



**Lymm High School
Bronze
Year 9**

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 - Year 9**
- **Silver - Year 10**
- **Gold - Year 12**

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

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous level Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.

Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

Choosing activities

Think about what you want to do for each section, and check with your DofE Leader (that's me!) that your choices can be counted.

Use the helpful lists and category finder on **www.DofE.org/sections**.

Volunteering

- It's about choosing to give time to something useful, without getting paid.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.



Physical

In short, anything that requires a sustained level of physical effort and involves doing an activity.

You can do this section independently or as part of a team.



Skills



Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

Expedition



- Have an adventure by planning, training for and completing an adventurous journey as part of a team.
- Will take place in Cheshire

Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

What Next?

You Can:

- Talk to friends and Family and build your ideas
- Research through the website www.dofe.org

The school will issue a letter around half term with further information on:

- Costs
- Timelines
- List of meetings
- Dates for expeditions