



**YOUTH  
WITHOUT  
LIMITS**

**START  
YOUR BRONZE  
DOFE**



# What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.



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# What will I do?

## BRONZE AWARD

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.

# What will I do?

## SILVER AWARD

VOLUNTEERING

**6**  
months

PHYSICAL

**6** OR **3**  
months

SKILLS

**6** OR **3**  
months

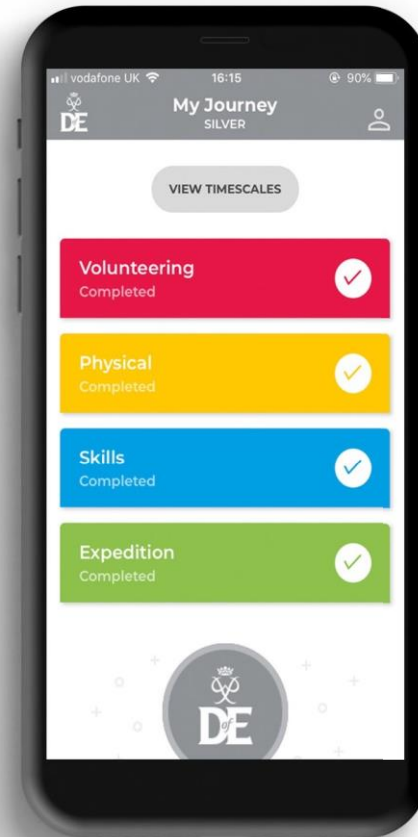
EXPEDITION

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

**Physical and Skills sections:** one section for 6 months and the other section for 3 months

If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

# Your Welcome Pack and eDofE



# Volunteering section

**Take action and make a difference to the causes you care about**

**Help others and change things for the better**



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# Volunteering section

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



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# Physical section

Take part in whatever  
dance, sport or fitness  
activity you would like

Get fitter and have fun  
along the way!



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# Physical section

- Individual sports
- Water sports
- Dance
- Racquet sports
- Fitness
- Extreme sports
- Martial arts
- Team sports



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# Skills section

**Devote yourself to improving your skills in the things you love to do**

**Discover new passions and develop talents you didn't know you had**



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# Skills section

- Performing arts
- Science and technology
- Care of animals
- Music
- Natural world
- Games and recreation
- Life skills
- Media and communication
- Creative arts
- Learning and collecting



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# Expedition

Explore the great outdoors  
and spend two nights  
away from home

Create memories that  
will last a lifetime



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# Expedition

**Whitehough Outdoor Centre**  
**Barley**  
**Lancashire**

Bronze expedition 1	13.06.25 – 14.06.25
Bronze expedition 2	27.06.25 – 28.06.25



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# Dates to remember

Enrolment forms to be returned	Monday 14 <sup>th</sup> October 2024
Deposit to be paid by	Monday 28 <sup>th</sup> October 2024 (First day back)
Full balance to be paid by	Friday 23 <sup>rd</sup> May 2025

Session	Date – All sessions held on Tuesdays
Intro to DofE – Logging on	29 <sup>th</sup> October 2024
Intro to map reading	12 <sup>th</sup> November 2024
Map symbols game	26 <sup>th</sup> November 2024
Conditions, Aims, Countryside code	10 <sup>th</sup> December 2024
Weather	7 <sup>th</sup> January 2025
Map session	21 <sup>st</sup> January 2025
How to use a compass	4 <sup>th</sup> February 2025
Food and menu planning	11 <sup>th</sup> February 2025
Packing a rucksack	25 <sup>th</sup> February 2025
Tents – practice putting up	11 <sup>th</sup> March 2025
Expedition cooking practice	1 <sup>st</sup> April 2025
First Aid	6 <sup>th</sup> May 2025
Map session and navigation	3 <sup>rd</sup> June 2025

# Getting started

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

**To get started with your DofE,  
speak to Miss Smith  
and return your  
application form**



**Total price of  
Bronze DofE  
£120**

**Deposit is non-  
refundable**



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