



**Start your
DofE**



What is the DofE?



The DofE's a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

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

Now it's your turn.



- DofE is so much more than just an expedition, especially in our current climate.
- It is a personalised programme and the activities can be done solo or together with friends.
- Everything for DofE is at the participant's own pace and no two DofE journeys are the same.

How do I choose my activities?



There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Bronze (Year 9+)	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			

- There are 4 sections to Bronze DofE.
- Volunteering is about giving up your time for other people or good causes.
- Physical focuses on a healthy body and mind.
- Skills is to develop your learning.
- Expedition is about adventure and independence.

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Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Silver (Year 10+)	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.			

- There are 4 sections to Silver DofE.
- Volunteering is about giving up your time for other people or good causes.
- Physical focuses on a healthy body and mind.
- Skills is to develop your learning.
- Expedition is about adventure and independence.

How do I choose my activities?



There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Gold (age 16+)	Volunteering 12 months	Physical 12 or 6 months	Skills 12 or 6 months	Expedition 4 days 3 nights	Residential 5 days 4 nights
	Physical and Skills sections: one section for 12 months and the other section for 6 months If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

- There are 5 sections to Gold DofE.
- Volunteering is about giving up your time for other people or good causes.
- Physical focuses on a healthy body and mind.
- Skills is to develop your learning.
- Expedition is about adventure and independence.
- Residential is to work in a team of people you don't know very well, almost as preparation for moving through life.

Your DofE and COVID-19



The COVID-19 outbreak won't stop you doing your DofE – far from it.

In fact, the DofE can help you navigate your 'new normal', expand your world and give you skills and experiences that can open doors in the future.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and Government guidelines allow – you can do yours, with all the benefits and memories you'd get at any other time.

Visit DofE.org/DofEWithADifference for loads of activity ideas and information.

**Running Mentoring DIY Cooking
Yoga Photography Wii Fit Coding
Guitar playing Knitting Cycling
Sign language Gardening Walking
Painting Circuits Quizzing Jogging
Campaigning Money management
Vlogging YouTube fitness Dancing
Helping neighbours Dog-walking
#DofEWithADifference Languages
Tutoring Singing Martial arts Sewing
Pilates Crafting Blogging App design
Filmmaking Combatting loneliness
Cyber safety Family tree research
Online learning Foodbank collection
Website building Book reviewing
First aid Aerobics Driving skills
Programming Skateboarding**

- Don't see me as much in school so evidence uploads are more self-led.
- There will be sessions to attend every month or so. Unsure yet as to whether these will be over lunchtimes or in the evenings via MS Teams.
- Expedition details will be on a later slide.

The DofE Certificate of Achievement

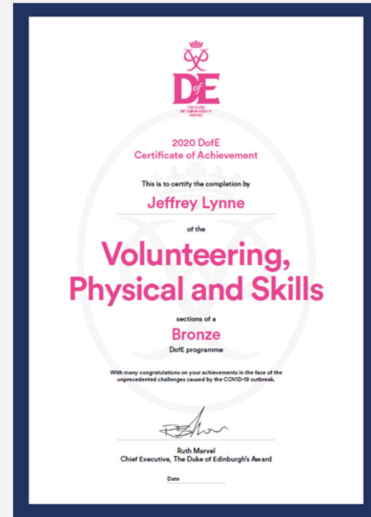


During and in the aftermath of the COVID-19 outbreak, participants who complete their Skills, Volunteering and Physical sections will receive a special DofE Certificate of Achievement.

This is a formal recognition, by the DofE, of the effort, skill and commitment you've shown at this extraordinary time.

The Certificate can act as a talking point on your CV or in your personal statement and help you stand out.

And you can still do your expedition and achieve your DofE Award.



- Recognising the hard work, determination and achievement in very challenging times.
- It is emailed directly to the participant and I can print it in school as well.
- It allows progression to further levels before completing the expeditions. Check out www.dofe.org/dofewithadifference for more information.

DofE at Peebles High - Expeditions



Managing expectations

- Aim for the Certificate of Achievement
- Expeditions when we can
- Previous participants get priority

- Last year's sign ups and this year as well will be aiming for the COA.
- ScotGov and SBC set the guidance of when and how we can run expeditions.
- Previous year group participants get priority when we can run expeditions, with Certificate of Achievement holders being at the top of the list.

Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.

Why do your DofE?



- These celebrities either gained a DofE Award themselves or they publically support itz.
- So many more celebrities and all the testimonials are on the DofE website.

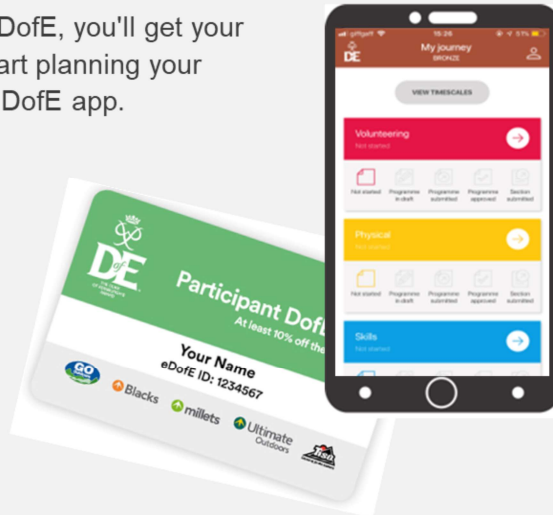
Your Welcome Pack and eDofE



Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.



Parental role



Guidance

- Provide guidance and support on activities, kit and Assessor choices.

Encouragement

- It can be challenging to keep the motivation going, especially over some of the longer timeframes.

Expedition support

- You may be required to drop off/collect from expeditions... and also wash the kit when it comes home!

Reminders

- Keep them on track with their activities, particularly those which are being done from home.

Recognise their achievements

- We hope all organisations will recognise the amazing achievement, and it is just as important to receive that recognition from family members.



- Parents at PHS are brilliant!
- Parents have great suggestions for activities and are fab at motivation so thank you for all you do to support the Award!

DofE at Peebles High - Bronze



- S3+
- Not done DofE before
- £23 (FSM £10)
- Expedition £10

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section				

- £23 to sign up for the Award.
- £10 for the expedition charged closer to the time.

DofE at Peebles High - Silver



- S4+
- Completed Bronze
- £23
- Expedition ~£50 per day



- £23 to sign up for the Award.
- Expedition costs are an estimate due to the staff qualifications needed to run this level. If we can do this cheaper then we definitely will!
- If not completed Bronze (or gained the Certificate of Achievement) but still want to do Silver then please get in touch with me to discuss this.
- Silver is more work than Bronze and only about 10% of Bronze holders go on to complete Silver.

DofE at Peebles High - Gold



- 16+
- Completed Silver
- £30
- Source own Expedition/Residential

Gold (age 16+)	Volunteering	Physical	Skills	Expedition	Residential
	12 months	12 or 6 months	12 or 6 months	4 days 3 nights	5 days 4 nights
Physical and Skills sections: one section for 12 months and the other section for 6 months					
If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.					

- £30 to sign up for the Award.
- Expeditions will be run by SBC if possible but if not then the participant would need to find a provider for this section as well as the Residential section. I can help with where to find out more information about this.
- If not completed Silver (or gained the Certificate of Achievement) but still want to do Gold then please get in touch with me to discuss this.
- Gold is more work than Silver and only about 10% of Silver holders go on to complete Gold.

Start your DofE now



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

To get started with your DofE:

- Complete the form –
amy.pretswell@scotborders.gov.uk
- Pay balance on ParentPay



- Return the completed form to Amy, digital signatures are fine.
- Once the form is in the balance will appear on ParentPay.
- We can get people started from 1 June if all of the admin and payments are sorted. Final deadline for sign-up this year is 1 September so there is plenty of time to get things sorted.
- Activities start counting when I register the participant on eDofE and they get their login details.
- Please email if any further questions.