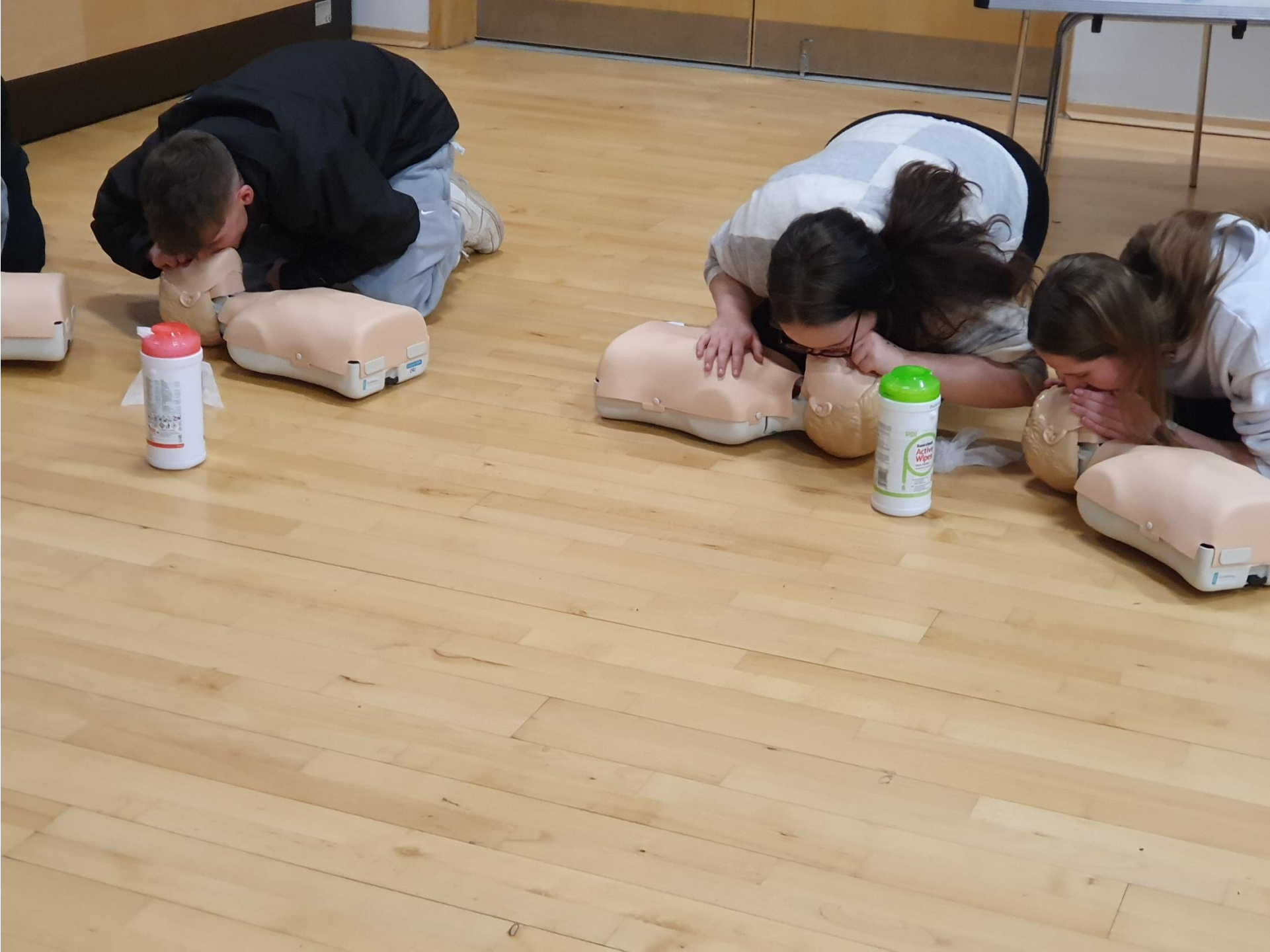


The Bronze/Silver Award 2024



















What is D of E?

It is an international award that young people can undertake to help them develop themselves and learn a range of new skills.

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

We have run DofE for nearly 20 years at Ecclesbourne.

This year we have run bronze, silver and gold for the first time.



What do I have to do?

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.



How long do I do them for?

BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night



PLUS a further 3 months in the Volunteering, Physical or Skills section.



How long do I do them for?

SILVER

Volunteering **6** months

Physical

one section for
6 months, the
other for 3 months

Skills

Plus an extra 6 months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.

Expedition **3** days **2** nights





Volunteering

This needs to be for at least 3 months and you need to do, on average 1 hour a week (so you can do 2 hours every fortnight)

Must be for a not-for-profit organisation e.g. school, youth club

Examples include:

Helping coach a younger sports team either out of school or in school

Supporting with Cubs or Guides

Helping out in dance or music lessons

Helping elderly neighbours with dog walking or gardening

Working in a charity shop or in a care home

You must have an assessor to sign it off to confirm what you have done



Physical

This needs to be for at least 3 months and you need to do, on average 1 hour a week (so you can do 2 hours every fortnight)

If you go to the gym, you will need someone there to confirm when you have been and how you have improved.

Examples include:

Any sport through a club

Dance

Running club



Skill

This needs to be for at least 3 months and you need to do, on average 1 hour a week (so you can do 2 hours every fortnight)

You can use music lessons or band for it.

It can't be extra tutoring you get for subjects that you do at school.

It can be cooking that you do at home but you need to ask the food department to act as your assessor NOT a parent or friend.



How do I record what I have done?

Online account called edofe

Record what you are doing and for how long

Assessor can upload their evidence or give it to you to scan in

Evidence is then checked and approved

Certificate and badge awarded



Bronze Expedition

This will involve a practice expedition over a weekend at the end of March and then an assessed expedition at the end of April. The GCSEs start around the 13th May.

2 days and 1 night both in Derbyshire walking around 25 miles in total

Mixed groups of 7 students

Self-sufficient throughout carrying all equipment but staying at campsites



Silver Expedition

This will involve a practice expedition at the end of April of 3 days and then an assessed expedition at the end of June once all the GCSEs have been completed.

Practice is **3 days and 2 nights** in Derbyshire

Assessed is 3 days and 2 nights near Buxton walking around 40 miles on total

Mixed groups of 7 students

Self-sufficient throughout carrying all equipment but staying at campsites



How will I be trained up?

DofE lesson for 1 hour a week

Training will be held on Wednesday afternoons either period 4 or period 5

4 whole afternoon sessions and 15 x 1 hour sessions

Emergency First Aid course over 2 full afternoons



What will I learn?

First Aid qualification lasting for 3 years

Campcraft and cooking

Navigation skills

Team building

Appreciation of the outdoors and how to look after it

Mental and physical strength

Better organised and able to deal with adversity



Considerations

Am I on top of my studies and do I have time to do all the sections?

Do I have things that I do already that I can use for the sections?

Do I enjoy the outdoors and do I get on well with others?

If the answer is yes, then please apply.

If you choose not to apply to do DofE, you can still apply to do Gold in year 12 and it will not affect your chance of gaining a place.



Next step?

Think carefully about it and what you might do for each section

Talk to parents, carers and friends

Apply for a place

There are only 80 places available and if we are over-subscribed, then you will need to complete an application and I will decide who will gain a place.



Costs and applying?

Cost for bronze was £150 and £210 for silver this year and will be a similar amount.

I will not decide on whether we offer just bronze, bronze and silver, or only silver until the end of April once the year 11's have finished.

Please come and talk to me if not sure or have any other questions.



Thank you

