



# An Introduction to The Duke of Edinburgh's Award

**Sir Thomas Fremantle School**

**Bronze Award**

**November 21<sup>st</sup> 2019**



# What is the DofE?



# What is the DofE?



The DofE is ...the world's leading achievement award for young people

It's about going the extra mile – learning new skills for work and life, getting fitter, helping others and exploring the countryside.

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable





# Bronze Award

- There's **loads** to choose from — most activities can count towards your DofE.
- Activities could be something that you are already doing or completely new
- All activities **must be outside of normal school curriculum**. Lunch and after school clubs and activities are fine
- The activity should be done for **approximately an hour a week**
- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	<b>3</b> months	<b>3</b> months	<b>3</b> months	<b>2 days</b> <b>1 night</b>
Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section				



# Volunteering

Volunteering is simple. It's about choosing to give time to something useful, without getting paid.

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

*\*Unfortunately volunteering at commercial businesses cannot be accepted*

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



# Physical

**Get Active! Anything that requires a sustained level of physical energy and involves doing an activity**

- Team Sports
- Individual Sports
- Water Sports
- Racquet Sports
- Dance
- Fitness
- Extreme Sports
- Martial Arts



# Skills

To develop practical and social skills and personal interests by developing a new skill or improving an existing one

- Creative Arts
- Performance Arts
- Science & Technology
- Music
- Life Skills
- Learning & Collecting
- Media & Communications





# Expedition

Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories as you will be unaccompanied and self-sufficient.

**Training and Practise:** including Campcraft including cooking, Navigation, First Aid and Countryside code

**Qualifying Expedition:** 2 days 1 night





# Why do your DofE?



## So why should you do your DofE?

It's hard to list all the benefits of achieving your Silver Award, 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.



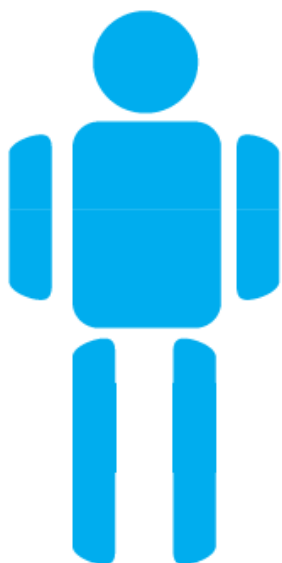
*"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through."*

**Deborah Meaden**, entrepreneur and Dragons' Den investor

# Your Future

In a tough economic climate, it's even more important to make your CV stand out from the crowd

## Skills participants said they gained through their DofE...



- Team working: 91%
- Communication: 75%
- Problem solving: 59%
- Self-management: 55%
- Positive approach to work: 55%



The Volunteering section came out top in helping participants prepare for the working world.

The activities undertaken on a Duke of Edinburgh's Award programme are proven to help boost university applications and CVs

# What is eDofE?



eDofE is the online account participants use to record all their DofE Award

**e|DofE** My Bronze DofE programme

Home LifeZone DofE.org Shop Sign out

You are here > My Bronze DofE > Physical

**My Physical section**

Status: *Not started*

Timescale: *3 Months*

\* Start date: 17/04/2014

Earliest completion date:

\* Type/category of activity: Team sports

\* Detailed activity chosen: Rugby Football Union

\* Where are you going to do it? St Mary's School, Thur

22/140 characters used

\* What are your goals? What do you want to achieve?

0/140 characters used

**Communications**

Messages: 1 (1)

News

Contacts

**The LifeZone**  
Your first stop for support on careers, study & life decisions

**DofE Shopping**  
DofE clothing, DofE essential Leader resources, kit list & deals

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**Expedition kit**  
Get the official DofE Expedition Kit List and expert kit advice

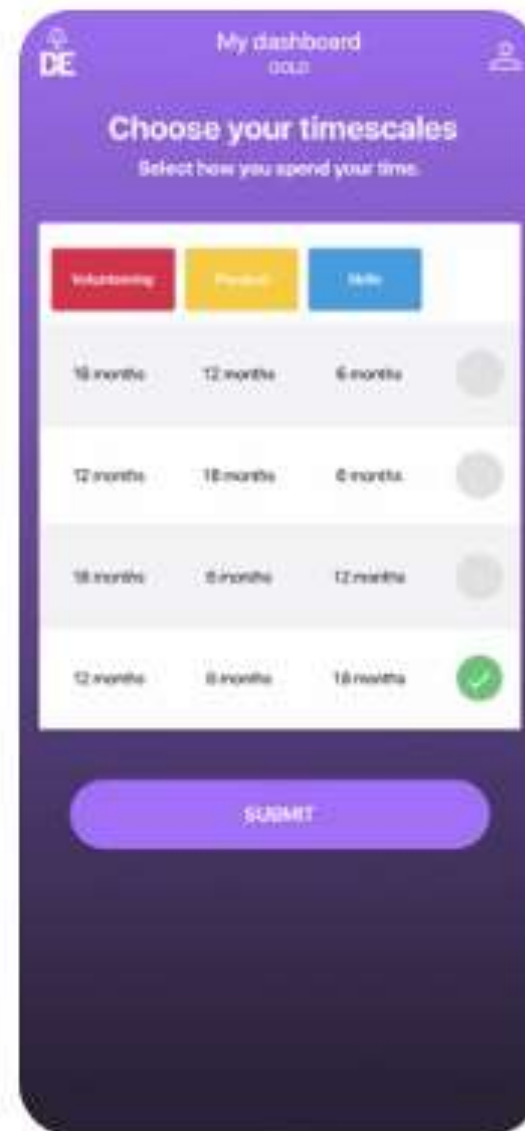
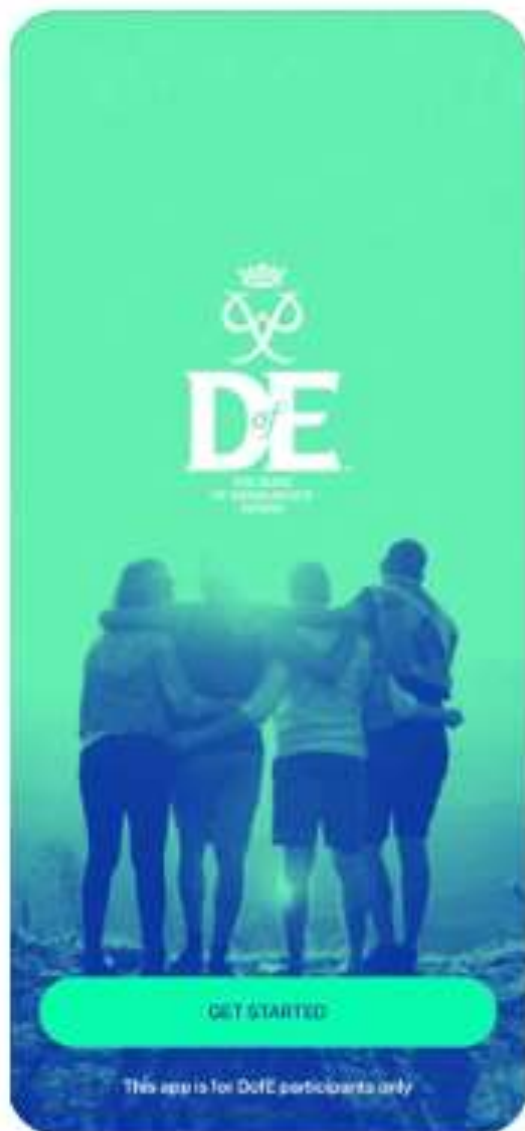
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ceop.police.uk

**Navigation:** DofE Information, My Bronze DofE, Volunteering, Physical (Add evidence, View evidence), Skills, Expedition, Resources, Keep Safe, My Settings, Help



# DofE App



# Parental Role

- **Guidance**
- **Encouragement**
- **Expedition support**
- **Reminders**
- **Recognise their achievements**







**Thank you for listening**