



**YOUTH
WITHOUT
LIMITS**

**START
YOUR BRONZE
DOFE**

What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.



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Introducing the DofE



What will I do?

BRONZE AWARD			
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.			

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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Physical section

**Take part in whatever
dance, sport or fitness
activity you would like**

**Get fitter and have fun
along the way!**



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Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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Expedition

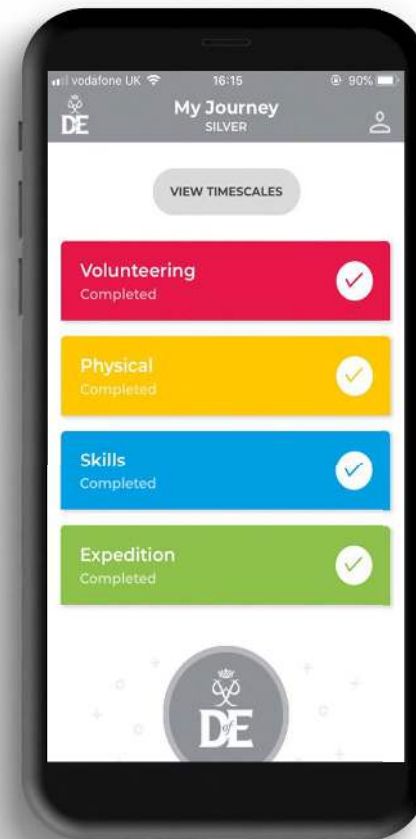
**Explore the great outdoors
and spend a night away
from home**

**Create memories that
will last a lifetime**



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Your Welcome Pack and eDofE



Physical section:

ACTIVITY LOG



Name:

Level:

Bronze, Silver
or Gold

Timescale:

no. of months
for this section)

Notes:

- If extra space is needed, use an additional log.
- This Activity Log is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into eDofE.
- Download extra copies of this Activity Log, plus logs for the other sections, from **eDofE.org** or **DofE.org/go/downloads**
- For Expedition/Residential records, please refer to the Keeping Track booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials

After 3 months

The image shows two overlapping forms for the DofE Assessor's Report. The top form is the 'Assessor's Guidance Notes' and the bottom form is the 'Assessor's Report'.

Assessor's Guidance Notes

Thank you for your time and commitment offering to assess me for the Volunteering section of my DofE programme.

I hope that you will enjoy your involvement, helping me through the section and to get the most from my activities and complete the section.

For this section of my Silver DofE programme, I have to give practical voluntary service to individuals, the environment or my community over a six-week period.

Can you:

- Understand
- Help me
- Support
- Be on my side
- Do a bit of everything

When this can you be involved...

To the participant

Remove this card, fill in your details on the other side and hand it to your Assessor when you have completed the activity for the required period of time.

If your Assessor decides to complete this report online, it will be sent to your DofE Leader to approve. If the Assessor completes this form, when they return it to you completed and signed, scan or photograph it and upload it to eDofE, making it an 'Assessor's Report'. When it has been approved you will see it appear as your evidence folder in eDofE. You can then submit this evidence for sign-off. You can also add your own comments in eDofE.

To the Assessor

Thank you for assessing this participant in their volunteering activity for their Duke of Edinburgh's Award.

To achieve an Assessor's Report, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set for each section. Please complete your report online at:

www.DofE.org/assessor

You will need the information in the top right-hand box of the other side of this card to make your report. Alternatively, you can enter your name and the section provided online and return this card to the participant.

What to include in a report:

Please describe the achievements of the participant as they undertake this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging.

Thank you for helping young people with their DofE activities.

The Volunteering section

Aim: To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.

Completion of the section: Young people have met the DofE requirements if they've volunteered regularly, averaging at least one hour a week over the agreed time and if they've demonstrated effort, commitment and improvement.

Your Assessor's Report: Please take the time to think about what evidence you provide. You can talk about training, their contribution (if applicable) and achievement of their personal goals.

What you write will celebrate the achievement of the young person and will form part of their permanent record of their DofE programme. So please

Assessor's Report

Participant: _____
DofE ID No: _____
Leader: _____

Activity: _____

Date started: _____ Completed: _____

Days left to participant: _____

Assessor's comments:

Signature: _____ Date: _____

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Assessors can submit an assessor's report via the [Assessor's Report portal](#). For more information on how to submit an assessor report, please click [here](#).

Photo Upload

An assessor can also write the report on a separate piece of paper detailing the achievements of the participant. Once this is done, the page can be handed back to the participant who will need to scan or photograph the page and add it as Photo evidence and mark it as an Assessor's report before saving and submitting it to their DofE Leader.

DO NOT COMPLETE EXPEDITION SECTION

Expedition

Excel outdoors:

Excel Outdoors comes out of **25 years experience** on the hill. My Name is **Thomas Kelly** and I am the CEO of Excel Outdoors.

For 17 years I have worked for the DofE Charity initially comms and leading outdoor training, then as an Operations Manager for 8 years and during the Covid year of 2020 as Acting Director for the North of England.

During my time with DofE I delivered outdoor training qualifications, led DofE expeditions and was responsible for the Cumbria Assessment Network. I have provided consultancy to local authorities for outdoor provision and AALS and provided consultancy to schools delivering DofE expedition

Expedition Training

Training day : Sale High School, Norris Rd, Sale

17th June 9am - 3pm

The sessions will then cover **navigation, tents and stoves etc**. Some indoor and outdoor sessions are included

Practice walk : Rivington

18th June

Start location: The Great House Barn, Great House Barn, Bolton BL6 7SB (next to Go Ape)

Arrive time: 10am

Finish location: The Great House Barn, Great House Barn, Bolton BL6 7SB (next to Go Ape)

Finish time: 2:30pm

Expedition

Qualifying Expedition : Darwen/Chorley/Rivington

Wed 25- Thurs 26th June

Start location: Roddlesworth Information Centre Tockholes Rd, Tockholes, Darwen BB3 0PA

Arrive time: 10am

Campsite: Bibby's Farm scout camp & activity centre, Back Ln, Heath Charnock, Chorley PR6 9DL - 0300 302 0007

Finish location: Rivington Reservoir Car park, Rivington Lane, BL6 7RU (opposite Rivington & Blackrod High School)

Finish time: 2:30pm

In an emergency please contact Tom Kelly 07902585691 from Excel Outdoors.

Expedition

Clothing	Other items (continued)
Walking boots not shoes (ankle Support, vibram sole, stitched tongue)	Wash kit (e.g. baby wipes/soap, deodarnt, toothpaste, tooth brush, small towel)
2* walking socks	Small torch
3* T-shirt (not cotton)	Personal medication/small first aid kit)
Jumper/fleece jacket	Sun cream
2* walking trousers (e.g. tracksuit bottoms not Jeans!)	Watch
Waterproof jacket	Pencil/paper
Waterproof over trousers	Mobile phone for emergency use only
Woolen hat/gloves	Group equipment (split between the group)
Underwear for 2 days	Compass (provided by Excel Outdoors)
1*pyjamas	Map (provided by Excel Outdoors)
	Route cards (provided by Excel Outdoors)

Expedition

Food		Tent (provided by Excel Outdoors)	
1* Breakfast		Trangia (cooking stove) (provided by Excel Outdoors)	
2* lunch		Firelighter (provided by Excel Outdoors)	
1* dinner		Washing up equipment (provided by Excel Outdoors)	
Snacks		Group first aid kit (provided by Excel Outdoors)	
Some emergency rations			
Rucksack liner (can be polythene bag/rubble sack)		Water bottle	

Expedition

OTHER EQUIPMENT NEEDED BUT CAN BE HIRED

Sleeping bag (can be hired)

Roll mat (can be hired)

Rucksack (we recommend a 55-65 litre rucksack) can
be hired)

Bring

STAFF

Mrs Rainey

Mr Jackson

Miss McKenna

Mr Cook

Ms Montgomery

Ms Howlett

John Morton

Tom Kelly

Tents/Groups

Put in groups of 6-7 students

Tents 2-3 in a tent