



**YOUTH
WITHOUT
LIMITS**

**START
YOUR BRONZE
DOFE**











Galaxy A13



















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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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Your DofE Award will open doors for you...

Did you know that over ¼ UK companies look for a **DofE Award** in applications when they recruit, above other programmes?

(CIPD Learning to Work survey 2015)



Demonstrating your **experiences** is also important do when applying for jobs.

Companies believe candidates with DofE have more employability skills to offer than those who don't.

DofE develops **team working** skills, **time management** and **prioritisation**, **problem-solving**, **adaptability**, **leadership**.

DofE Skills for Work

Many leading companies have already signed up to say that DofE Award holders have the skills for their business.

You can view the full list and read what they have to say at

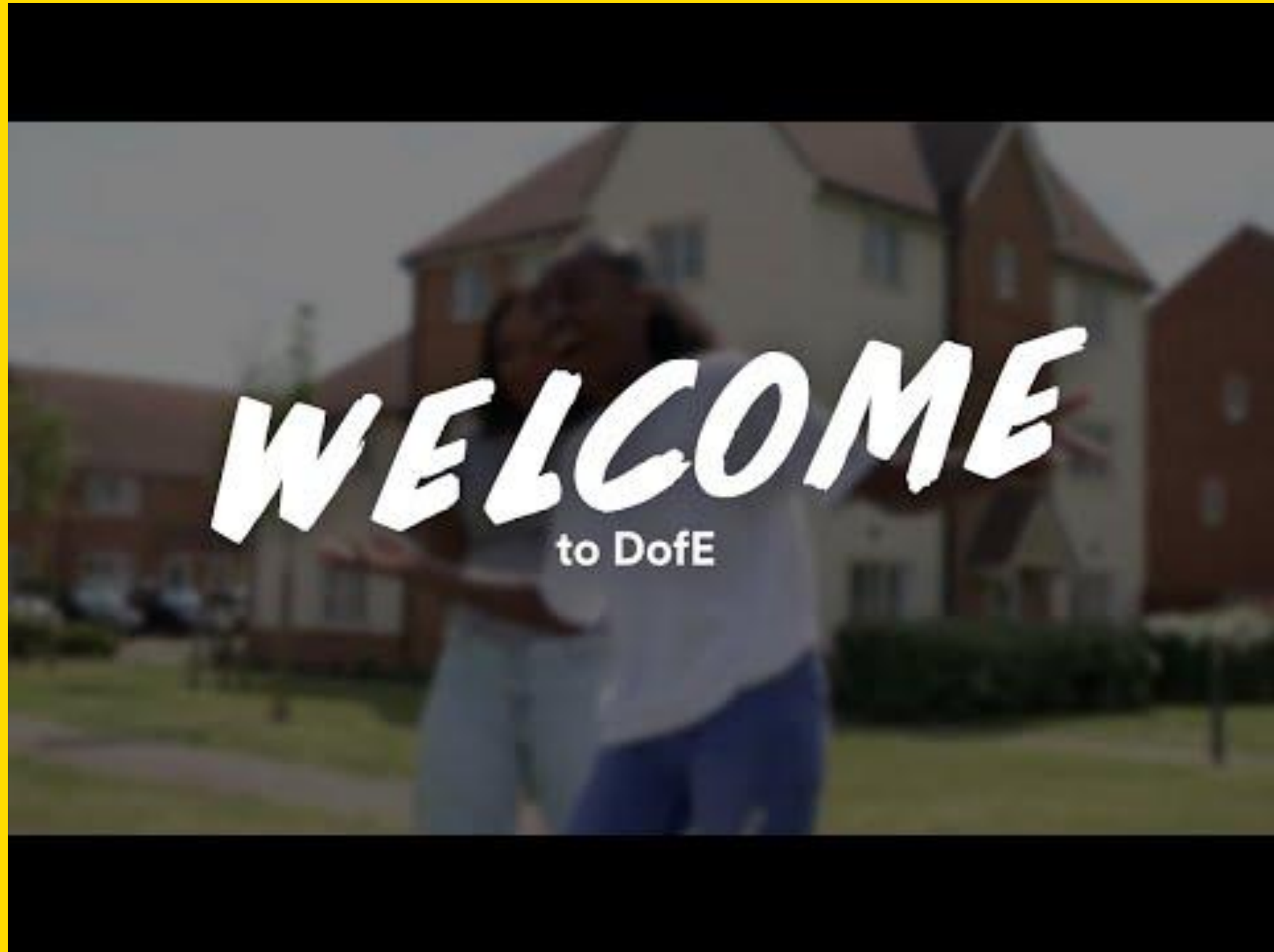
www.DofEskills.org



Award Sections

- **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
- At Gold level, participants do an additional, fifth **Residential** section, which involves working and staying away from home doing a shared activity.

Introducing the DofE



What will I do?



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

- ☐ 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

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Peer education
- ☐ Personal safety
- ☐ Promotion & PR
- ☐ Road safety

Working with the environment or animals

- ☐ Animal welfare
- ☐ Environment
- ☐ Rural conservation
- ☐ Preserving waterways
- ☐ Working at an animal rescue centre
- ☐ Litter picking
- ☐ Urban conservation
- ☐ Beach and coastline conservation
- ☐ Zoo/farm/nature reserve work

Helping a charity or community organisation

- ☐ Administration
- ☐ Being a charity intern
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Supporting a charity
- ☐ Working in a charity shop

Coaching, teaching and leadership

- ☐ Dance leadership
- ☐ DofE Leadership
- ☐ Group leadership
- ☐ Head student
- ☐ Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade Sports
- ☐ Leadership Music tuition

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

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/
- ☐ Aquathon Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Field Gun
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampoline
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Cero
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/ Irish dancing
- ☐ Street dancing/ breakdancing/ hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ RacketlonRackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work
- ☐ Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating
- ☐ Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ 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
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey Kabaddi
- ☐ Korfbal
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby

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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Skill section

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies
- ☐ Listening to, analysing & describing music

- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

Skill section

- ☐ Historical period re-enacting
- ☐ Kite construction & flying
- ☐ Mah Jongg
- ☐ Marksmanship
- ☐ Model construction & racing
- ☐ Motor sports
- ☐ Power boating
- ☐ Snooker, pool & billiards
- ☐ Sports appreciation
- ☐ Sports leadership
- ☐ Sports officiating
- ☐ Table games
- ☐ War games

Life skills

- ☐ Alternative therapies
- ☐ Cookery
- ☐ Democracy in action
- ☐ Digital lifestyle
- ☐ Driving: car maintenance/car road skills
- ☐ Driving: motorcycle maintenance/road skills
- ☐ Event planning
- ☐ First aid – St John/St Andrew/BRCs
- ☐ Hair & beauty
- ☐ Learning about the emergency services
- ☐ Learning about the RNLI (Lifeboats)
- ☐ Library & information skills
- ☐ Life skills
- ☐ Massage
- ☐ Money management
- ☐ Navigation
- ☐ Public speaking and debating
- ☐ Skills for employment
- ☐ Young Enterprise

Learning & collecting

- ☐ Aeronautics
- ☐ Aircraft recognition
- ☐ Anthropology
- ☐ Archaeology
- ☐ Astronautics
- ☐ Astronomy
- ☐ Bird watching
- ☐ Coastal navigation
- ☐ Coins
- ☐ Collections, studies & surveys
- ☐ Comics
- ☐ Contemporary legends
- ☐ Costume study

- ☐ Criminology
- ☐ Dowsing & divining
- ☐ Fashion
- ☐ Forces insignia
- ☐ Gemstones
- ☐ Genealogy
- ☐ Heraldry
- ☐ History of art
- ☐ Language skills
- ☐ Military history
- ☐ Movie posters
- ☐ Postcards
- ☐ Reading
- ☐ Religious studies
- ☐ Ship recognition
- ☐ Stamp collecting

Media & communication

- ☐ Amateur radio
- ☐ Blogging
- ☐ Communicating with people who are visually impaired
- ☐ Communicating with people who have a hearing impediment
- ☐ Film & video making
- ☐ Journalism
- ☐ Newsletter & magazine production
- ☐ Signalling
- ☐ Vlogging
- ☐ Writing

Creative arts

- ☐ Basket making
- ☐ Boat work
- ☐ Brass rubbing
- ☐ Building catapults & trebuchets
- ☐ Cake decoration
- ☐ Camping gear making
- ☐ Candle-making
- ☐ Canoe building
- ☐ Canvas work
- ☐ Carnival/festival float construction
- ☐ Ceramics
- ☐ Clay modelling
- ☐ Crocheting
- ☐ Cross stitch
- ☐ DIY
- ☐ Dough craft
- ☐ Drawing
- ☐ Dressmaking
- ☐ Egg decorating
- ☐ Embroidery
- ☐ Enamelling

- ☐ Fabric printing
- ☐ Feng Shui
- ☐ Floral decoration
- ☐ French polishing
- ☐ Furniture restoration
- ☐ Glass blowing
- ☐ Glass painting
- ☐ Interior design
- ☐ Jewellery making
- ☐ Knitting
- ☐ Lace making
- ☐ Leatherwork
- ☐ Lettering & calligraphy
- ☐ Macramé
- ☐ Marquetry
- ☐ Model construction
- ☐ Mosaic
- ☐ Painting & design
- ☐ Patchwork
- ☐ Photography
- ☐ Pottery
- ☐ Quilting
- ☐ Rope work
- ☐ Rug making
- ☐ Snack pipping
- ☐ Soft toy making
- ☐ Tinting
- ☐ Taxidermy
- ☐ Textiles
- ☐ Weaving and spinning
- ☐ Wine/beer making
- ☐ Woodwork

Expedition

**Explore the great outdoors
and spend a night away
from home**

**Create memories that
will last a lifetime**

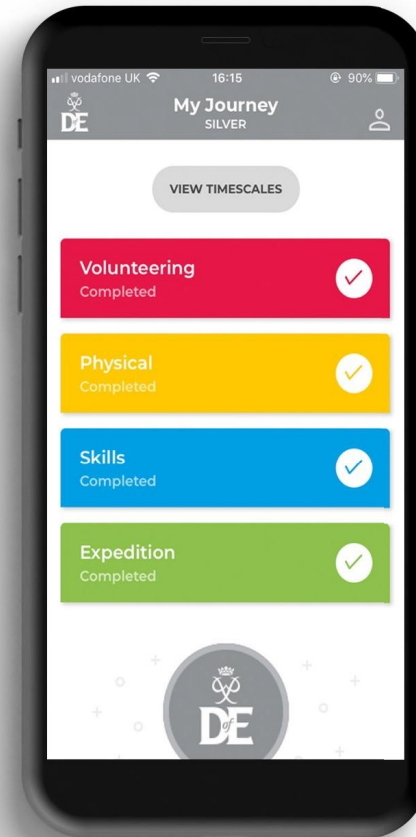


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A word cloud with the word "Expedition" as the central, largest element. Surrounding it are various related terms in different sizes and orientations, all in shades of green. The words include: Resilience, Fit, Teamwork, Healthy, Preparation, Determination, Perseverance, Adventurous, Patience, Expedition, Take Direction, Overcomes obstacles, Leadership, Learns from mistakes, Fun, Understanding, Presentation, Planning, and Motivational.

Resilience Fit Teamwork
Healthy
Preparation Determination Perseverance
Adventurous Patience
Expedition
Take Direction Overcomes obstacles
Leadership Learns from mistakes
Fun Understanding
Presentation Planning
Motivational

Your Welcome Pack and eDofE



Sign in to www.eDofE.org

- Use the account details that your Leader gives you.

Decide what you're going to do.

- Use the programme planners at www.DofE.org to decide on your activities before recording them in eDofE.



Keep a record of what you do.

- Add photos to build a great *Achievement Pack*.

Let your Leader know you've done it.

- When a section is complete add your Assessor's Report for your Leader to read and approve.

Celebrate!

- You'll get a badge and certificate.
- Don't forget to create your *Achievement Pack*!
- At Gold you can attend a ceremony at a Royal Palace.

Move on to
the next
level – or be
a DofE
volunteer...



Recording my DofE – it's simple!



The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC008254, and a Royal Charter Corporation No: RC000806. Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU
www.DofE.org www.facebook.com/theDofE
www.twitter.com/DofE www.youtube.com/theDofEuk

Getting started

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

To get started with your DofE journey, look out for an information letter and application form that will be sent out to you and your parents in the next few weeks!

If you have any questions, please come and speak to Mr Disney (Maths Office/M20- M Block)



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**The DofE is a charity.
Visit DofE.org for
more information.**

**Mr Disney
Maths Teacher and TGS
DofE Coordinator**

**The deadline for applications is
Friday 13th December.**

**There is a cost of £285 for the
full award - this includes a £50
non-refundable deposit which
must be paid when your
application form is submitted
any time by 28th November.**

Any questions?

