The Expedition

Students will only be eligible to enroll for their expeditions when they have:

- 1. Completed both 3 month sections of their award by Easter.
- 2. Completed all 3 sections of their award by 1^{st} July.

The expeditions will be organised by staff and be a walking expedition. Students will walk unaccompanied and navigate for themselves between checkpoints where staff will meet them. Students will also be supervised during camp craft. You will have to carry all equipment which you will need for the 2 day expedition including your tent, food, stoves and any clothing.

Practice expeditions: South Cerney Outdoor Education Centre

Assessed Expedition: from Thomas Keble site using the Cotswolds AONB.

Contact Us

Paul Acton Bronze Award Leader

Leaders: Claire Carpenter (DofE Manager and Assessor) Rebecca Kerslake Guy O'Malley

More information can also be found at: <u>www.dofe.org</u>

The Duke of Edinburgh Award Bronze



What is the Award?

The Award is a challenging programme of activities which will help you to learn new skills, help others and experience an adventure and a sense of achievement.

At all three levels- Bronze, Silver and Gold- you will have the complete four sections: Volunteering, Physical, Skills and Expedition.

What you do for each section is up to you and the following pages will explain some examples and options which are available to you. You can continue work on activities which you already participate in or try something entirely new.

At the end of each of your sections you will need an assessor to complete a report about your activity. This needs only be a few sentences explaining what you have been doing and working on. This can be any reliable adult but must not be a family member. Within your DofE Welcome Pack there will be small booklets for each section which includes an assessor's report sheet or you can complete this online using your eDofE ID number.

Students complete 2 sections for 3 months and 1 section for 6 months. It is up to you which section you choose to do for 6 months but we recommend that you choose an activity that you already enjoy for this longer section. You will be asked on eDofE which sections you are planning to complete for 3 months and which for 6 months.



Volunteering, Physical and Skills Sections.

Volunteering

AIM: to undertake a service to individuals or the community.

- Helping people: supporting a local primary school or youth club.
- Community action: being a member of a local charity or supporting a local cause through action.
- Coaching, teaching or leadership: helping coach younger students for a club such a rugby.

Physical

AIM: to inspire young people to achieve greater physical fitness and healthy lifestyle.

- Team sports: playing any team sport regularly such as football, basketball or netball/
- Individual sports: yoga, dance, fitness classes or running.
- Any activity that increases heart rate and causes a sweat counts as a physical activity.

Skills

AIM: to commit to developing a personal skill or interest.

- Creative arts: playing an instrument, drama classes, art work.
- Natural world: animal care, studying horticulture.
- Sports skills: refereeing, dance choreography, games such as snooker.