



The Ferrers
School

Start your Bronze DofE





WELCOME

to DofE

Why do your DofE?

Well, the benefits of achieving your Bronze 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
- 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

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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
BRONZE
DofE

BRONZE

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 Bronze, Silver or Gold DofE Award.

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

-  Volunteering
-  Physical
-  Skills
-  Expedition



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Volunteering



Volunteering is about giving back to your community and helping others:

Coaching a team

Fundraising for a charity

Neighbourhood

In school

It's extremely rewarding (not money)

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



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Physical



The Physical section is about improving physical fitness (outside of school).

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?



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Skills



The Skills section is about developing a new talent or existing skills (After School).

At home

At school

Research project

Music lessons

Sports leadership

Cadets

Guides/ Scouts

I.B.M. Online Learning



Create your own bespoke SkillsBuild programme by combining different courses to achieve the relevant hours for your Award level.

1. Register your name and email address on the unique DofE SkillsBuild link.
2. Browse the courses available on SkillsBuild and select your chosen course.
3. Track your progress throughout each course, log on and learn on multiple devices, at home, school or elsewhere.
4. Once a course is complete you will receive industry recognised digital badges that you can add onto your CV.
5. Evidence your activity by screen-shotting Learning hours completed.

IMPORTANT: Prior to starting your Skills section, please check with your DofE Leader that the courses you've selected meet the DofE requirements for your current level.

[PARTICIPANTS SIGN UP HERE →](#)

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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 long will it take me - Bronze?

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.

Bronze level requirements



			
Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Prepare, train for and undertake a 2 day and 1 night expedition. At least 6 hours of planned activity each day.
All participants must undertake a further 3 months in either the Volunteering, Skills or Physical section.			

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Expedition



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

Bronze: Navigation Exercise

2 day and 1-night qualifying expedition.

Walking / Horse Riding / Canoeing / Biking expeditions

Teams of between 4 and 7 (You choose)

Independence and problem solving

20 Conditions



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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 ☺**

Initial Cost - **£38 + some other small expenses for camping/equip during expedition section**

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

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



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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.

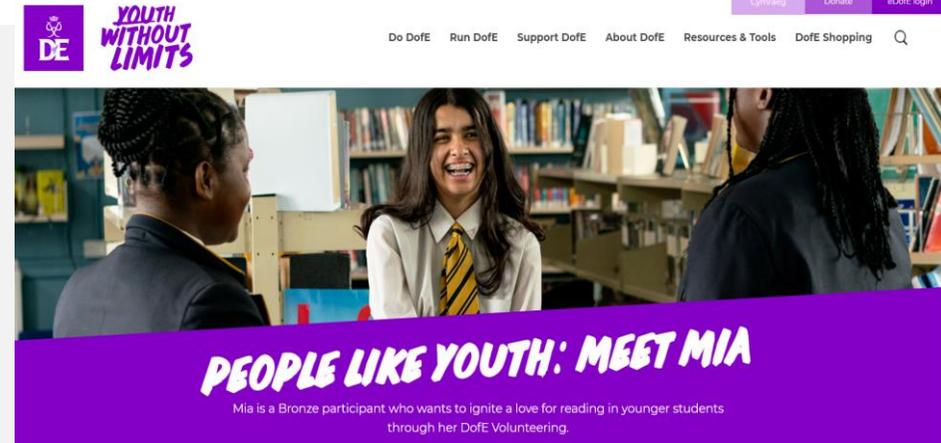
Then:

Register yourself online.

You will receive your DofE pack in the post.

Start your sections.

Upload your evidence weekly.



Do DofE

Choose the things you love to do or try something completely new, help your community, test your limits, enhance your skills, and grow your confidence. It's your DofE, so do it your way.

[FIND OUT MORE](#)