



BRIDGEWATER HIGH SCHOOL  
ARTS COLLEGE

## What the students say about DofE:

"I am very pleased with the fact that I took part in DofE. It has enabled me to experience places and situations that I wouldn't have dreamed of going to and being. It was very hard going but I am so glad I took up this fantastic opportunity."

Kieran Bolger (Year 12 student, Appleton College)

"I have really enjoyed the challenge! It was great to meet new people and learn completely new skills. The DofE was the thing that I was able to talk about at my university entrance interview, it did make all the difference!"

Kieran Pearson (Ex year 13, Appleton College Student)

DofE has allowed me to challenge myself and be part of a team; meeting new people and working together throughout our expedition and residential to Scotland. It will strengthen my application for university and has provided me with useful skills for the future."

Olivia Tyers (Year 13 student, Appleton College)

"Working alongside friends made the experience much more enjoyable. DofE gave me the opportunity to do things I wouldn't usually have done and its helped me improve my application to university."

Scott Moorhead (Year 13 Student, Appleton College)

Interested in taking part or would like further information contact  
**Mr Pinnington.**



THE DUKE  
OF EDINBURGH'S  
AWARD



**Bridgewater High School**  
is registered with The Adventure Activities Licensing Service as  
licensed to provide specified activities under the following heading(s):

**Climbing  
Trekking  
Watersports**

Licence details can be confirmed by calling The Licensing Service.  
Tel: 029 2075 5715

# Appleton College D of E Information

## What is the DofE?

A Duke of Edinburgh's Award is so much more than a 'pat on the back' for completing a programme of activities. It is recognition of a young person's successful journey of self-discovery and development, renowned by employers and universities alike for the qualities young people have who've achieved a DofE Award. Its balanced programme develops the whole person - mind, body and soul, in an environment of social interaction and team working. There are three progressive levels of DofE programmes which, when successfully completed, lead to Bronze, Silver or Gold Duke of Edinburgh's Award.

### Why do your DofE?

You'll enjoy loads of new experiences, discover talents you never thought you had, challenge yourself and meet loads of people just like you

Then there's all the other stuff...

...achieving an Award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.

...you're getting recognised for doing things you want to do (and may even be doing already).

...you'll make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.



## DofE Sections

**Skill:** The Skills section is all about developing practical and social skills and personal interests. By choosing to develop a particular skill you are not only developing a new talent but you will also boost your self esteem, develop practical and social skills and learn how to set and rise to a challenge.

**Physical:** Through the Physical section you should achieve a greater physical fitness through participation and improvement in physical activity. It's sure to make you feel healthier and you'll have fun along the way!

**Volunteering:** Volunteering is all about making a difference to other people's lives. Getting off your sofa and taking time out to change things for the better can be great fun.

**Expedition:** For your Expedition section, you will need to plan, train for and complete an unaccompanied, self-reliant expedition with an agreed aim. The assessment will be 4 days & 3 night camping.

**Residential:** To achieve your Gold Award, you need to complete an extra section – the Residential. This involves spending 5 days and 4 nights away from home on a shared activity (Gold level only).

### What do I need to do to complete the award?

To achieve a DofE award each participants must complete a programme of activities in four or five sections that involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

