



# Start Your Bronze DofE



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# What is the DofE?



To view this video please

visit: [https://www.youtube.com/watch?v=Y7kY2w4A7\\_s&t=1s](https://www.youtube.com/watch?v=Y7kY2w4A7_s&t=1s)

# How do I choose my activities?

There are lots to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section				



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# What will you do?

## Volunteering

Volunteering is all about taking action and making a difference.

You can choose the cause that means most to you.

From coaching a local football team to starting a campaign, you'll give up your time to change things for the better.

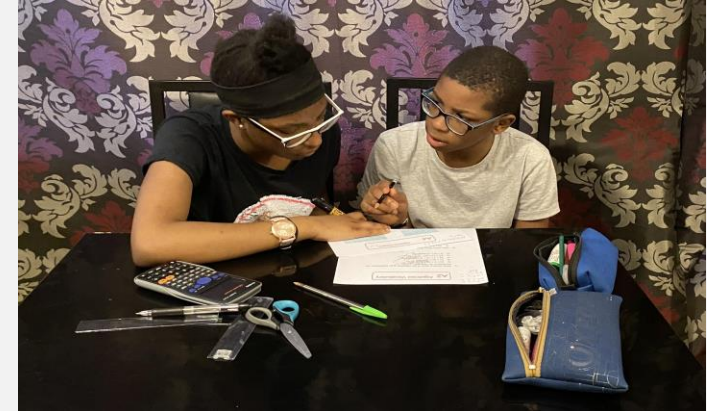
It's extremely rewarding — and it can give you the chance to experience the world of work.

## Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From yoga to gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

You can join a team or do it on your own. It's up to you.



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# What will you do?

## Skills

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and find something you love doing.

If you're interested in a specific field, this could be the perfect chance to do something related to it. If you're interested in photography, for example, you could do that as your skill.

You'll grow in confidence and get a real sense of achievement.

## Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend two days and one night away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.





# Expedition Kit

A full kit list can be found on our Academy webpage, under useful documents and forms.

**DofE Expedition Kit List**



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# Your DofE and COVID-19



The COVID-19 outbreak won't stop you doing your DofE – far from it.

In fact, the DofE can help you navigate your 'new normal', expand your world and give you skills and experiences that can open doors in the future.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and government guidelines allow – you can do yours, with all the benefits and memories you'd get at any other time.

Visit [DofE.org/DofEWithADifference](https://DofE.org/DofEWithADifference) for loads of activity ideas and information.

**Running Mentoring DIY Cooking  
Yoga Photography Wii Fit Coding  
Guitar playing Knitting Cycling  
Sign language Gardening Walking  
Painting Circuits Quizzing Jogging  
Campaigning Money management  
Vlogging YouTube fitness Dancing  
Helping neighbours Dog-walking  
#DofEWithADifference Languages  
Tutoring Singing Martial arts Sewing  
Pilates Crafting Blogging App design  
Filmmaking Combatting loneliness  
Cyber safety Family tree research  
Online learning Foodbank collection  
Website building Book reviewing  
First aid Aerobics Driving skills  
Programming Skateboarding**

# UKAT DofE and COVID-19



We pride ourselves at UKAT DofE with offering a bespoke programme to all students. Being self sufficient means we can reduce the cost and offer financial assistance to those that need it. During lockdown we were blown away by the commitment of both students and staff and were recognized by DofE South East for our hard work.

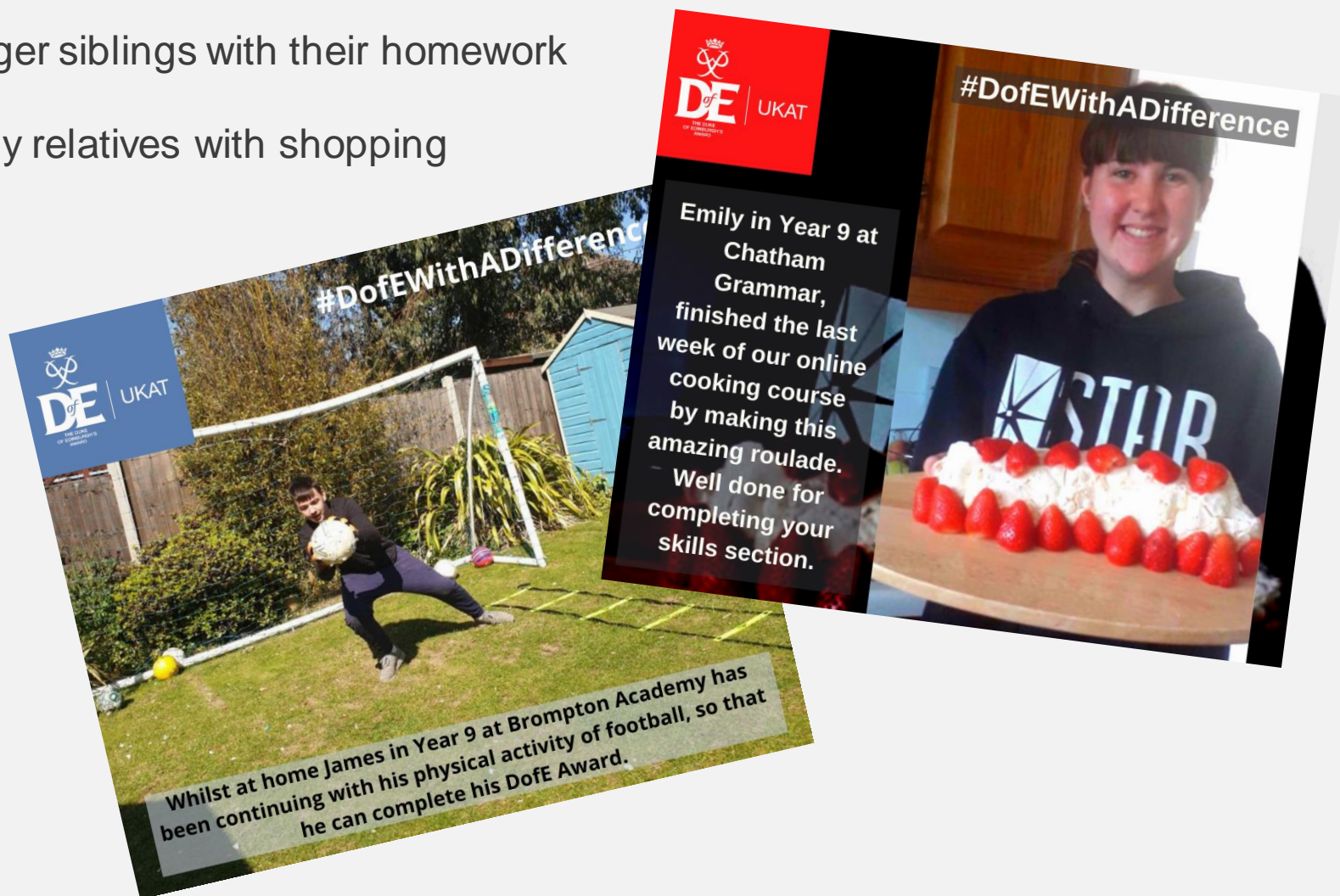
Lockdown didn't stop participants from carrying on, with the help from their Leader, students just adapted their programme to suit taking advantage of #DofEWithADifference.

The flexibility of this Award was never so obvious during this difficult time.



# Activities at Home

- Helping younger siblings with their homework
- Helping elderly relatives with shopping
- Dog walking
- Gardening
- Joe Wicks
- Running
- Walking
- Cooking
- Dance



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# The DofE Certificate of Achievement

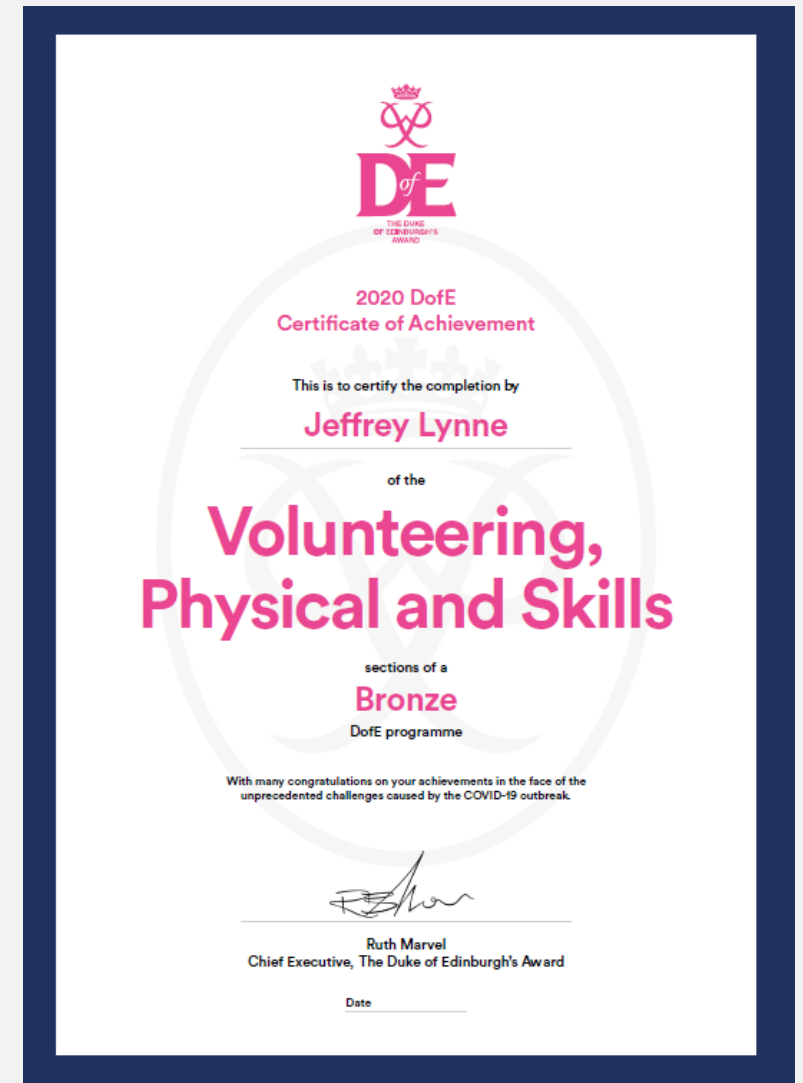


During and in the aftermath of the COVID-19 outbreak, participants who complete their Skills, Volunteering and Physical sections will receive a special DofE Certificate of Achievement.

This is a formal recognition, by the DofE, of the effort, skill and commitment you've shown at this extraordinary time.

The certificate can act as a talking point on your CV or in your personal statement and help you stand out.

And you can still do your expedition and achieve your Bronze DofE Award.



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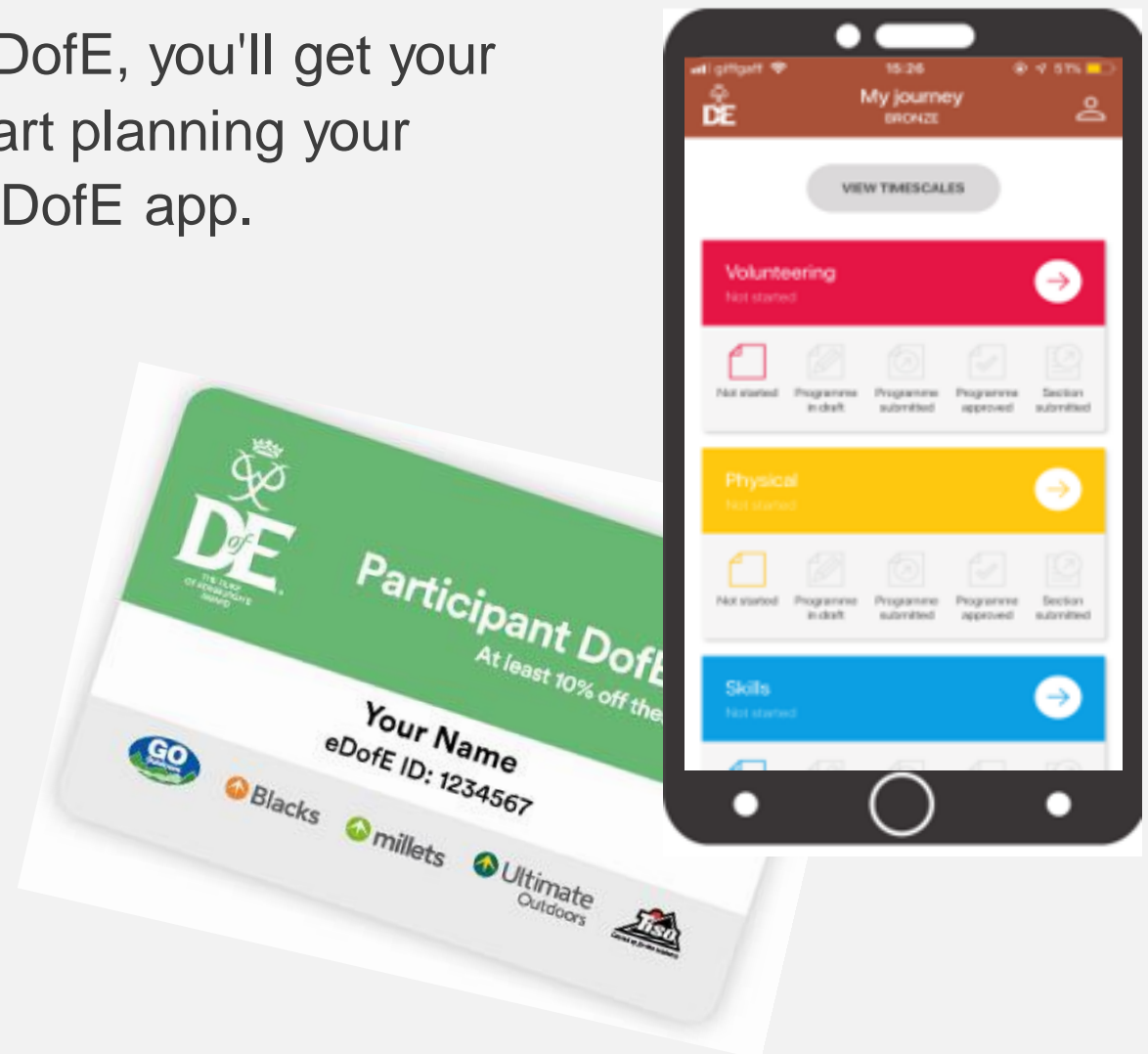
# Your Welcome Pack and eDofE



Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.





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# Why do your DofE?



## So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." **Benedict Cumberbatch**, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden**, entrepreneur.

# Presentations



Rochester Cathedral  
Presentations





# Become an Ambassador or WoW Employee





# Cian and Evan DofE Ambassadors



To view this video please visit this  
link: <https://www.youtube.com/watch?v=beJF0ZE7x88>

# A Royal Visit

We have an amazing DofE programme at UKAT, and the hard work and dedication that both students and staff have given to this prestigious Award was recently recognised with an invitation to showcase our skills, and meet HRH The Duke of Wessex.

To see what we got up to, take a look at a video of the day via our website.





# DofE Review

Every three years the Trust must have a review by the DofE to enable us to continue to offer the Award.

We had some brilliant feedback, from the auditor Edward Gaskin.

Here are some of his comments.





# WHAT ARE YOU WAITING FOR?

Are you ready to volunteer, get fit, learn something new and make new friends? The DofE is one amazing adventure you will never forget.

So what are you waiting for?

For more information take a look at our information booklet on our Academy website.



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# UKAT DofE Staff



Mrs Culham  
DofE Manager BA



Miss Newington  
DofE Manager CG



Mr Webster  
Senior DofE Leader BA



Mr Whitehead  
Senior DofE Leader CG



Miss Goosey  
Assessor/Leader



Mr Hardman  
Assessor/Leader



Mr Jefford  
Assessor



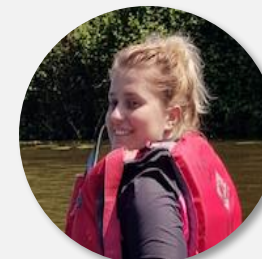
Mr Obadan  
Leader



Mr Wyatt  
Volunteer



Rhianna  
Volunteer



Perri  
Volunteer



Miss Tivey  
Administrator BA



Miss Dexter  
Administrator CG



Mrs Banner  
Electives

# Contact us

<https://www.bromptonacademy.org.uk/duke-of-edinburgh-award>

<https://www.chathamgrammar.org.uk/dofe>

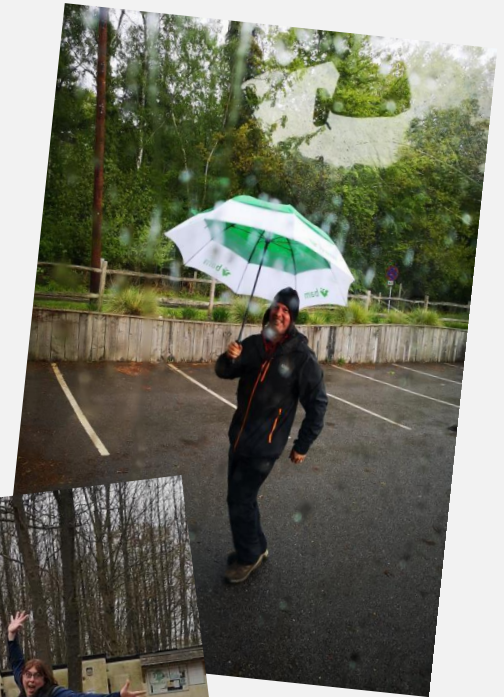
You can contact us using the contact form on the above websites.

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ANY QUESTIONS?