing / Biking expeditions

Teams of between 4 and 7 (You choose)

Independence and problem solving



Silver

Start your DofE now



The DofE is an amazing adventure you'll never forget.

So, what are you waiting for?

Specific details for The Ferrers School:

Expedition Dates – **In the summer Months ☺**

Cost - **£38 (some other small expenses for camping/equip/tpt x2)**

Who to speak to if you're not sure – **Mr Averill / Mrs Kenton**

What if its too expensive? – **Speak to the team, we will help you.**

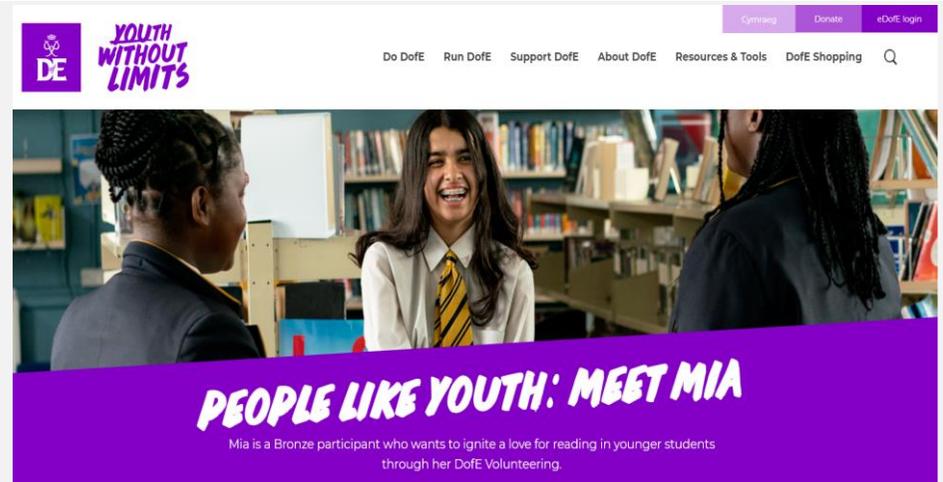


Silver

What Happens Next?



NOW! Arrange your sections.



Once you have completed the online form and paid your fee (ParentPay), you will be registered with the DofE by me.

Then:

Register yourself online

You will receive your DofE pack in the post

Start your sections

