

DUKE OF EDINBURGH'S AWARD

BRONZE AWARD 2016



THE DUKE OF
EDINBURGH'S AWARD


The DofE is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be.

The DofE is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new territories.

It is a programme for people aged 14 to 24.

You can choose the activities that motivate you and go on your own personal journey.


The DofE helps you stand out from the crowd when you apply for college, university or jobs.



There are three Award levels:

- Bronze – for those aged 14+ years
- Silver – for those aged 15+ years
- Gold – for those aged 16+ years

Bronze timescales:

- Volunteering section: 3 months
 - Physical section: 3 months
 - Skills section: 3 months
 - Expedition section: 2 days/1 night
 - You also have to do 3 more months in one of the Volunteering, Physical or Skills sections.
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VOLUNTEERING SECTION

Volunteering is all about making a difference to other people's lives.

- Perhaps you're interested in animals or conservation?
- Or you might like to work with older people or raise money for a cause that means a lot to you?
- From teaching children cyber safety to starting a local recycling campaign.

The Volunteering section of your DofE enables you to give your time to help others and change things for the better.



Helping people:

Helping children
Helping older people
Helping people in need
Helping people with special needs
Youth work

Community action & raising awareness:

Campaigning
Cyber safety
Council representation
Drug & alcohol education
Home accident prevention
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

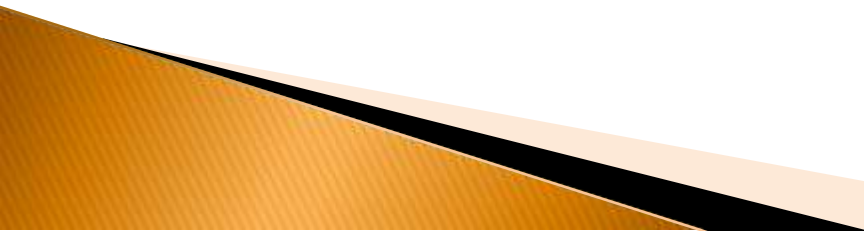
Coaching, teaching and leadership:

Dance leadership
DofE Leadership
Group leadership
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
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
Sports leadership
Music tuition

PHYSICAL SECTION

The Physical section is a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless.

Improve your football, rock climbing or dance skills or try a completely new sport or activity. Join a team or do it on your own. You don't have to be super fit or world class – with the DofE, it's about setting your own challenges, giving 100% and being the very best you can be.



Individual sports:

Fitness:

Racquet sports

Water sports:

Extreme sports:

Martial arts

Dance:

Team sports:



SKILLS SECTION

The Skills section is about discovering what you're really good at. Maybe you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website?

By developing practical and social skills and nurturing your personal interests and talents, you'll boost your self-esteem and your CV.

Performance arts

- Speech & drama
- Theatre appreciation

Creative arts

- Drawing
- Jewellery making

Science & technology

- Weather/meteorology
- Website design

Music

- Composing
- DJing

Games & sports

- Gliding
- Go-karting

Care of animals

- Caring for reptiles
- Dog training & handling

Natural world

- Plant growing

Media & communication

- Amateur radio
- Communicating with people who are visually impaired

Learning & collecting

- Comics
- Fashion

Life skills

- Cookery
- Democracy in action

Visit

www.DofE.org/skills

for more guidance, information,
programme planners and programme
ideas.

EXPEDITION

- TRAINING WEEKEND
 - PRACTICE EXPEDITION
 - BRONZE EXPEDITION WEEKEND
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Where to go to get some ideas:

www.edofe.org



Bronze Duke of Edinburgh Bronze Award Application Form 2016

| | |
|---|--|
| Name | |
| Tutor Group | |
| <p>Why do you want to take part in the Bronze Duke of Edinburgh Award?</p> | |
| <p>How do you think the DoE Bronze Award will benefit you personally?</p> | |
| <p>Where would you like to volunteer? Why did you choose this? How long would you do it for?</p> | |

THE APPLICATION FORM AND INFORMATION LETTER CAN BE FOUND AT:

1. Folder – S: drive – DofE (this is the student drive)
2. Website – DofE Bronze Award

Please complete and return to the
reception by 3.35pm on
Monday 31st October 2016