



Start your Bronze DofE



BRONZE

What is the DofE?



The DofE's 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, making a difference and broadening your horizons.

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

Now it's your turn.



How do I choose my activities?

There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

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

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How do I choose my activities?



SILVER

Volunteering 6 months

Physical

one section for
6 months, the

Skills

other for 3 months

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



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Volunteering



Volunteering's all about taking action and making a difference to other people's lives.

Maybe you're interested in animals or tackling climate change? Or you want to raise money for a cause that means a lot to you?

From coaching a local football team or collecting for a foodbank to starting a campaign, you'll give up your time to help others and change things for the better.

It's extremely rewarding, grows your confidence and independence — and can give you the chance to experience the world of work too.

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 a chance for you to focus on your health and fitness and have fun along the way.

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can give your mental health a great boost too.

You can decide to join a team or do it on your own — it's up to you.



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Skills

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

By developing practical and social skills and gaining interests and talents, you'll enjoy yourself and get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to it. So, if you're interested in photography, you could do it as your skill.

You'll grow your confidence and show you're committed, motivated and can rise to a challenge.



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Expedition

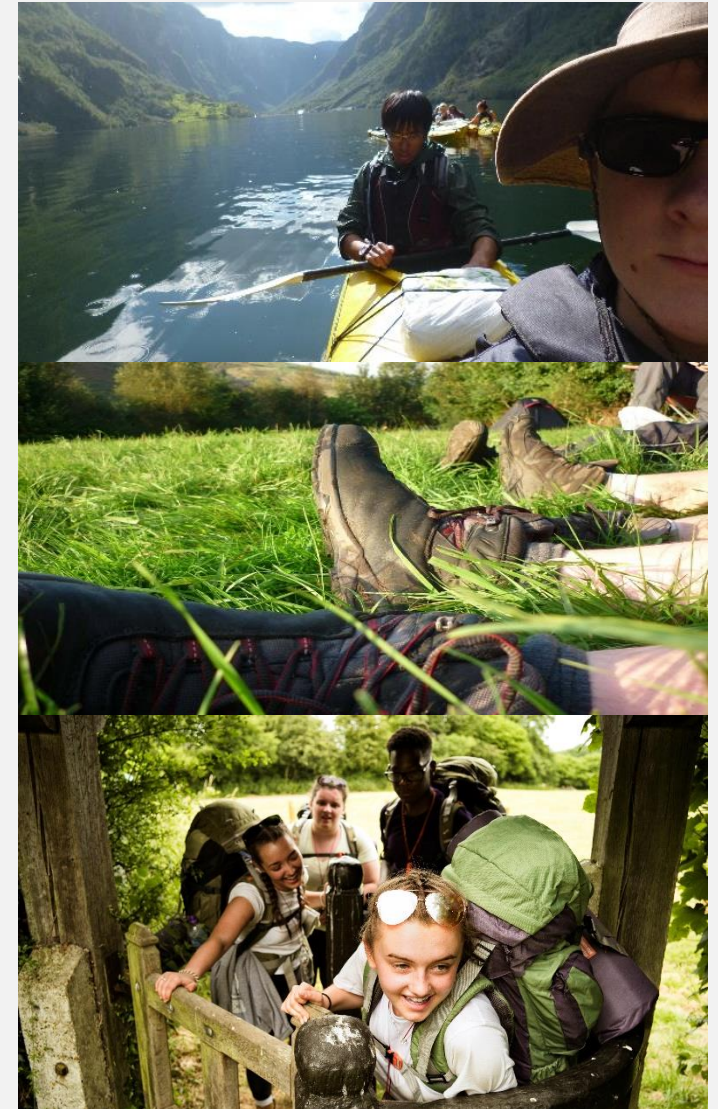


Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.

As part of a team (6 or 7), you'll plan your aim, your walk and do some training to make sure you're prepared and know what you're doing — then spend two days and one night away.

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing — and an experience you won't forget.



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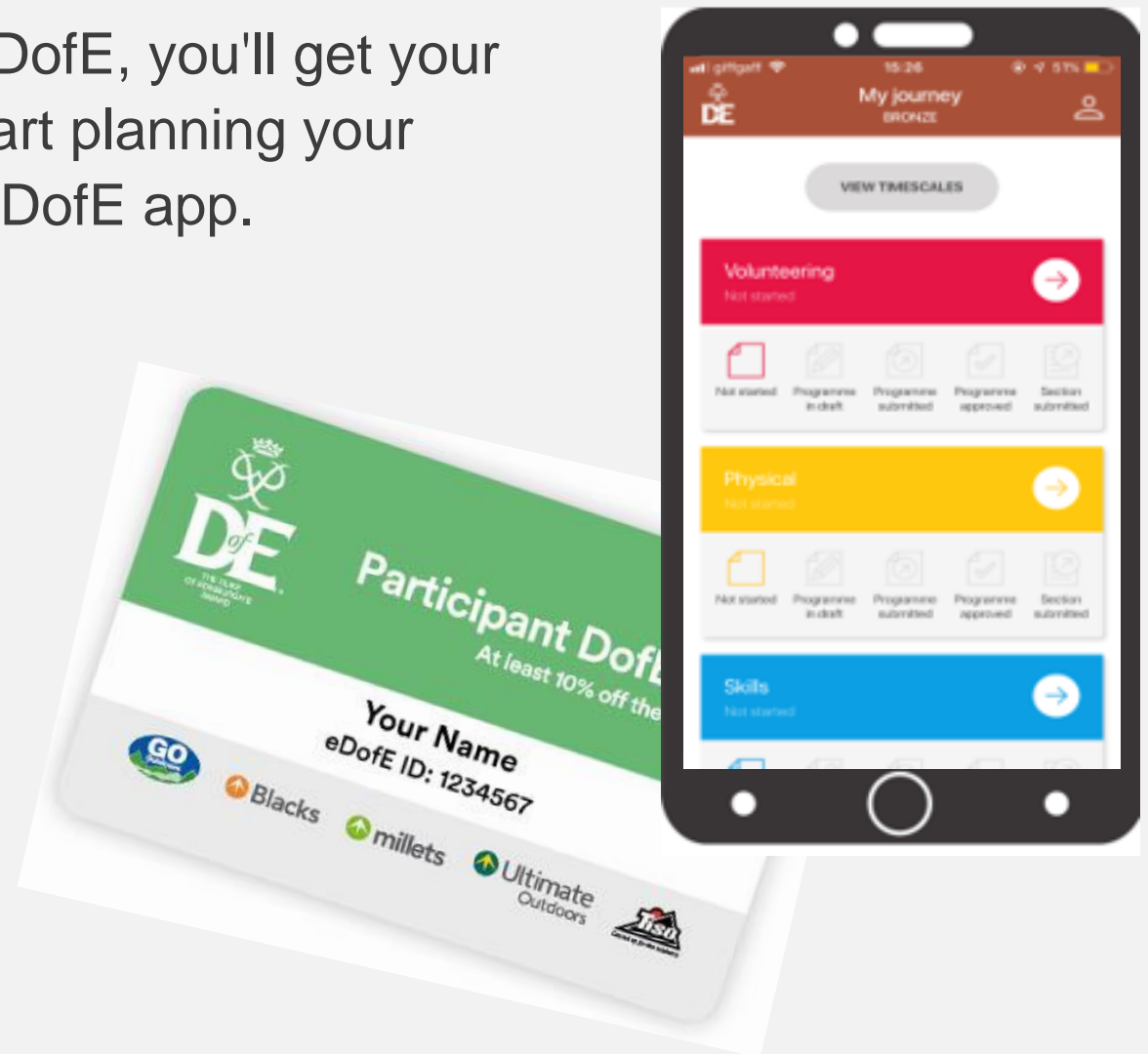
Your Welcome Pack and eDofE



Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.



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Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze 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 and passions you didn't know you had
- Gain skills that employers value, which you can use 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.

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Start your DofE now



Are you ready to start an adventure you'll never forget?

Training will be Tuesdays after school for an hour every week (sometimes two hours), starting in October. Training is important for you to be able to do the expedition.

The practice day walk will be Friday 25th April and the final expedition 22nd and 23rd May 2025.

The price to take part in Bronze will be £100.

Numbers may have to be limited so please sign up quickly.

To get started with DofE, register your interest on parent pay.

The DofE is a charity.
Visit [DofE.org](https://www.dofe.org) for more information.

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Start your DofE now



Silver DofE

Training will continue to be Tuesdays after school to plan your silver practice expedition.

The Silver practice expedition will be 3 days in July 2025 during enrichment.

The price to take part in the Silver practice will be £110.

Year 11 - Training will be at lunch time once a week.

The Silver final expedition will be after exams have finished in June 2026.

The price for year 11 will be dependent on numbers. Expected to be £70.

The DofE is a charity.
Visit [DofE.org](https://www.dofe.org) for more information.