



Duke of Edinburgh









The Bronze Award

Volunteering	Physical	Skills	Expedition
3 months	3 month	3 months	Plan, train and complete a 2 day, 1 night expedition
All participants must undertake a further 3 months in the Volunteering, Physical or Skills sections			

Length of time of DofE expeditions		
Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime



Volunteering

Climate change awareness
Helping people in need
Scout Association
Helping at my brothers school football club
Charity Administration
Sports Leadership
Volunteering at pcs bike club
Girlguiding UK
Stage crew/backstage for school play
Volunteering childcare at a nursery
Working for ABC fund
Walking somones' dog
Helping at rainbows after school club at a primary school
Rainbows helper
Dance Leadership
Library
Teaching track cycling
Animal Welfare
Stage crew/ backstage
Music Tuition
Charity Administration

What did PCS students do for this section?

Gardening work for elderly neighbours
Teacher's Assistant at Dance School
Park run volunteer
Coaching under 8s football
Helping people in need
Fundraising
Volunteering at a nursery
Coaching primary school aged children how to play football and learn new skills
Volunteering at Peacehaven Parkrun
Helping with after school badminton club
Dog walking
Volunteer at Peacehaven ParkRun - 2 hours a week, every Saturday morning.
Helping with brothers badminton training
Walk my neighbour's dogs







Physical

What did PCS students do for this section?

Netball
Wii-fit
Track Cycling and mountain biking
Horse riding
Running/dog walking
Cycling
Bike riding
Mountain Biking
Badminton
Table tennis
Boxing
Athletics
Rowing and sculling
Tae Kwon Do
Yoga

Running
Walking
Football
Long distance bike riding
Running/Jogging
Bike riding
Badminton
Cycling
Horse riding
Bike riding
Swimming
Dance



Skills

What did PCS students do for this section?

Playing an Instrument
Photography
Cooking
Budgerigars and canaries
Playing in a Band
Training the dog not to bark at the door
Acting, Drama & Theatre Skills
Playing an Instrument
Horses - handling and care
Crocheting
Singing
Piano
Car maintenance
Sign language BSL
Drawing
Refereeing children's football
Learn to coach novice rowers
Musical theatre

Thai chicken curry and noodles

I diced chicken thighs and vegetables and fried them in oil. I added a thai curry paste and coconut milk, along with fish sauce and oyster sauce. I also cooked rice with it and stir fry noodles. My whole family really enjoyed this.





Lasagna

I have made a white sauce by melting butter and adding first flour and then milk. I added cheese and seasoning to the sauce. I used some of the bolognese sauce and made lasagna by layering pasta sheets with white sauce and bolognese and topped with cheese.





Katsu Tofu with Sticky Rice

I followed a gusto recipe for Katsu Tofu. I should've used a more firm type of tofu, because they fell apart very easily, but they still turned out tasty.



gousto

RECIPE BAG 1907

Katsu Tofu With Sticky Rice (V)

Create your own plant-based version of our favourite dish, the katsu curry – it's with homemade curry sauce, a salad and quick-pickled shallots.

Ingredients for 2 (Double for 4)

- 1 shallot
- 50g baby leaf salad
- 1 tbsp curry powder
- 130g basmati rice
- 200g plain tofu A5
- 45g free-from mayonnaise

Nutritional info
per person, supplied ingredients only, pre-cooking

	Calories	Fat	Salt	Fat	Carbs
25kcal	270	4g			90g
gpar	Fibre	Protein	Salt		
g	4g	24g	2g		

Allergens: A1: gluten, A6: soya, A7: sesame

You need: flour, olive oil, pepper

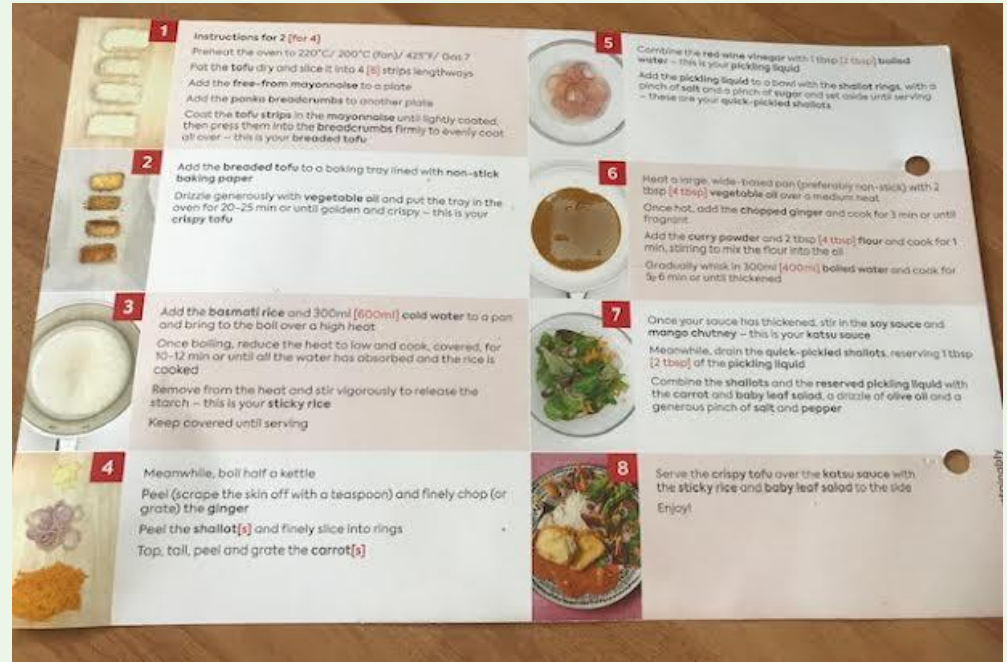
Special equipment: non-stick frying pan

Remember to wash your fresh fruit & vegetables

Plant-based

Only one free

See our FAQs for details



Instructions for 2 (for 4)

- 1** Preheat the oven to 220°C/ 200°C (fan)/ 425°F/ Gas 7. Pat the tofu dry and slice it into 4 (8) strips lengthways. Add the free-from mayonnaise to a plate. Coat the tofu strips in the mayonnaise until lightly coated, then press them into the breadcrumbs firmly to evenly coat all over – this is your breaded tofu.
- 2** Add the breaded tofu to a baking tray lined with non-stick baking paper. Drizzle generously with vegetable oil and put the tray in the oven for 20–25 min or until golden and crispy – this is your crispy tofu.
- 3** Add the basmati rice and 300ml (600ml) cold water to a pan and bring to the boil over a high heat. Once boiling, reduce the heat to low and cook, covered, for 10–12 min or until all the water has absorbed and the rice is cooked. Remove from the heat and stir vigorously to release the starch – this is your sticky rice. Keep covered until serving.
- 4** Meanwhile, boil half a kettle. Peel (scrape the skin off with a teaspoon) and finely chop (or grate) the ginger. Peel the shallot[s] and finely slice into rings. Top, tail, peel and grate the carrot[s].
- 5** Combine the red wine vinegar with 1 tbsp (2 tbsp) boiled water – this is your pickling liquid. Add the pickling liquid to a bowl with the shallot rings, with a pinch of salt and a pinch of sugar and set aside until serving – these are your quick-pickled shallots.
- 6** Heat a large, wide-based pan (preferably non-stick) with 2 tbsp (4 tbsp) vegetable oil over a medium heat. Once hot, add the chopped ginger and cook for 3 min or until fragrant. Add the curry powder and 2 tbsp (4 tbsp) flour and cook for 1 min, stirring to mix the flour into the oil. Gradually whisk in 300ml (400ml) boiled water and cook for 5–6 min or until thickened.
- 7** Once your sauce has thickened, stir in the soy sauce and mango chutney – this is your katsu sauce. Meanwhile, drain the quick-pickled shallots, reserving 1 tbsp (2 tbsp) of the pickling liquid. Combine the shallots and the reserved pickling liquid with the carrot and baby leaf salad, a drizzle of olive oil and a generous pinch of salt and pepper.
- 8** Serve the crispy tofu over the katsu sauce with the sticky rice and baby leaf salad to the side. Enjoy!





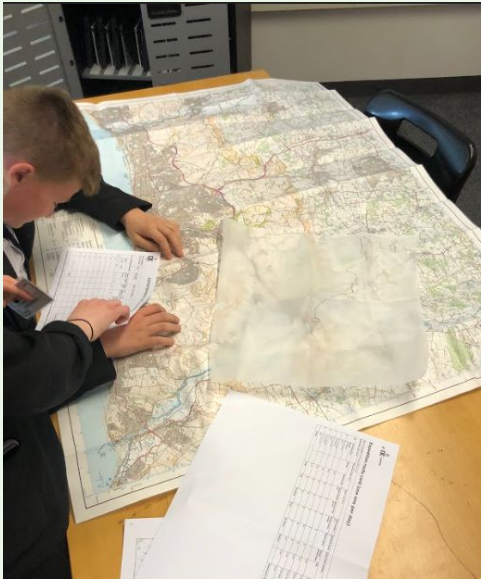


First Aid





The Walk







The Camp and food

Set up camp

Cooking - Trangias - 2 hot meals over the 2 days

Meal plan





We did
it!!!

Memories

The best things about doing the Award...?

“Spending time with my friends and accomplishing something together”

“It was fun, I loved the camping and the singing whilst we were walking”

The biggest challenge?

“When we hiked up the wrong hill and discovered at the top that it was the wrong hill”

What has doing the DofE taught you about yourself?

“It has taught me loads of responsibility due to not being around teachers all the time telling us where to go, what to do and what to bring. It was all independent.”

“That I like trying new things”

“That the ground is actually more comfortable than I previously thought!”

“I actually enjoyed walking, especially with a good group of people”