



## Duke of Edinburgh Bronze award

### What is the DofE

A life-changing experience. A fun time with friends. An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognised mark of achievement; respected by employers.

The DofE is many things to many people, supporting generations to successfully navigate adult life.

14–24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award. Biddick Academy run Bronze level.

There are **four sections** to complete at Bronze level. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and university and job applications. **Top employers recognise the work-ready skills Award holders bring to their business.**

## **Bronze timescales**

It will usually take you at least 6 months to complete your Bronze programme.

- Volunteering section: 3 months
- Physical section: 3 months
- Skills section: 3 months
- Expedition section: 2 days/1 night

You also have to spend an extra three months on one of the Volunteering, Physical or Skills sections. It's your choice which one and, though you can change your mind later, you should decide which section you want to do for longer at the beginning. Knowing how long you're going to do it for will help you to choose your activity and set your goals for each section.

## **How to sign up?**

Recruitment takes place for students at the start of Year 10. There is a small fee required to register and then another for the expedition at the end of the year (support may be available through the Biddick Access Fund). Expectation on students to attend weekly after school training sessions in addition to collation of hours for

sections. The practice walk and expedition will be a physical challenge and require students to walk long distances with full rucksacks over 2 continuous days. Training sessions will include mapwork, route planning, First Aid, tent pitching and expedition prep.

## **What happens once I've signed up?**

Your DofE Leader will email you a link to your eDofE account. This is where you log your progress through your DofE programme and where your Leader checks and approves you've completed your activity in each section. Once you've added your home address to your eDofE profile you'll be sent a Welcome Pack with lots of helpful information and your personalised DofE Card so you can access **discounts and offers on expedition kit** and other items.

Now, you can start choosing what activities you want to do and decide your goals.

Once you've chosen your Assessors and your Leader has approved your plans, you're ready to get going with your activities.

## **Basic information and FAQ's**

### **Dates for diary**

- **Practice Walk: Friday 22<sup>nd</sup> March 2024**
- **Expedition assessment:  
Friday 5<sup>th</sup>- Saturday 6<sup>th</sup> July 2024**

## Sections

<https://www.dofe.org/do/sections/>

## Ideas for activities

<https://www.dofe.org/do/ideas/>

## Supervision

<https://www.dofe.org/do/supervision/>

## Activity logs

<https://www.dofe.org/do/activitylogs/>

## Choosing Assessors

<https://www.dofe.org/do/assessors/>

## Expedition kit

<https://www.dofe.org/shopping/wp-content/uploads/2023/07/Expedition-Kit-Guide-July-2023-web.pdf>

## DofE App

<https://www.dofe.org/do/app/>

Duke of Edinburgh website provides further information about the program <https://www.dofe.org/> or email Miss Blanchard at [Blanchard.b@biddickacademy.com](mailto:Blanchard.b@biddickacademy.com)