

# What is the DofE?



# The DofE is...

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The 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 will complete the following level:

- **Bronze** (aged 14+)

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

# The DofE is...

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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

# Volunteering

## Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



# Volunteering

- You will be working to support Crimsham Farm near Bognor Regis.
- A local community project that provides support for schools, local people and ex service men/women.
- Work includes animal care, gardening, maintenance and general develop if the farm site.
- This section will run after Half Term in October through the winter.



**CRIMSHAM FARM**  
*community that cares*



# Physical

## Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



# Physical

- You will learn to canoe and paddle in sheltered water.
- This activity will be based at Chichester canal and basin.
- We may also use the sports hall for sessions if the weather is too bad.



# Skills

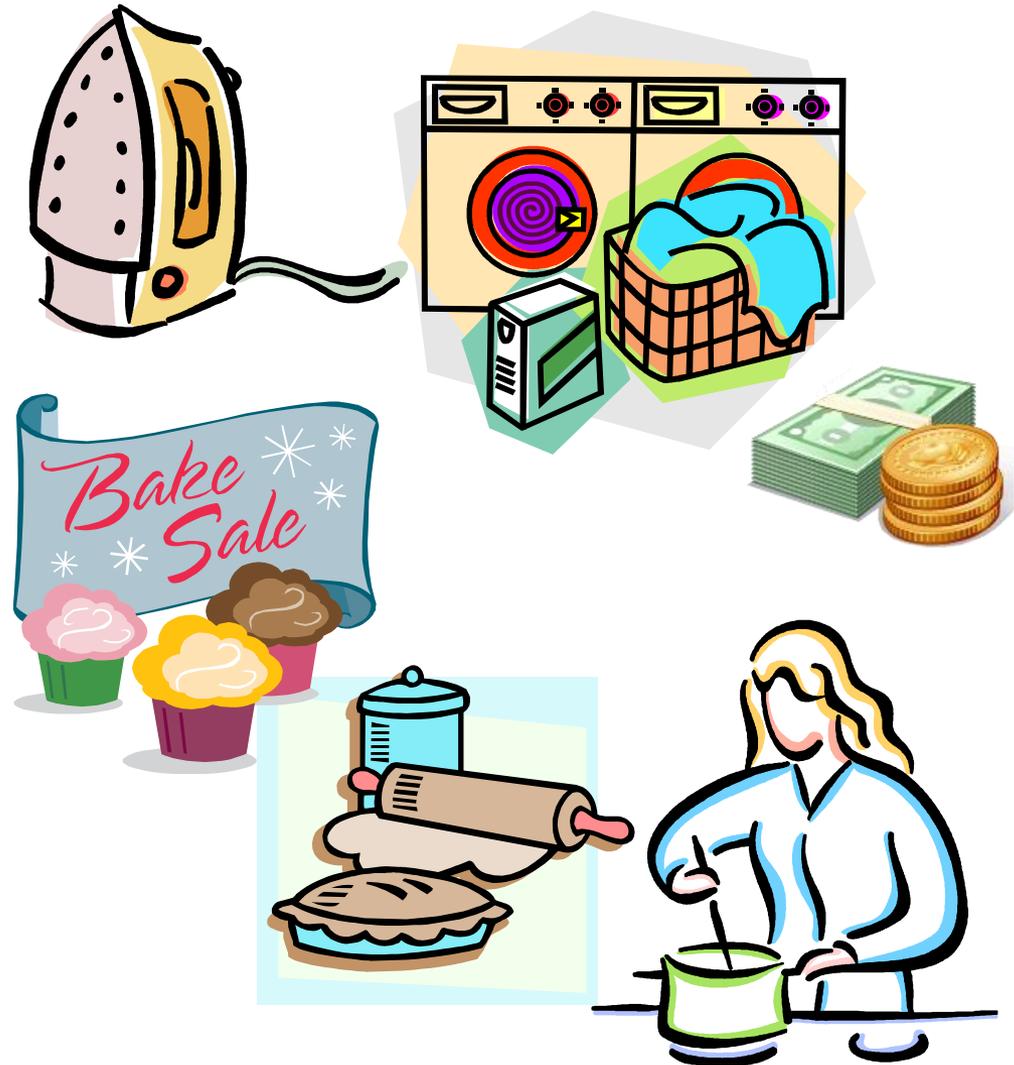
## Aim

- To inspire young people to develop practical and social skills and personal interests.



# Skills

- The Skills section will be completed with in food tech lessons
- Land based studies and Art may also count towards this section.



# 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.
- 2 days and 1 night



# Expedition

- You will complete a two day expedition with a one night stop over.
- This will happen in year 11.
- This will run with links with Cobnor Activity Centre.



Have fun!