

## Why do it?

The DofE gives you the chance to do something completely new. It takes you out of your comfort zone and into a place where you'll push yourself and have amazing new experiences. You'll build confidence, resilience, skills for work and friendship groups.

## What do I need to do?

Complete the following to achieve the BRONZE Award, I hour of each over a 3 month period:

 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 (2 days, trekking, map reading, cooking, and camping!)

## Skills & Benefits

- Map reading
- Camping
- Meal planningTeamwork

- Physical challenge of expedition
- Contributing to a wider community

## How do I apply?

Mr Maclaren has emailed you a Google sheet to complete:
ALL Year 9 and 10's
– check your emails.
Complete by Friday
31st Jan.

"A DofE Award is a sign of someone who is driven, resourceful and compassionate – all the qualities that will help them succed in life and the workplace." —Adam Crozier, ITV