



Start your Bronze DofE



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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.



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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



How do I choose my activities?

There's a wide range of activities to choose from – most activities can count towards DofE. Maybe you want to try something completely new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration on DofE.org.
- Chat to your Leader to make sure an activity counts for the right section and that you've set yourself enough of a challenge.
- Most of all, choose activities you'll enjoy – it will make them easier to stick at it.



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How long will it take me?



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

You'll need to participate regularly and show that you're committed to your DofE during this time.

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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Volunteering



Volunteering is all about making a difference to others' lives. Perhaps you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

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

It's extremely rewarding.

It can also give you the chance to experience the world of work.



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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 Zumba to football, skateboarding to walking – almost any dance, sport or fitness activity can count.

Whether you decide to join a team or do it on your own, it's up to you.



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Skills

From podcasting to playing a musical instrument, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Through developing practical skills and gaining personal interests and talents, you can 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 this. For example, if you are interested in photography, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.



Which activities do I chose for what..?

Please take a look at the link to find more detailed examples of the types of activities included in each section the DofE award scheme

https://www.dofe.org/wp-content/uploads/2018/08/programme_ideas_COMPLETE_brief.pdf



PROGRAMME IDEAS

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you some ideas of things you could do or could use as a starting point to create a programme of your own. You can find more information at [DofE.org/sections](https://www.dofe.org/sections) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder). You can use the

programme planners on the website to plan your activity with the support of your DofE Leader.

NOTE: Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see [DofE.org/residential](https://www.dofe.org/residential) for the requirements).

VOLUNTEERING

Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
- Sports leadership
- Music tuition

- Underwater rugby
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing

- Street luge

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports

- American football

- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry

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Expedition



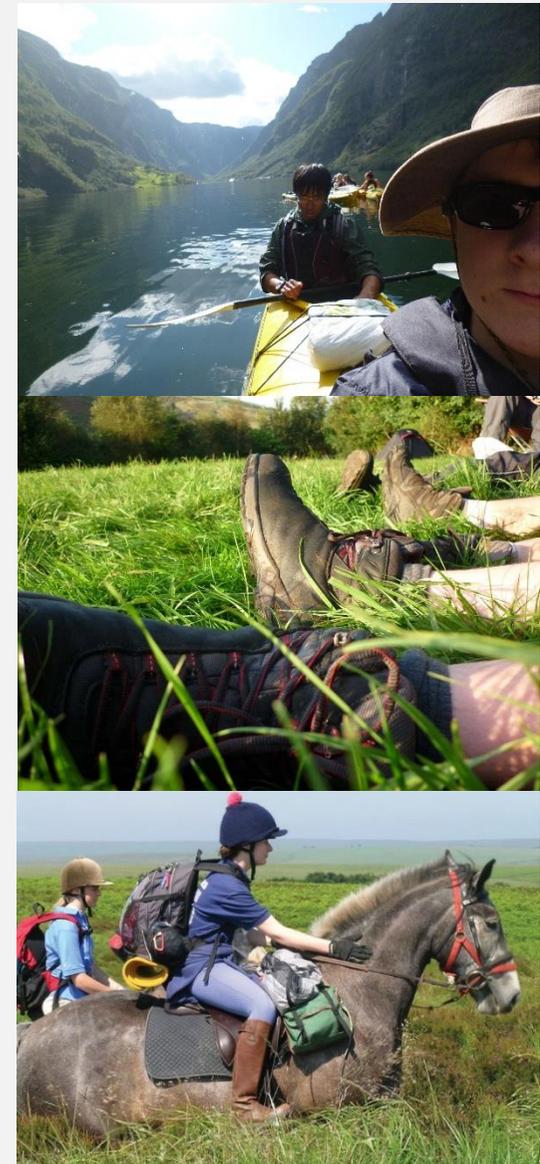
Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, spending two days and one night away.

You can choose how you want to travel – it doesn't have to be on foot. You could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.

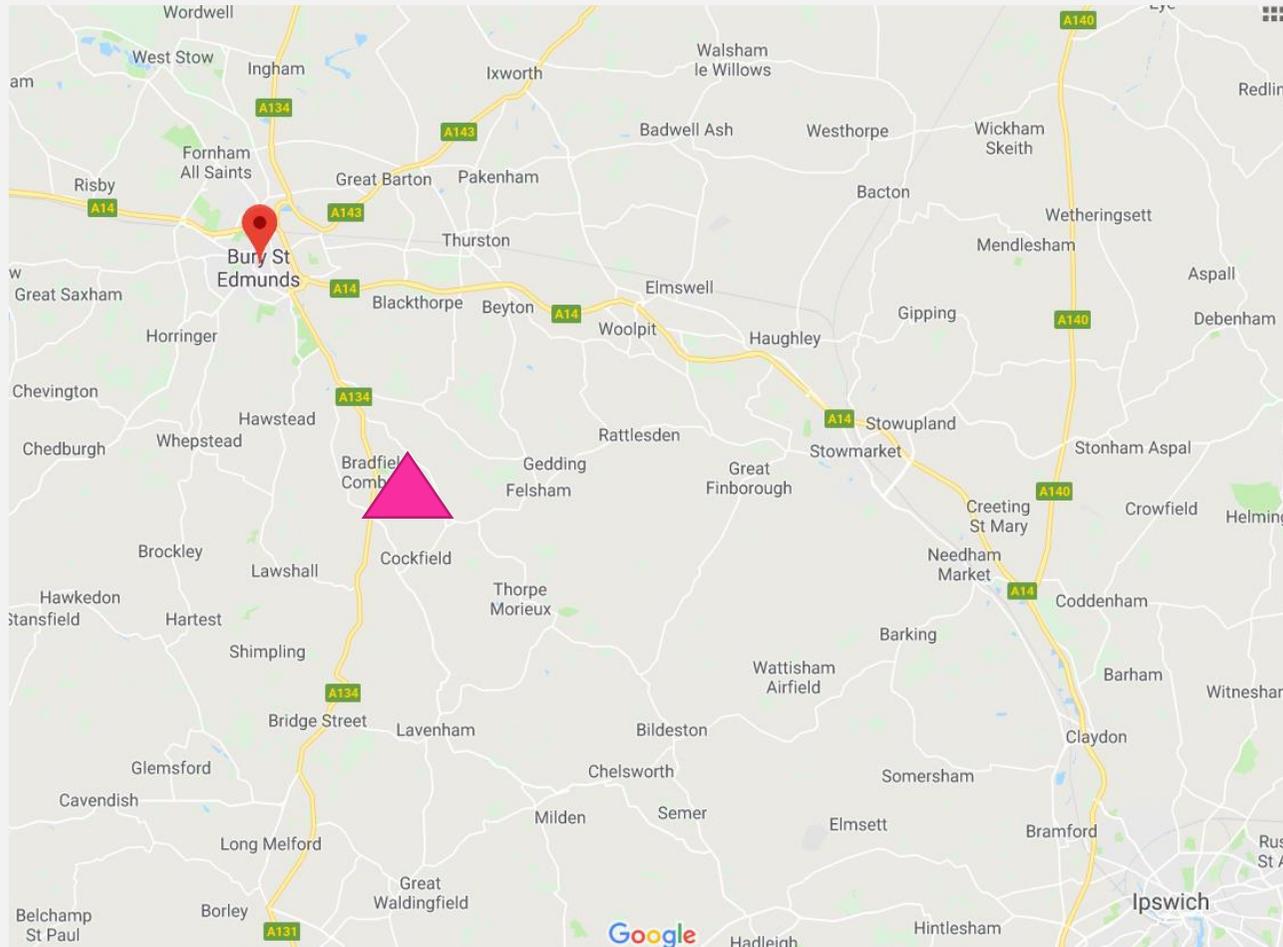
As part of a small team, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing.

Your expedition will improve your communication and leadership skills and whilst you'll come home with a rucksack full of washing, you'll have an experience you won't forget.



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Expedition



Campsite is at the Scout site at Bradfield Combust

Students groups start at 5 different drop off points.

We need **your** help in ensuring students arrive and are picked up.

23 March 2018

BVC and the community



This is a fantastic opportunity for students from the college to get involved in their community. Previously students have got involved with volunteering at our local care home, working with Burwell Museum, helping with guides / cubs etc.

Also, we are always happy to hear about how our students are whilst completing their expedition. Of course, as you would expect from a Bottisham student, they are always positive.



Melanie Brooks I would just like to say how lovely to meet a lovely bunch of teenagers this morning on there Duke of Edinburgh bronze, what a credit to your school very happy friendly students, credit to you melanie Brooks , somerton

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A flavour of a DofE expedition – Watch this short video made by BVC Silver students



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Why do your DofE?



So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving your Bronze Award are endless. It's difficult to list them all, 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

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BVC ENROLMENT details...



The Enrolment form, with details of costs and dates, will be sent via email to all Y9 parents/carers in the next fortnight.

Completion and return of these forms by
TUESDAY 4th JUNE 2019

The **cost** of the bronze award will be around **£160 (TBC)**

This can be made in instalments (please contact the finance office in school for further details)

The **dates** we are planning:

Practice expedition for the **28th / 29th of March 2020 tbc**

Actual expedition will be the **9th / 10th of May 2020 tbc**