

### ***DofE? What is that?***

First founded by the late prince Philip to improve young people's fitness, enterprise, compassion and determination, The Duke of Edinburgh's award is a programme for youth; encouraging the development of new skills, perseverance through challenges, contribution to your community, building confidence and so much more!

### ***Why?***

**Personal growth:** DofE encourages you to step out of your comfort zone. DofE is no easy feat!

**Community impact:** By engaging in community service, you are actively contributing to society. Whether it's litter picking, supporting local charities, or assisting the vulnerable, all efforts create a positive change!

**Physical & mental fitness:** Challenging yourself physically, hiking for hours on end with a heavy bag, not only improves health but also instills discipline and determination.

**Skills Development:** From learning musical instruments to mastering cooking techniques, DofE encourages new hobbies, which also enhance self-esteem and broaden horizons.

**Outdoor Adventures:** One of many highlights is the independent expedition. You will plan, navigate, and complete challenging journeys as a group, building teamwork, resilience, and a deep connection with nature.

**Achievement:** Successfully completing the DofE is acknowledged by employers, universities, and organisations, who value the skills and traits developed throughout.

The best way to find out the importance is to come along and give it a go! you will discover your strengths and weaknesses, The DofE also looks great on CVs, opening many future pathways ... you certainly won't regret it!

### ***What's involved?***

DofE Bronze consists of the expedition, and three other (self-organised) parts: Volunteering, Physical and Skills. For these three, you will need to complete the relevant activity for at least three months (1 hr+ per week).

**Volunteering:** Choose a cause you're passionate about and give your time to make a difference. Volunteering is rewarding and can provide a valuable experience in working (Doubling up as work experience!).

**Physical:** Try something new or continue with an activity you already enjoy. You can participate individually or join a team, with so many different options to choose from! However you prefer to get your body moving.

**Skills:** Discover a new talent or develop existing skills. Coding, cookery, or photography, (once again, the world's your oyster) boosting confidence and provides a sense of achievement.

**Expedition:** A memorable adventure creating new friends. Plan your aim, a location, and train. With a few practices, leading to the real thing, where you spend two days and one night away, traveling by foot, navigating and carrying everything you need.

### ***The Christian way - offering a spiritual and reflective side***

The Diocese of Chichester offers you a chance to join us on completing bronze DofE.

These will be smaller groups with more support and less cost than most other groups offering DofE.

Furthermore, there are many opportunities where we reflect and worship God in the wilderness, bringing a very welcome sense of peace and gratefulness after a challenging day.

We also take time to do teambuilding activities, and play fun games. There is undoubtedly many amazing memories to be made!

### ***Smaller details***

Each participant will need to pay a £90 fee to cover costs such as registration and camping sites.

Also, you will need to provide your equipment such as a rucksack and walking boots.

Don't worry, you will receive guidance on what is/isn't recommended as well as a kit list!