

Duke of Edinburgh Bronze Award Year 9

What is the DofE?

The DofE is...

An internationally recognised award that shows your commitment to these four activities:

- **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 or abroad

Why should I do DofE?

The DofE certificate helps you:

- 1) Get into a good university or college.
- 2) Impress future employers.
- 3) Improve your physical abilities.
- 4) Learn exciting new skills
- 5) Give something back to your community.
- 6) Have fun!

Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

- You must have completed your volunteering, physical and skills sections to be able to come on the expedition
- Start January– expeditions in June
- Must also commit to attend regular meetings and training events

Volunteering

Aim

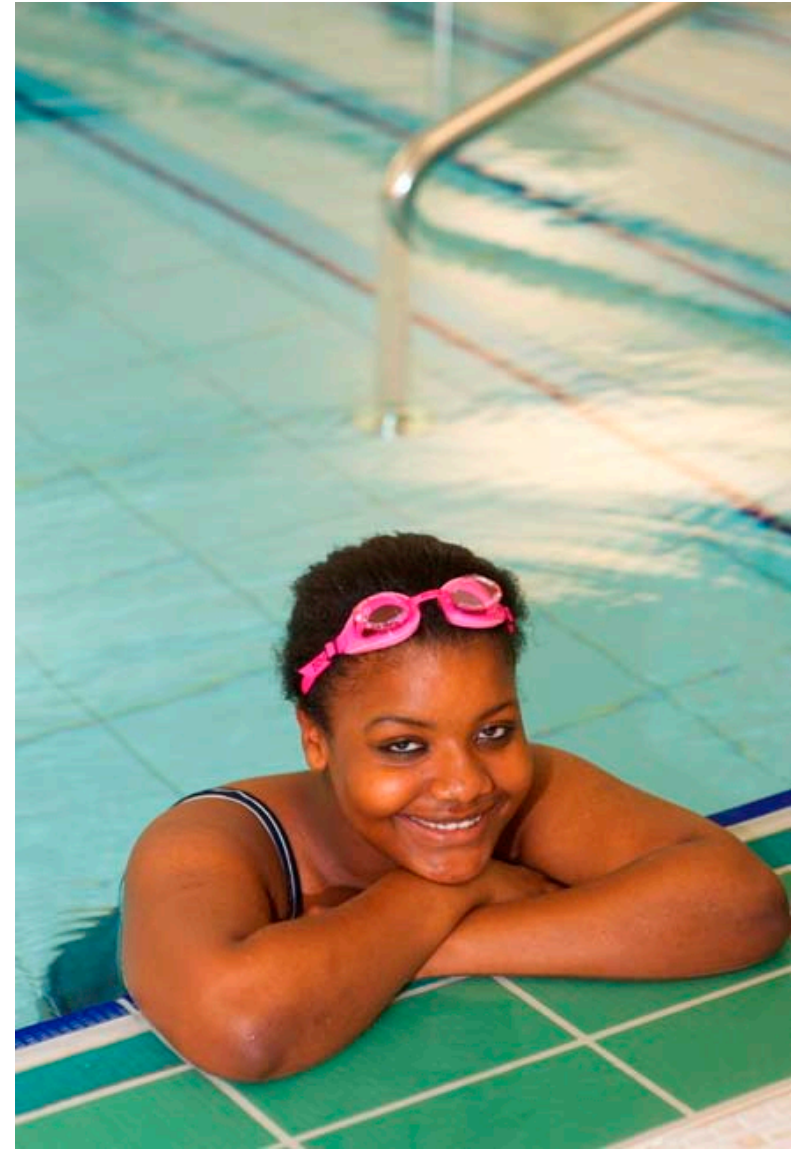
- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



Physical

Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



Skills

Aim

- To inspire young people to develop practical and social skills and personal interests.



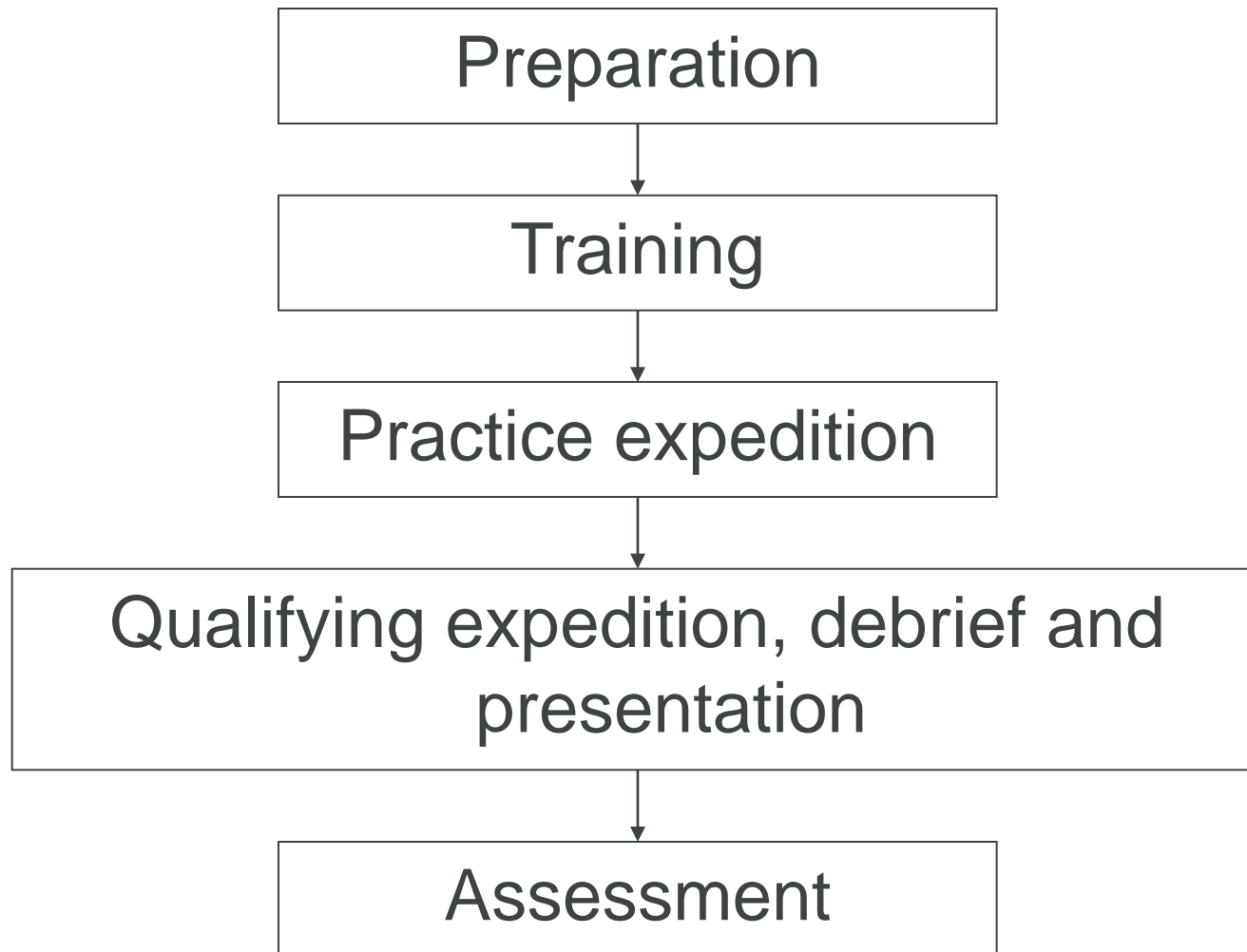
Expedition

Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



The expedition process



Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)

How do I join? (Year 9 only)

- 1) Pick up a letter and application form from Mr Guest in Humanities 3 from November
- 2) Write 200-400 words explaining why you are right for the scheme. Hand in before 21st December
- 3) Wait to hear if you've been selected.