

## What is The Duke of Edinburgh Award Scheme?

The DofE is all about going the extra mile – gaining new skills, pushing yourself physically, helping others and exploring new interests. At the same time, you'll gather friendships, experiences and memories that will last a lifetime.

It gives you the chance to do something completely new and improve on things you're already doing.

It takes you out of your comfort zone and into a place where you'll push yourself and have amazing new experiences.

You'll build confidence, resilience, skills for work and friendship groups. And, you'll have a great time doing it.



Colleges, universities and employers regard a DofE Award highly, so it can help to open the right doors for you. If you're keen to get off the sofa and put 100% into something that could change your life, the DofE is for you.

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## What is Thornbury Open Award Centre?

- **TOAC** supports local 13-24 year olds to participate in the Duke of Edinburgh Bronze, Silver and Gold award schemes. We are a charitable organisation operating with the support and governance of The Duke of Edinburgh Award Scheme and South Gloucestershire Council.



- We are independent of schools and other youth groups, and aim to bring a sense of informality and self-reliance.
- You are supported to complete your physical activity and volunteering sections of the award and trained in skills including first aid and navigation to enable you to complete expeditions.
- Expeditions are run in small groups between April and October in a variety of locations including the Forest of Dean, Brecon Beacons, Exmoor and Snowdonia and last between 2 and 5 days depending on the award level



- We are staffed by volunteers with appropriate training, experience and certification.
- We meet at the Chantry, (52 Castle Street, Thornbury BS35 1HB) on Thursdays (term-time only) 7.30-8.30pm.

**Ready to find out what the DofE could do for you?**

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**More information:** [www.dofe.org](http://www.dofe.org)

