



**YOUTH
WITHOUT
LIMITS**

**START
YOUR BRONZE
DofE**



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

Beaumont Year 10 Student

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.



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What will I do?

BRONZE AWARD

VOLUNTEERING

3

months

PHYSICAL

3

months

SKILLS

3

months

EXPEDITION

**2 days
1 night**

Plus a further 3 months in either the
Volunteering, Physical or Skills section.

"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



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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!



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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**



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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.



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 a night away
from home**

**Create memories that
will last a lifetime**



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EXPEDITION

Students will complete their expedition with Wildside Outdoors. The practice and qualifying expeditions will be run on one weekend, Friday to Sunday, for each cohort, on the following dates, TBC:

Cohort 1: Friday 16 May – Sun 18 May

Cohort 2: Friday 13 June – Sun 15 June

TRAINING DAY

There will be a **compulsory** training day on

Saturday 8 March 2025 starting at 9am.

You must attend.

Part of the day will include a kit check.

THE BRONZE EXPEDITION WILL TAKE PLACE IN THE CHILTERN



EXPEDITION FORMAT

The Bronze Expeditions will take place over three days

Day 1: Training and practice day

Days 2 and 3: The Expedition itself

There will also be in-school training prior to the Expedition.

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

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 12-15km 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.

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

Once you have signed up for the Bronze Award with the School, you will be provided with a link to an online form which enables you to sign up for the Expedition. The form enables us to gather information such as key contacts as well as you to confirm acceptance of our terms and conditions.

The deadline for completion of this form is **2nd September 2024 at 0900.**

On the 9th September, you will be sent an invoice for the sum of £180 which will cover the cost of the expedition and training day.

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

WHAT HAPPENS IF I CHANGE MY MIND?

If you decide not to continue with your Bronze Award, you may not get your fees back.

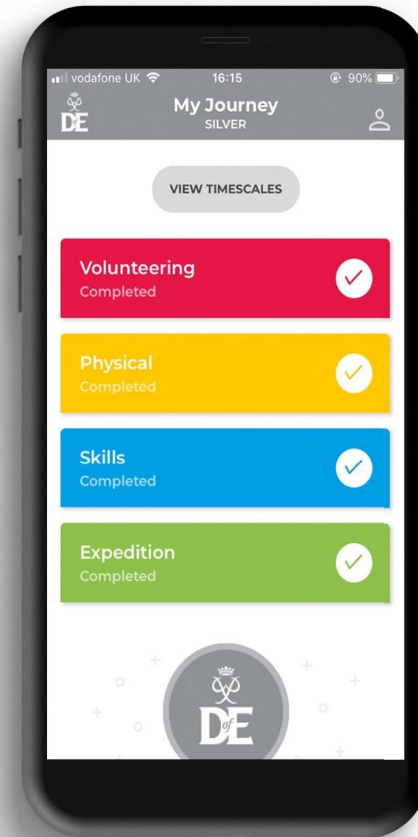
The school fee is payable to County (via Beaumont Finance Dept) for your DofE licence and is non-refundable.

The expedition fee is payable to Wildside and is 50% refundable if participants withdraw before 31 December 2024. After 31 December 2024 there will be no refunds for the expedition fee.

WHATEVER THE WEATHER IT WILL BE A MEMORABLE WEEKEND



YOUR WELCOME PACK AND eDOFE



WHAT HAPPENS NEXT

Please log on to your MCAS account to pay the admin fee to participate. You will find the payment under your child's photo in the Beaumont School Shop section. Please note that the admin fee is non refundable.

Students sign up to the Bronze DofE Classroom to receive important information and a link to the application form.

The deadline for applying is 9am on Monday 1 July 2024.

Participants will be formally enrolled by Beaumont School with Herts County Council in September.

Participants will then receive a pack which includes guidance and a personal log book and eDofE login.

GOOGLE CLASSROOM

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

Code: **ko4gwno**



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 LOOK FORWARD TO YOU SIGNING UP!

Whether you do Bronze and decide that's enough for you, or whether you eventually end up with all three - Bronze, Silver and Gold - we are very proud of how successful DofE is at Beaumont, and of what we offer to all the students who participate.

Ella Dickson - DofE Coordinator

Ross Graham - Assistant DofE Coordinator