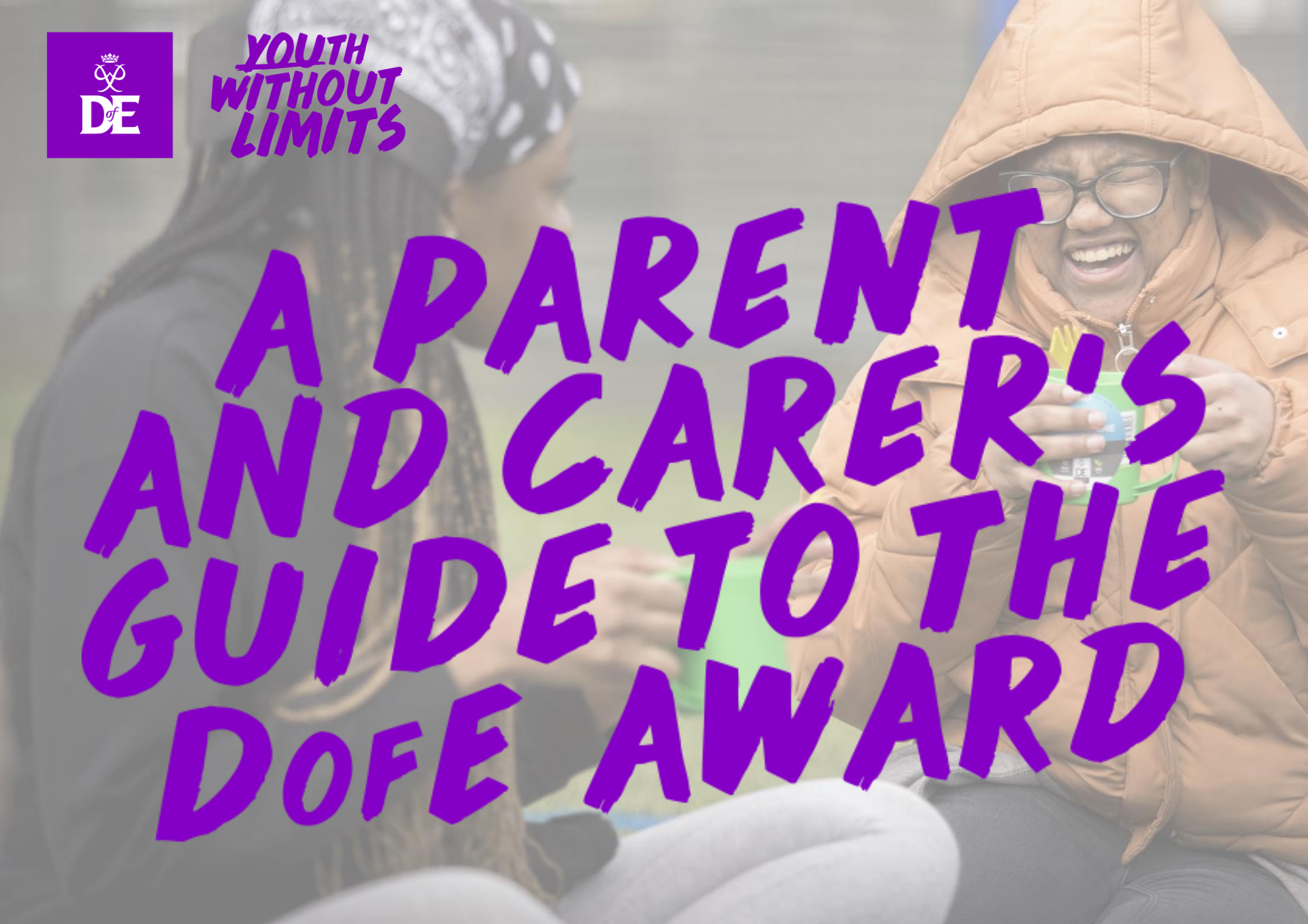




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A PARENT AND CARER'S GUIDE TO THE DOFE AWARD



What is the DofE?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work



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Introducing the DofE



It's definitely made me a
more confident person.

What is involved?



To complete the bronze DofE Award, 4 different sections must be undertaken for a minimum period of time: Volunteering, Physical, Skills and Expedition.

Sections do not need to be completed all at the same time but must show commitment of at least an hour a week over the time period.

If you have breaks, for example during school holidays, then you need to make up the time.

You can change activities within a section if you cannot carry on something you have started.

Volunteering section

Helping others and making a difference to the causes they care about.

Volunteering is all about taking action and making a difference to other people's lives. This can include:

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



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Volunteering – what others have done

Here are a few examples of what other students have done for this section.

Coaching, teaching, leadership

- Peer Mentoring
- Netball coaching
- Football coaching
- Tennis coaching
- Cricket coaching
- 5 ways soccer
- Gymnastics coaching
- Swimming coaching
- Dance leadership

Charity Shops

Helping Children

- Primary School after school clubs
- Create Music – B&H music and arts
- Youth Groups – Brownies, Rainbows, Cubs etc

Community/voluntary organisations

- Local Food Banks
- Litter Picking
- Beach Cleans
- Park Run
- Surfers Against Sewage
- YHA Cafes

Physical section

Improving health and fitness and having fun along the way!

The Physical section is a chance to focus on health and fitness and have fun along the way. Doing more physical activity can help support academic studies and mental health. You could choose from:

- An individual sport
- Water sports
- Dance
- Racquet sport
- Fitness
- Extreme sports
- Martial arts
- Team sports

Almost any dance, sport or fitness activity can count – it's completely up to them which activities they choose, including whether they seek to join a team or choose to do an activity on their own.



Skills section

Developing existing skills or discovering new things to love

You can develop a talent or new interest and gain practical and life skills.

Students will be able to choose whether to develop their skills in areas where they have an existing passion, or to learn about something new.

In the past, young people have used their skills section to develop their interests and talents in a huge range of areas including computer coding, driving and cooking

Note: Activities used in the Physical section do not count for a Skills section activity as well.



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Skills – what others have done

Here are a few examples of what other students have done for this section.

- Cookery
- Sewing
- Money management
- Learning a new instrument
- Learning a new language
- Make up
- Playing in a band
- Astronomy
- Skills for employment
- Photography
- Dressmaking
- Singing
- Needlecraft
- Jewelry making
- Digital skills
- Film and video making
- Football refereeing
- Sports leadership
- Baking
- British Sign language
- Drawing
- Drums
- Coding
- Crocheting
- Touch typing
- Dog training
- Drama
- Fine art
- Graphic Design
- Painting

Expedition

Spending time in the great outdoors and creating lifelong memories

Getting into the great outdoors and spending a night away with friends – the DofE expedition will give young people lifelong memories.

- The Team section – Teams of 4-7
- Teams will complete training in all the expedition skills such as navigation, campcraft and cooking and then take part in a 2-day 1 night assessed expedition.
- Expeditions will be organised, assessed and recorded by the school.



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Expedition ctd.

Expeditions will take place over 2 weekends

- 10/11 May 2025
- 21/22 June 2025

Students will only be allowed to take part in this section if they have completed 1 other section of the award by Easter 2025.



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Your role

- **Guidance**
- **Encouragement**
- **Practical support**
- **Recognising achievement**

The award is designed to help students gain independence and responsibility for their own achievements



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Practical Information

Costs involved

Total = £286 per student

this includes, the DofE online enrolment fee and official Welcome Pack, school support and administration and the expedition training and assessment package provided by Blackland's Farm Outdoor Centre, an approved expedition provider, with qualified staff and assessors.

Funding & Support

DofE – Funding available (school applies)

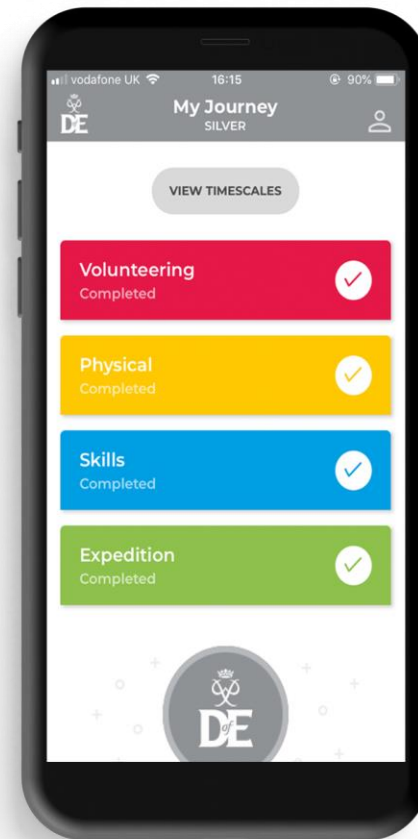
Please speak to DofE co-ordinators for further information,

Dofe@dorothy-stringer.co.uk

FSO@dorothy-stringer.co.uk



Your Welcome Pack and eDofE



Getting started

Are you ready
to support your
child/young person
to start an adventure
they'll never forget?



Next Steps:

- Students must enrol by the end of half term – 1st November 2024
- We will send information to students about how to set up their account and get started
- Weekly drop in – D4 @ breaktime on Wednesdays
- Speak to Mr Freeman or Mrs Welsh



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