



Why You Should Do the Duke of Edinburgh's Award (DofE)

An exciting opportunity for personal growth and adventure.

What is the Duke of Edinburgh's Award?

The **Duke of Edinburgh's Award** (DofE) is a nationally recognised programme designed for young individuals. It challenges participants to develop key life skills through a combination of activities and outdoor adventure. The award has three levels: Bronze, Silver, and Gold, with each level requiring increasing levels of commitment and challenge.

DofE is an opportunity to push yourself outside of your comfort zone, interact with new people, and gain a sense of independence while taking part in exciting experiences.



The Bronze DofE Award



The Bronze DofE Award is the first level of the programme and is designed to be both exciting and achievable. It consists of three main sections plus the qualifying expedition, each of which helps you develop a new skill or challenge yourself in different ways.



- **Volunteering:** This section involves giving up your time to help others. Whether that's coaching a younger sports team, assisting at a charity shop or taking part in an environmental project, volunteering is a great way to make a difference while building confidence and responsibility.
- **Physical:** This is all about improving your fitness through a sport or activity of your choice whether that is football, swimming, dance or gym training.
- **Skills:** This section allows you to learn something new or improve an existing skill. This could be anything from learning an instrument to first aid, photography, or cooking.

What happens on the qualifying expedition?

The qualifying expedition is one of the most exciting and rewarding aspects of DofE. After completing training and a practice expedition, you and your team will take part in a two-day, self-sufficient journey where you navigate through the countryside, camp overnight, and cook your own meals using a camping stove.

During the expedition, teamwork is **essential**. You will plan your route in advance, read maps, and work together to stay on track. Camping overnight in the wilderness is an experience like no other, allowing you to disconnect from everyday life and enjoy nature in a way you might never have before.

Cooking outdoors is also a key skill during the expedition. You'll quickly realise that even a simple meal can taste amazing after a long day of walking!



Why should you take part in DofE?



Taking part in the Duke of Edinburgh's Award has countless benefits that extend far beyond just earning a certificate. On a personal level, DofE helps to build confidence, resilience and independence. It encourages teamwork, problem-solving and leadership, all of which are essential skills that will benefit you throughout your life. Many people find that the challenges they face during DofE - whether it's navigating unfamiliar terrain, cooking a meal outdoors or working through setbacks - helps them to grow as individuals.

Beyond personal growth, DofE is highly valued by employers, colleges, and universities. It demonstrates commitment, responsibility, and the ability to work as a team. Having DofE on your CV or personal statement can give you an edge when applying for jobs, apprenticeships, or university courses, as it shows that you are motivated and willing to take on challenges.

If this sounds like the right challenge for you...

If you feel like the Duke of Edinburgh's award is something you'd enjoy, or if you simply want to find out more about what's involved, you can speak to our school's DofE Leaders (**Mr Davis and Mr Le Matti**) or one of the DofE Young Leaders (**Rebecca A and Joshua W**). We're here to answer any questions, help you understand what to expect, and guide you through the sign-up process.

DofE is a challenge, but it's also an adventure - one that will push you to grow in ways you never expected. If you want to build confidence, interact with others, and create memories that will last a lifetime, this is the perfect opportunity. Even if you're unsure, it's worth having a chat to see if it's the right fit for you!

