



**YOUTH
WITHOUT
LIMITS**



EARLSTON
HIGH SCHOOL

**START
YOUR BRONZE
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.



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What will I do?



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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.

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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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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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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Expedition

**Explore the great outdoors
and spend a night away
from home**

**Create memories that
will last a lifetime**

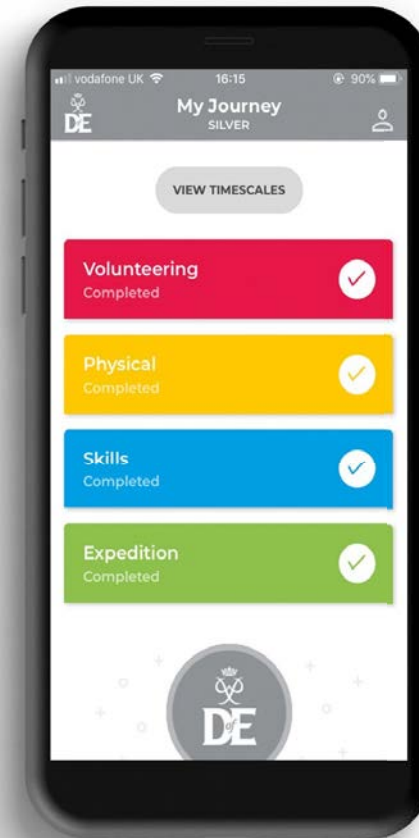


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Your Welcome Pack and eDofE



Once enrolled you will receive a welcome pack to your home and be given access to an online account to record your activity.

What qualities do you need?

YOUR DofE can be whatever YOU want it to be. It's open to ALL

YOU don't need to be: *sporty, musical, academic or adventurous.*

YOU do need to be prepared to *demonstrate commitment & determination, as well as take responsibility and be prepared to challenge yourself.*

YOUR DofE Award will be highly regarded because it's hard earned and helps you to demonstrate the qualities that further/ higher education establishments and future employers are looking for.



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Getting started

Are you ready to start an adventure you'll never forget?

To get started with your DofE, just look out for the information pack and enrolment form uploaded onto Teams

You can also come and speak to Mr Lawrenson, Room 2 in Pupil Support any Tues or Thurs.



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Mr Lawrenson

CLD Worker & DofE Co-ordinator

Earlston High School

About Me

I've been fortunate enough to be offered the opportunity to undertake DofE through my school years and went on to complete my Bronze, Silver and Gold Awards

The programme inspired me so much and gave me the self confidence and self belief to go achieve my ambitions.

I've been involved with managing and running the DofE for over 30yrs and look forward to supporting pupils at Earlston High to achieve their DofE