



YOUTH
WITHOUT
LIMITS

START
YOUR SILVER
DOFE





**“This is the best
thing I have ever
done”**

Beaumont Year 11 Student

HAVE YOU FINISHED BRONZE? REALLY??

We are only allowing those who have completed Bronze DofE to sign up for Silver.

If you think there are extenuating circumstances why should be considered for Silver without Bronze, please speak to Ms Dickson.

‘Completed’ means your award has been approved by Beaumont on eDofE and approved by Herts DofE.

What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.



**YOUTH
WITHOUT
LIMITS**





What will I do?

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 2 nights
		Physical and Skills sections: one section for 6 months and the other section for 3 months	
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

"ONE HOUR PER WEEK"

The Volunteering,
Physical and
Skills sections
need to be carried
out for at least
one hour per week.

You can't do, say, two hours one week, and none the next, or four hours every month.

You can miss out sessions in the school holidays and make them up after.

The last date must be at least 3 (or 6) months after the start date.

HERTS COUNTY COUNCIL

Beaumont School is a registered DofE Centre, and our awards are approved by Herts DofE which is a Licensed Organisation (LO).

We have to approve evidence and do the admin for your award, but the final say is with Herts. So we have to make sure that what we send them is correct.

We will be giving out information about the most common mistakes so you don't fall into any of the same traps.



Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



***YOUTH
WITHOUT
LIMITS***



VOLUNTEERING

Our advice is to choose something you're passionate about and **that is useful**.

You mustn't get paid, and you mustn't take the place of someone who would otherwise be paid. You cannot volunteer for a profit-making company.

Your assessor cannot be related to you.



VOLUNTEERING EXAMPLES

- Being a weekly visitor to an older person
- Raising money for a charity
- Helping a charity shelter or shop
- Organising activities for people in need
- Being a Young Leader at cubs or brownies
- Park Run
- Helping with a weekly school club



Physical section

**Take part in whatever
dance, sport or fitness
activity you would like**

**Get fitter and have fun
along the way!**



***YOUTH
WITHOUT
LIMITS***



PHYSICAL

Your aim for this section is to achieve greater physical fitness and to lead a healthy lifestyle through physical activity.

In short have fun, get better and increase fitness.

Your assessor cannot be related to you.



PHYSICAL EXAMPLES

- Joining a football team and playing matches regularly
- Attending a weekly Zumba class
- Going to the gym every week
- Improving your Karate skills and gaining the next belt
- Doing the Couch 2 5K programme
- Rock climbing
- Dance



Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



***YOUTH
WITHOUT
LIMITS***



SKILLS

You are aiming to develop practical and social skills and personal interests. It could be a skill you already have or something new you would like to take up. You must prove you have improved over the 3/6 month period.

It cannot be something that you could do as a Physical section, eg climbing or karate or ballet.

It cannot be something you do as part of a school course, eg GCSE languages or computing.

Your assessor cannot be related to you.



Beaumont School



SKILL EXAMPLES

- Learning how to cook e.g. international food
- Singing/acting in a school production
- Learning about and keeping tropical fish
- Playing an instrument in a band
- Learn a new coding language
- Learn to touch type



SECTION RESTRICTIONS

It is worth noting that the Physical, Skills and Volunteering sections have very strict guidelines. Common errors include volunteering for a profit making organisation and using a physical activity for the skills section.

It is the participant's responsibility to ensure their plans meet the requirements set down by DofE.

Further information can be found at:

<https://www.dofe.org/do/sections/>



Expedition

**Explore the great outdoors
and spend two nights
away from home**

**Create memories that
will last a lifetime**



***YOUTH
WITHOUT
LIMITS***



EXPEDITION



In a change from previous years, students will complete their expedition with Wildside Outdoors.

<https://wildsideoutdoors.co.uk/>

We will still have Beaumont School staff on each expedition – next year these will be Ms Dickson, Mr Graham and Mr Brooks.

Practice Expedition: **Friday 5 July – Sun 7 July 2024**

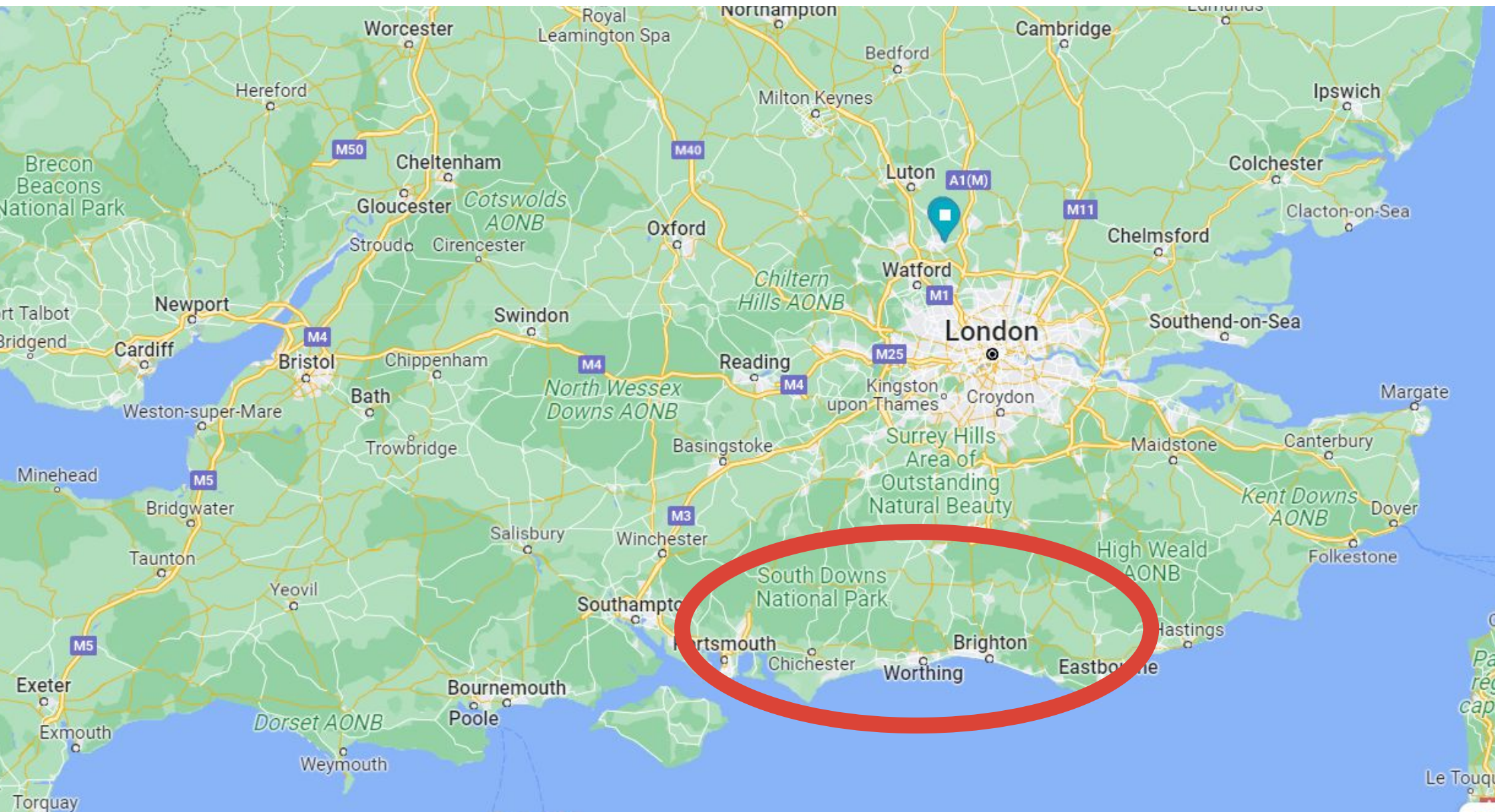
Qualifying Expedition: **Friday 30 August – Sun 1 Sept 2024**

Training Day: **Saturday 2 March 2023 (this is amended from the letter sent out)**

THE SILVER EXPEDITION WILL TAKE PLACE IN THE SOUTH DOWNS NATIONAL PARK



Home to a number of globally important habitats, the South Downs National Park provides a great location for participants to learn and practice route planning and navigation skills



TRAVEL



Students will travel to the expeditions by train, and you will need to buy tickets.

A railcard will make this cheaper.

Wildside Outdoors will advise which tickets and when to book.

Beaumont staff will bring a school minibus on each expedition.

EXPEDITION FORMAT



Participants will learn skills in first aid, campcraft, use of expedition kit and navigation.

During the training expedition the participants will be placed into groups of up to seven and will spend their time with an Instructor covering the skills required to undertake the Silver Expedition.

During the Silver Qualifying Expedition participants will be remotely monitored by our Instructors as they complete a route the participants will have planned themselves.

EXPEDITION FORMAT



Is the Expedition hard and can I do it?

The Expedition is designed to be challenging but it is achievable! Participants will be in a supportive environment.

Participants all have to complete an aim. They will be required to walk around 12km a day (don't forget you will have most of the day to walk that distance!)

EXPEDITION EQUIPMENT



We will be running sessions on choice of equipment. Participants do not need to have expensive kit, but the kit they do have needs to meet certain requirements.

If participants turn up for the Expedition without the required equipment they will be sent home.

Wildside have put together an Expedition Guide which can be accessed at <http://wildsideoutdoors.co.uk/expedition-guide/>. This has loads of useful information.

EQUIPMENT - WE LEND YOU THESE



IT MAY BE A LITTLE BIT COLD



AND YOU MAY GET A LITTLE BIT MUDDY....



ESSENTIAL EQUIPMENT - YOU WILL NEED

Break them in!



Ankle support



A 3 or 4 season
sleeping bag



About 65L
Needs to fit
your hips!



The only thing
allowed on the
outside of your pack



IT MAY RAIN



ESSENTIAL EQUIPMENT - YOU WILL NEED

This is from Blacks
(current price £50)



It has a hood and
taped seams



These are from Go
Outdoors (£36)



SIGNING UP FOR THE EXPEDITION

After you have signed up with the School for the Bronze Award you will be sent a link to sign up to the Expedition.

The link will direct you to an online form generated by Wildside Outdoors which will ask for key contact and medical details as well as enabling you to sign our contractual terms and conditions.

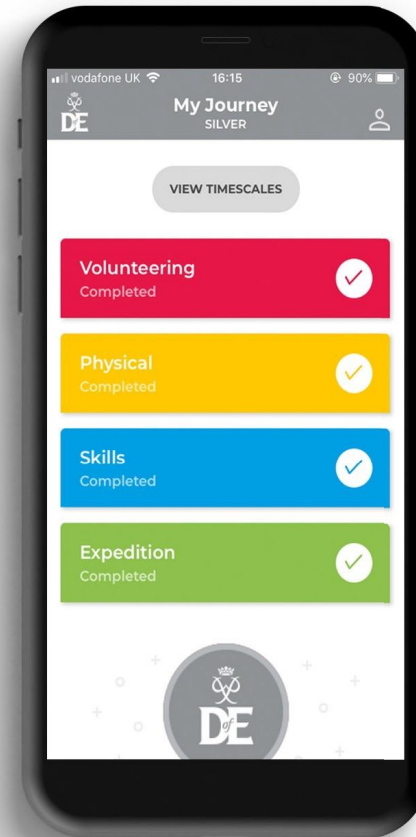
After you have completed the form you will be automatically sent an invoice for £330. We will be liaising with the school as to who has signed up.

If you have any need for financial assistance please contact the finance office directly at Finance@beaumont.school

WHATEVER THE WEATHER IT WILL BE A MEMORABLE WEEKEND



YOUR WELCOME PACK AND eDOFE



WHAT HAPPENS NEXT

Students complete the application form.

The link is

<https://forms.gle/H6NSBoSNfnxatEn96>

and this will be shared on the Year 11 Google Classroom.

The deadline for applying is 4pm on Tuesday 26 September.

We will use the application form answers to take the next steps which include

- payment of the admin fee on MCAS
- joining the Silver DofE Google Classroom
- completing the Wildside Outdoors form
- adding Silver to eDofE.org

GOOGLE CLASSROOM

We are expecting a large number of students to sign up for Silver DofE.

The main way we will keep in touch will be via Google Classroom.

It is essential that you keep alerts on for the Classroom and that you read all announcements and assignments.



SAFEGUARDING

Beaumont School as a registered DofE Provider is responsible for registered staff and volunteer training as well as taking the necessary safeguarding steps i.e. references from all volunteers. All staff and volunteers will have current DBS checks.

It is our duty to be clear that it is not our responsibility to carry out these safeguarding procedures where participants are completing a section externally e.g. volunteering at a local charity shop.

SOCIAL MEDIA

We post lots (and I do mean LOTS) of expedition photos on Twitter: follow us at

<https://twitter.com/beaumontdofe>

We also post on Instagram:

<https://www.instagram.com/beaumontdofe/>

