



<https://www.dofe.org/do/>

Check out this website for more details

WHY DO DofE?????

- The DofE gives you the chance to do something completely new and improve on things you're already doing.
- It takes you out of your comfort zone and into a place where you'll push yourself and have amazing new experiences.
- You'll build confidence, resilience, skills for work and friendship groups. And you'll have a brilliant time doing it.
- Looking forward, the DofE can help you to carve out a better future. Colleges, universities and employers regard a DofE Award highly so it will help to open the right doors for you.

Your DofE programme is a real adventure.
It doesn't matter who you are or where you're from.
You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- **Bronze** (aged 14+) – YEAR 9
- **Silver** (aged 15+) – YEAR 10
- **Gold** (aged 16+) – YEAR 12

...which lead to a Duke of Edinburgh's Award.

Silver Award (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entrants must undertake a further 6 months in the Volunteering or the longer of the Physical or Skills sections.</i>			

Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation



Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



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.

Expedition examples

- This will be organised by Woodkirk staff, it will involve you undertaking 2 expeditions, one in May and one in June.
- You will walk for 3 days (/Sat/Sun/Mon) and camp over night (Sat/Sun)
- You will complete this in a small group with your friends and you will carry your food, clothes and tents in a very large ruck sac
- This is the best bit – you will have a great time!!

