

The DofE is a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, helping others, and exploring the countryside.

Millions of young people in the UK have already done their DofE.

**Now it's your turn.**



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.

# Bronze Award

| 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 <b>further</b> 3 months in the Volunteering, Physical or Skills section.</i> |          |          |                                                          |

# Volunteering

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Helping a charity or community organisation



**All sections require an assessor  
to provide a report as evidence  
of you completing that section**

# Physical

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Anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

**All sections require an assessor to provide a report as evidence of you completing that section**

# Skill

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

You are free to do this section independently or as part of a team.

**All sections require an assessor to provide a report as evidence of you completing that section**

# Expedition



In groups of 7, you will:  
Train for, plan for and  
complete a **practice and  
qualifying expedition**  
where you are **fully self  
sufficient**, carrying  
everything you need for  
the entirety of the  
expedition.

# The expedition process

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Training  
(every Wednesday after school)



Practice expedition  
(1 day walk)



Qualifying expedition  
(overnight camp)



Assessment

# Duke of Edinburgh Key Dates

## 2025 - 2026

### Bronze Award

**Application Deadline.....Friday 7<sup>th</sup> November 2025**

**Welcome Meeting.....Wednesday 17<sup>th</sup> December 2025** (3.20pm in NAC)

**Expedition Training Sessions..... Weekly from Wednesday 4<sup>th</sup> March 2026** (3.20pm in M44)

**Bronze Practice Expedition..... Saturday 16<sup>th</sup> or Sunday 17<sup>th</sup> May 2026** (Holbrook)

**Bronze Qualifying Expedition..... Saturday 20<sup>th</sup> to Sunday 21<sup>st</sup> June 2026** (Grundisburgh)

**Or**

**Bronze Qualifying Expedition..... Saturday 27<sup>th</sup> to Sunday 28<sup>th</sup> June 2026** (Grundisburgh)

**If you have any queries or questions please speak to Ms Turner or Mr  
Songhurst in M45/L01**

- 1) Check emails
- 2) Check dates are OK
- 3) Find a volunteering placement

To enrol on the DofE Bronze Programme:

- Return completed enrolment form
- Return completed volunteering placement slip
- Payment of £34.50 enrolment fee on Bromcom