



Bronze Award Information Evening

What is DofE?

- A real adventure
- For young people aged between 13 and 24
- Great experience
- Lots of fun but also a challenge
- Skill building outside of the classroom
- Taking part in a range of activities that take you out of your comfort zone and stretch you
- A focus on team building throughout
- A national award that's recognised by universities and employers alike

Is DofE for me?

- It is really important that you do DofE because YOU want to do it. Not because your parents or friends want you to do it!
- DofE is a lot of fun, but it does take **time, commitment and determination** in order to complete an award.
- You will not necessarily be in a team with your friends. DofE is a great opportunity to get to know new people.

You can do DofE programmes at three levels:

- **Bronze** (aged 13+)
- **Silver** (aged 15+)
- **Gold** (aged 16+)

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.

Bronze Award (13+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.</i>			

Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want.

- 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.

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.



Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

Volunteering opportunities

- Helping people e.g. assisting an elderly person
- Coaching, teaching and leadership e.g. sports clubs
- Working with the environment or animals
- Helping a charity or community organisation e.g working in a charity shop; The Salvation Army, Oxfam
- Leighton Buzzard library
- Vandyke School Council
- Scout/Guide movement
- Parkrun at Rushmere/Milton Keynes

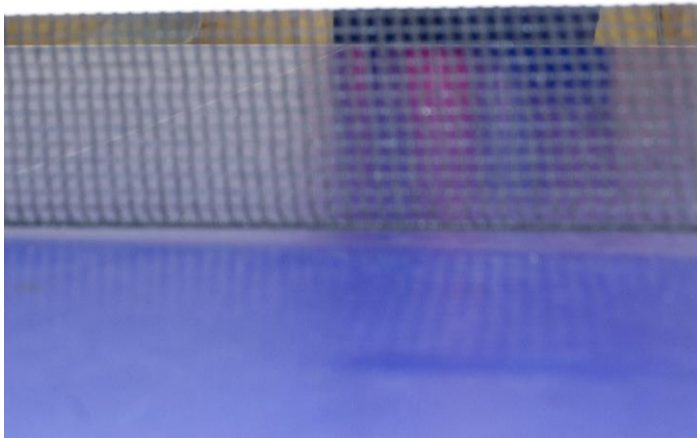


Physical



Aim

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



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts
- Walking/running



Skills



Aim

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

Benefits

- Develop a new talent or develop a talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Language – early morning lessons



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.

Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

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) Vandyke Upper & surrounding area
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying) The White Peaks
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying) The Yorkshire Dales & The Dark Peaks

Please note:

- Vandyke Training, Practice and Qualifying Expeditions plus route planning sessions are run by school **staff volunteers** at each level.
- For health & safety reasons, there is a limit to the number of participants we can accommodate on each expedition.
- External Mountain Leaders (paid) are used to assist and deliver training at Silver and Gold levels.



- **Start of January 2025:** Student assemblies.
- **Wednesday 22nd January 2025:** Parent/student Information Evening in the Vandyke theatre at 6.00pm.
- **Thursday 23rd – Wednesday 29th January 2025:** Return enrolment form, one signed agreement form and the bitesize planner to the Finance Department.
- **Payment of £28 registration fee from Monday 3rd February – Wednesday 12th February 2025.** This is non-refundable as it goes directly to the DofE award organisation.
- **Monday 3rd March 2025: Official registration with the DofE Award provided the £28 has been paid;** participants can now start working towards the 3 activity sections (Skills, Volunteering and Physical).
- **Remainder of fee (£72.00) to be paid in a lump sum or instalments by Monday 30th June 2025.**
- **Friday 26th to Saturday 27th September or Sunday 28th to Monday 29th September 2025:** Training/Practice Expedition at Vandyke. Day 1: Carousel of expedition training stations and camping overnight on the school field. Day 2: One day walk in local area.
- **Saturday 10th January 2026:** Assessed Expedition route planning session in the morning.
- **February 2026:** Completion of Volunteering, Skills and Physical activity sections.
- **Friday 20th to Saturday 21st or Sunday 22nd to Monday 23rd March 2026:** Assessed Expedition (2 days walking, 1 overnight camp in the local area).
- **Summer 2026:** Award completion and Awards Evening to celebrate.

Cost: £100.00

112 places

Waiting list if oversubscribed

INCLUDES:

Official registration for the award

Insurance

Training

Expeditions

Team equipment e.g. tents, stoves, maps, first aid

Mini-bus & support vehicle costs

Assessors

Accessing Information

- Information regarding expedition dates, kit lists etc can be found on the school website under Students & Extra-curricular activities.
- Communication to parents/carers is via Edulink.
- Participants will be included in a Bronze 2025 class on Google Classroom. It is important to access this to keep up to date with messages and notifications.
- **eDofE:** each participant has their own account to keep track of their activities. It is important you make a note of your username which is provided in your Welcome email at the time of registration.
- For general queries, the official DofE site provides a wealth of information: www.dofe.org.uk

Kit and Equipment

- Provided by DofE Vandyke: tents, cooking stoves, fuel, maps, map cases and first aid kits. Items are signed out to teams prior to expeditions. It is each teams' responsibility to look after kit and return items complete and clean after each expedition.
- A complete kit list is included in your registration pack & also available on the Vandyke website.
- Where possible, costs are kept to a minimum at Bronze level. Well-fitting boots with ankle support and a waterproof jacket and trousers are essential kit. Many other items can be borrowed, or you may already own.