



# Start your Silver DofE



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# 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.**





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# What is the DofE?



# 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 DofE 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.

- Volunteering section: 6 months
- Physical and Skills sections: One section for 6 months and the other section for 3 months
- Expedition section: 3 days/2 nights

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

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# What will you do?



## Volunteering

Volunteering's all about taking action and making a difference.

You can choose the cause that means most to you.

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

It's extremely rewarding — and it can give you the chance to experience the world of work.

## Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From yoga to gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

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





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# What will you do?



## Skills

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

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

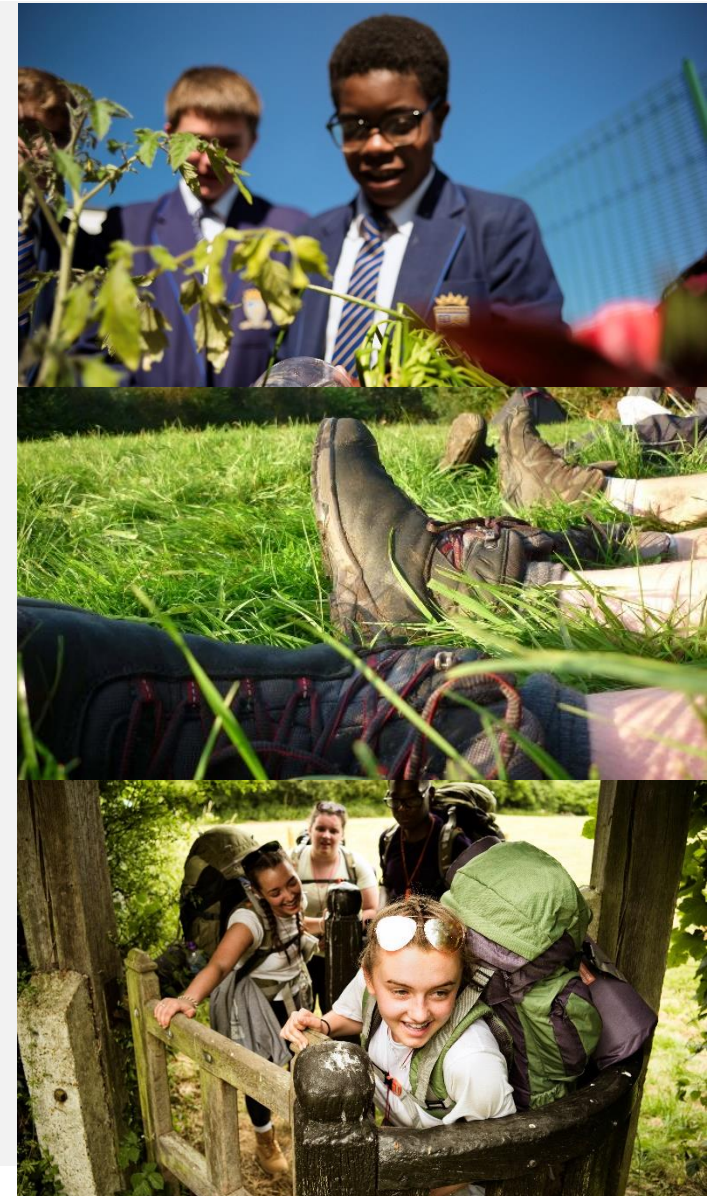
You'll grow in confidence and get a real sense of achievement.

## Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend two days and one night away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.



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# Yor DofE and COVID-19



The COVID-19 outbreak won't stop you doing your DofE – far from it.

In fact, the DofE can help you navigate your 'new normal', expand your world and give you skills and experiences that can open doors in the future.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and Government guidelines allow – you can do yours, with all the benefits and memories you'd get at any other time.

Visit **DofE.org/DofEWithADifference** for loads of activity ideas and information.

Running Mentoring DIY Cooking  
Yoga Photography Wii Fit Coding  
Guitar playing Knitting Cycling  
Sign language Gardening Walking  
Painting Circuits Quizzing Jogging  
Campaigning Money management  
Vlogging YouTube fitness Dancing  
Helping neighbours Dog-walking  
**#DofEWithADifference** Languages  
Tutoring Singing Martial arts Sewing  
Pilates Crafting Blogging App design  
Filmmaking Combatting loneliness  
Cyber safety Family tree research  
Online learning Foodbank collection  
Website building Book reviewing  
First aid Aerobics Driving skills  
Programming Skateboarding

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# The DofE Certificate of Achievement

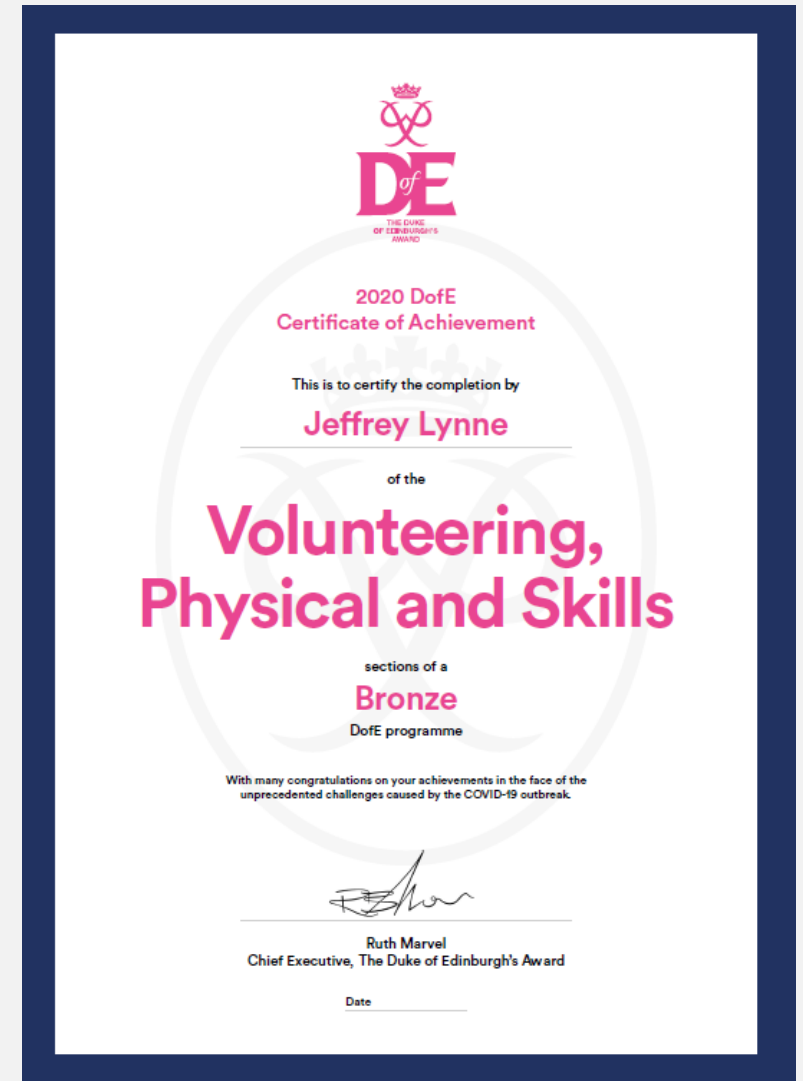


During and in the aftermath of the COVID-19 outbreak, participants who complete their Skills, Volunteering and Physical sections will receive a special DofE Certificate of Achievement.

This is a formal recognition, by the DofE, of the effort, skill and commitment you've shown at this extraordinary time.

The Certificate can act as a talking point on your CV or in your personal statement and help you stand out.

And you can still do your expedition and achieve your Silver DofE Award.





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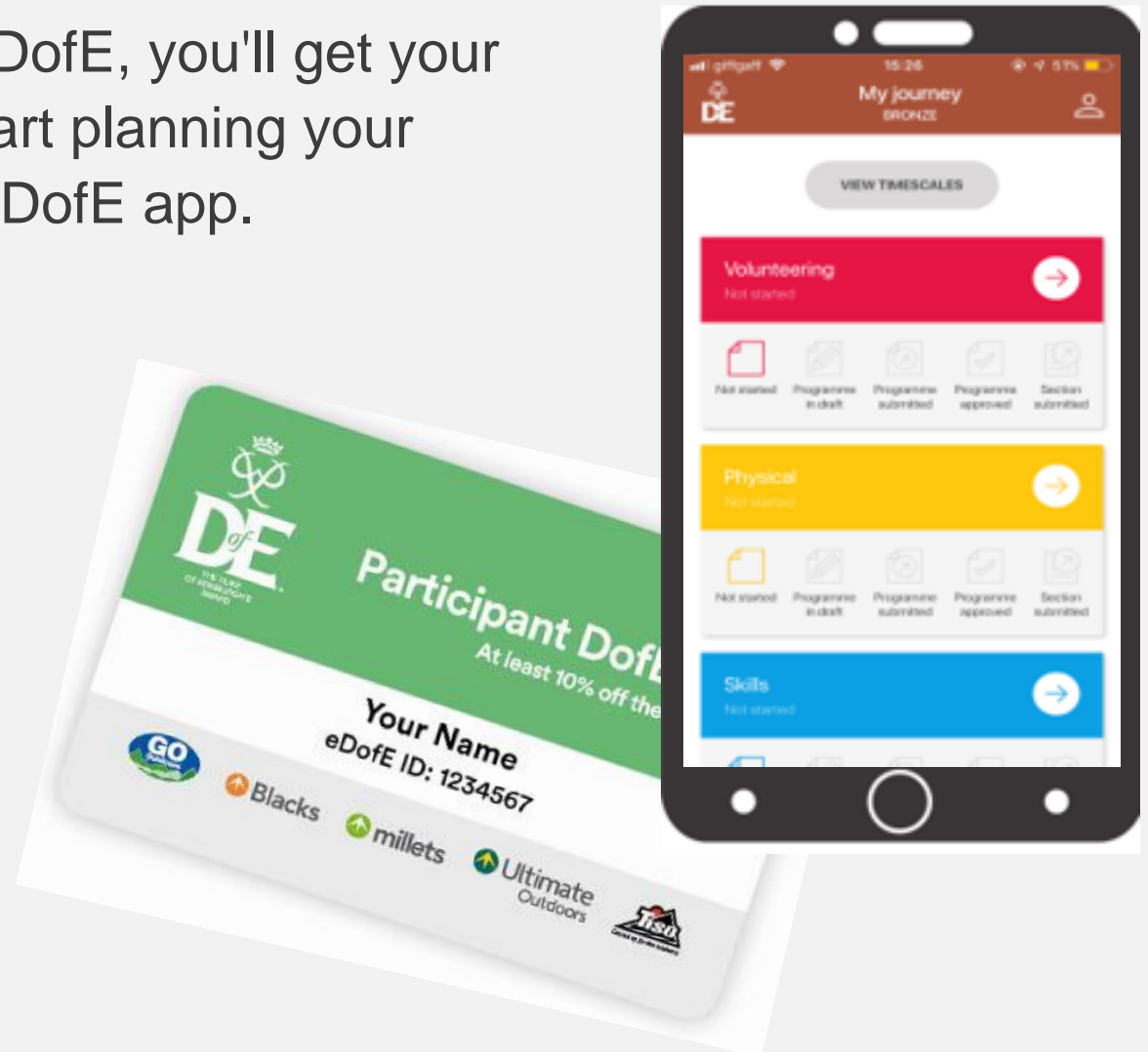
# Your Welcome Pack and eDofE



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.

# DofE Silver Expeditions 2021

## DofE Silver Expeditions 2021

Whilst campsites remain closed in some parts of the UK, it is allowable for teams at all Award levels to return home to sleep during their expedition. They should however still plan and cook their meals as a team, and of course meet the minimum hours of planned activity during each day.

### Saturday 24th April Training Day

**This day will cover all of the essential training for a self sufficient expedition, including:**

First aid and emergency procedures, including risks and hazards

Navigation, map skills and route planning (including planning Practice expedition routes)

Equipment, choices and care

Food and cooking

**Attendance at this day is compulsory.**



# Equipment

For both Practice and Qualifying Expeditions participants must be self-sufficient so, even though they are going home to sleep, they need to carry appropriate expedition kit. Participants should carry some form of shelter and warmth in case of emergency, although this could be a survival shelter rather than a tent. Participants should also carry all of the food and clothing that they will need for the whole expedition. Hire of a rucksack is available from Big Strides for £20 for both expeditions. If participants are buying their own then it should be at least 60 litres capacity. Big Strides has rucksacks available to buy for £55 for a Vango 65 litre rucksack. These can be bought on the Training Day. Cookers and shelters are provided by Big Strides

# Dates



Saturday 1st and Sunday 2nd May: Practice expedition

Cannock Chase, starting and ending at Rail Stations

Participants must complete a practice expedition prior to their qualifying expedition.

The expedition format will be 2 day long walks (approx 12-16Km each day). Saturday will last approximately 8 hours and Sunday approximately 7 hours. On Saturday each person will prepare, cook and eat a substantial meal just before the end of their walk.

# Dates



Saturday 29th, Sunday 30th and Monday 31st May: Qualifying Expedition

North Worcestershire, starting and ending at Rail Stations

The expedition format will be 3 day long walks (approx 12-16Km each day). Saturday and Sunday will last at least 8 hours and Monday at least 7 hours. On Saturday and Sunday each person will prepare, cook and eat a substantial meal just before the end of their walk.



# How to enrol



Please visit Parents section on the School website

Duke of Edinburgh

Where you will find a link to enrol

More information downloads etc

The cost of enrolment is £22.00 which is no refundable if you withdraw.

Total cost is £265.00 (which includes enrolment fee)

Once you have completed the form the payment details will appear on parent pay

Please do not pay if you are entitled to funding