



**YOUTH  
WITHOUT  
LIMITS**

# 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.

# What will I do?

## SILVER AWARD

VOLUNTEERING

**6**  
months

PHYSICAL

**6** OR **3**  
months

SKILLS

**6** OR **3**  
months

EXPEDITION

**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.

# Volunteering section

## Elderly

[Adopt a grandparent](#) and help combat loneliness

Write [postcards of kindness](#) and support elderly people in the UK and abroad

## Mentoring

Paired-reading programme in school

## Research

Participate in research of all kinds with [Zooniverse](#) and [ZSL](#)

- **NOT FOR PROFIT ORGANISATIONS ONLY**
- You can do this in groups or as an individual

## Community

Volunteer at a charity shop, animal sanctuary or litter pick in your local community.



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# Physical section

## Fitness challenge

Complete the Couch to 5k challenge, or many of the other [NHS fitness sessions](#) – Fitness Friday in school!

## Online fitness

Do an hour's YouTube fitness video each week (you can try boot camps, pilates, dance routines and more)

## Cycling

Get out on your bike – use an app to track your routes to upload as evidence on eDofE

## Walking

Explore walks in your local area – use an app to track your routes to upload as evidence on eDofE

- Physical activities cannot be used as a skill
- Any individual sports activities like jogging, must be recorded on an App as evidence of completion



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# Skills section

## Money management

Do a free online [money management course](#) with the Open University

## First aid

Learn first aid with [St John Ambulance](#)

## Photography and videography

Sharpen your photography skills with [Sharp Shots Photo Club](#), [iPhotography](#) or [Click Photography](#)

## Conservation

Do a [John Muir Award](#) to discover nature from home

## Creative

Teach yourself a creative skill – from cross-stitch to crochet, Warhammer to coding

## Cookery

Learn to cook in your own kitchen with [Blackberry Cottage](#) or [Cookability](#)



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# eDofE

Your registration fee pays for your eDofE place.

Silver will be added to your Bronze account or you will get a user name emailed if new.

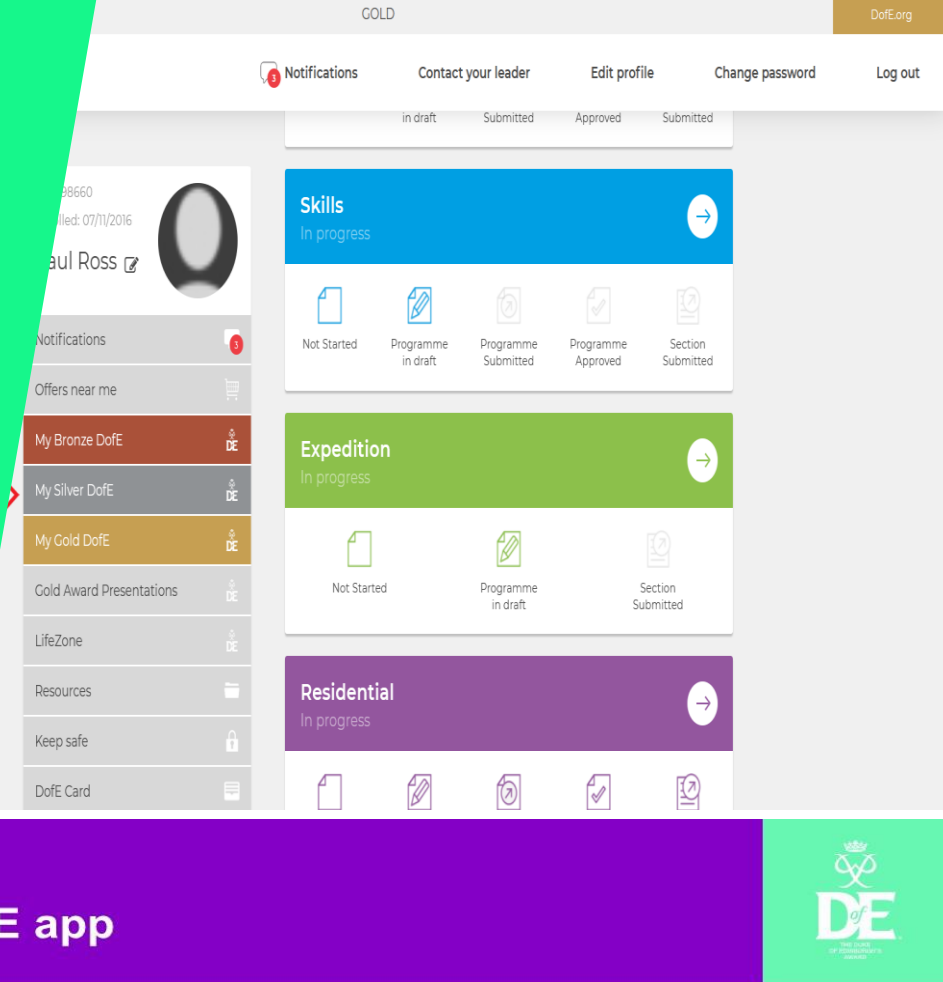
You get a Welcome pack posted to you – containing Assessor's info and reports & lots of extra useful information.

Please take time to enter all the information correctly on eDofE.

There is an eDofE App which is available to download on Android and Apple devices.



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The DofE app is available for free from the App Store on iPhones and Google Play on Android phones.

Participants can use the DofE app to plan activities, get approval from Leaders, record evidence, submit programmes for completion and more.

Plus, it can sync important dates to your phone calendar and add the personalised DofE Card to the digital wallet, to make the most of the exclusive discounts.



# Expedition

Explore the great outdoors  
and Create memories that  
will last a lifetime

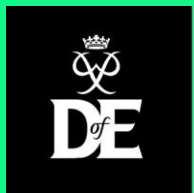
Bronze Award – one expedition weekend that will be both directly and remotely supervised.

Silver Award - two expeditions, one training expedition and one qualifying expedition which is independent & remotely supervised.

We will not be with you all the time, but you will be in expedition groups

We need to be able to **trust** you to be responsible for yourself and others while indirectly supervised.

There is also an expedition Aim/Team Goal which must be prepared and a presentation delivered to assessor at school.



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# Expedition Information

Candidates will have no use of mobiles while on expedition, except for emergency.

In the event of illness or injury, we will contact you. They will not call you until they are finished.

It's their Award so please let them pack their rucksack and select & buy their own food for expedition.

Do not sort out kit for them when they get back, get them to do it.

Care of kit is VERY IMPORTANT.

**They may be bringing wet tents home.**



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# Expedition Equipment

We provide expedition tents, stoves/pans & fuel.

We have a large stock of rucksacks for students to borrow and some other personal items but these are limited.

**Vital to get comfortable BOOTS and ensure these are bedded in (not shoes).**

Borrowing kit from past candidates or looking at used kit is a good idea.

A full kit list will be issued during training.



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# Sponsored Walk

To raise funds for DofE Licence, equipment & instructor training, we are introducing a sponsored walk.

The sponsored walk will be before Christmas.

The walk is approx. 16km, and takes 4-5 hours.

It would be great if participants can try and raise £20.

Prizes will be given to candidates who raise £50 and over.



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# Dates for your Diary 2024/5

Sponsored Walk

tbc

Navigation Training  
(Bronze & Silver direct entrants)

Saturday 26<sup>th</sup> April 9am-4pm OR  
Saturday 3<sup>rd</sup> May 9am-4pm

Bronze Expeditions  
(Norfolk)

Saturday 17<sup>th</sup> – Sunday 18<sup>th</sup> May  
OR Saturday 7<sup>th</sup> – Sunday 8<sup>th</sup>  
June

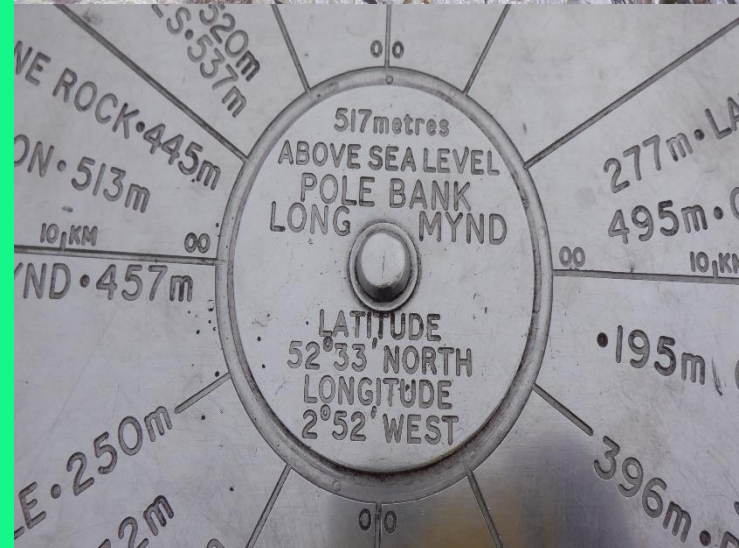
Silver Expeditions

Friday 13<sup>th</sup> – Monday 16<sup>th</sup> June  
(training in Peaks)  
Friday 19<sup>th</sup> – Sunday 21<sup>st</sup>  
September (assessment in  
Suffolk)

There will be additional meetings and training during lunchtime and after school to issue & collect Kit, eDofE setup, etc.



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# What Will It Cost?

**Enrolment Fee** - £50.00 Payable via Wisepay once your place has been confirmed.

**Expedition** – Bronze approx. £40-60 and Silver approx. £100-£200 (figures are numbers dependent)

There are grants and funding available for candidates. Please ask me for information if you need help.

**Advance payments are required for expeditions.**



# Expectations

If your student hasn't completed an expression of interest form, this needs to be handed in to reception by 4<sup>th</sup> October.

Numbers will be reviewed and participants selected will be contacted for registration.

Start physical, skill & volunteering as soon as possible.

Keeping log sheets for all sessions - **compulsory**

Returning forms, paying money on time.

Attending all meetings and training - **compulsory**

Getting all kit as requested for expeditions

Returning kit on time clean and dry

Contact: Holly Reding, DofE Manager  
[h\\_reding@taverhamhigh.org](mailto:h_reding@taverhamhigh.org)



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**Please only enrol if you have the determination to finish.**

