



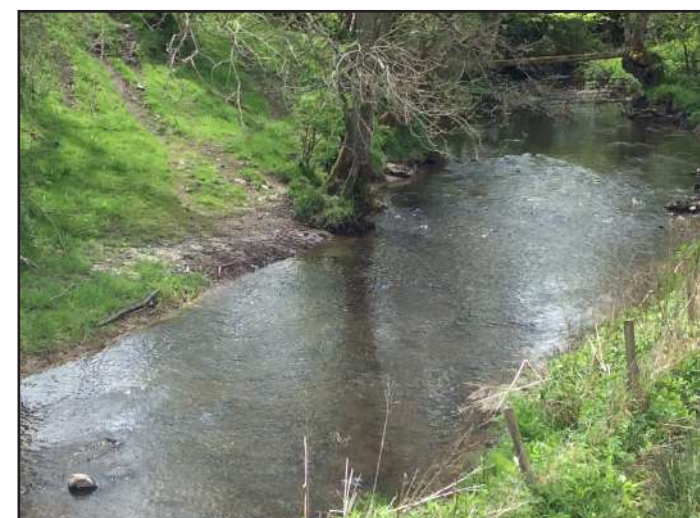
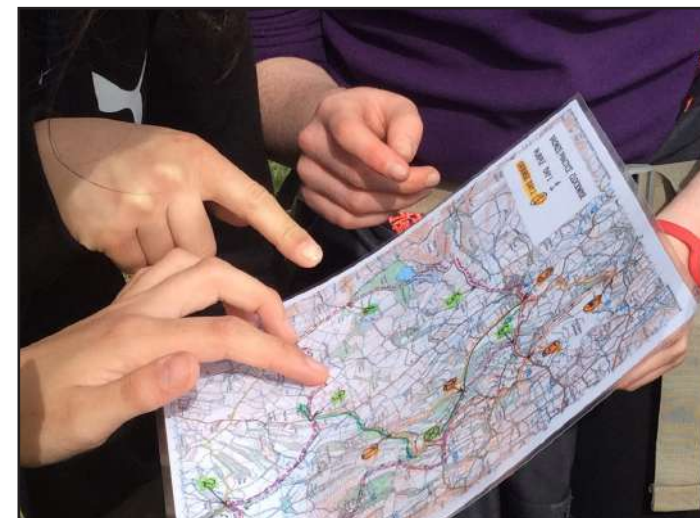
2019/2020

# Bronze DofE Information Booklet

For participants and parents







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# My DofE Checklist

Month (guide)	Task	Complete
October – November	Decide on what activities you would like to complete for you skill physical and volunteering and submit your deposit and registration booklet.	<input type="checkbox"/>
November-December	Find out your username from your letter or speak to Mr Jones. Make a note of this somewhere safe.	<input type="checkbox"/>
December	Log into <a href="https://www.edofe.org">www.edofe.org</a> and fill your personal details and address.	<input type="checkbox"/>
December - January	You will receive your official welcome pack through the post once you have logged on and filled in your personal details.	<input type="checkbox"/>
December	Fill in and submit your activity details on <a href="https://www.edofe.org">www.edofe.org</a>	<input type="checkbox"/>
December – June	Enjoy completing your skill, physical and volunteering activities. Make your own log of each time you attend a session (you do not need to get this signed each week).	<input type="checkbox"/>
March – June	Once you have completed your 3 or 6 months activity ask your assess to fill in a report. Upload this to <a href="https://www.edofe.org">www.edofe.org</a> either by taking a picture of a hand written report or asking your assessor to submit this online (please see the edofe guide on the following pages to support).	<input type="checkbox"/>
May	Begin preparations for your expedition section. Check the equipment list and make sure you have boots in good time as they will need wearing in.	<input type="checkbox"/>
June	Take part in a practice expedition. Details will be sent nearer the time.	<input type="checkbox"/>
July	All skill, physical and volunteering sections should be complete and all assessor reports should be uploaded.	<input type="checkbox"/>
July	Take part in an assessed expedition.	<input type="checkbox"/>
Autumn Term	DofE Presentation Evening	

# A guide to eDofE

← → ↻ <https://edofe.org>

Type in  
[www.eDofE.org](https://www.eDofE.org)

## A guide to eDofE

Welcome to eDofE!

The Duke of Edinburgh's Award is a voluntary, non-competitive programme of activities for anyone aged 14-24. eDofE enables them to record their intended aims, track their progress and upload evidence of their achievements.

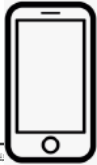

[For assistance click here](#)

Username:

Password:

[Forgot your password?](#) [Sign in](#)


[Participant mobile site](#)



Please note this can **also** be done via the new DofE app. Unfortunately I cannot screen shot this process at present but I believe it is a straight forward task.  
<https://www.dofe.org/app/>

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← → ↻ <https://edofe.org>



## Welcome to eDofE!

The Duke of Edinburgh's Award is a voluntary, non-competitive programme of activities for anyone aged 14-24. eDofE enables them to record their intended aims, track their progress and upload evidence of their achievements.

[For assistance click here](#)


Your username was sent in a letter after you were registered by the college. If you need a reminder, see Mr Jones

MrJones1

your password?

[Sign in](#)

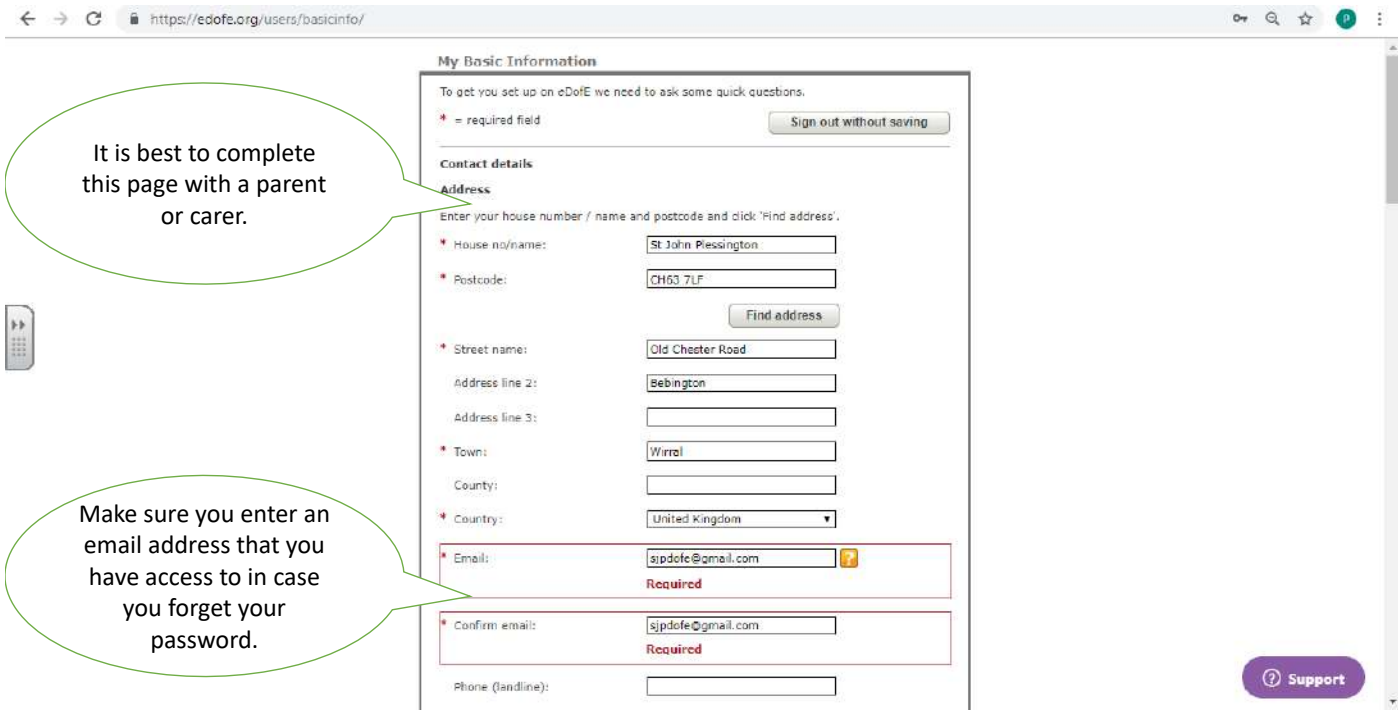
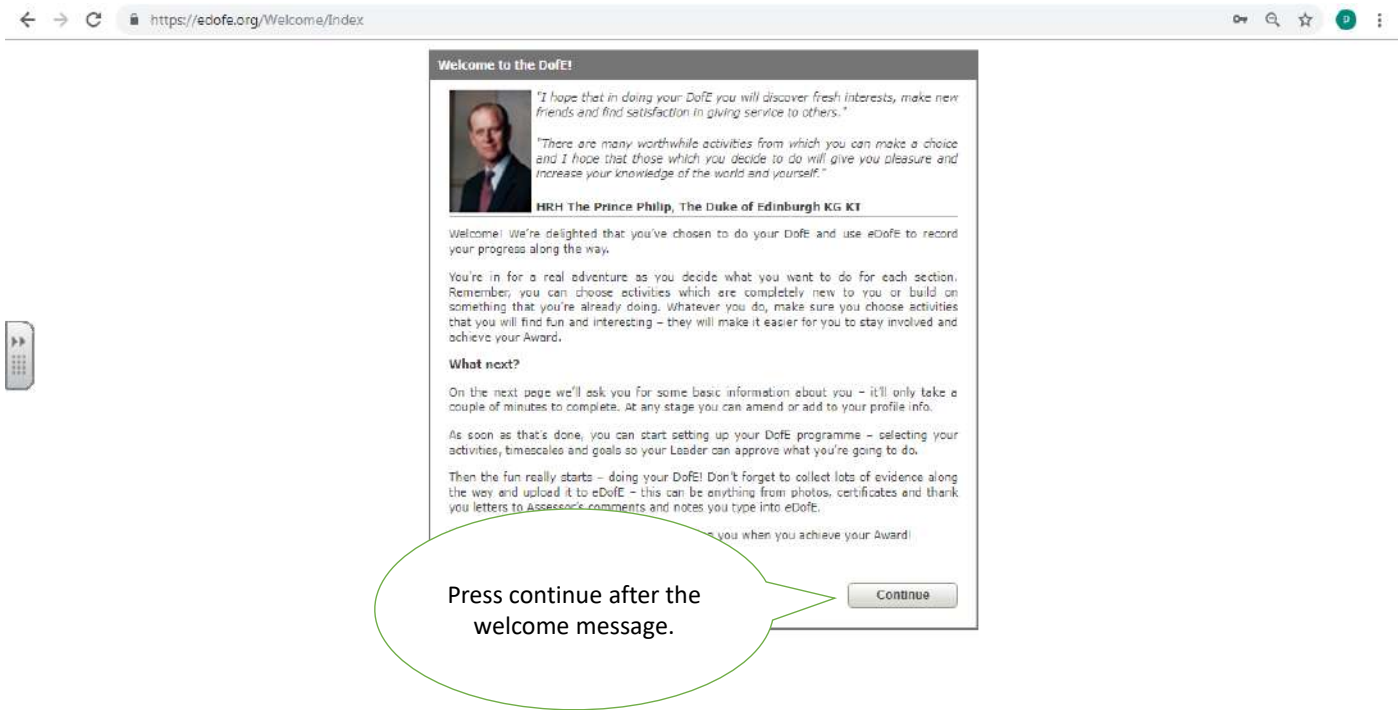
[Participant mobile site](#)



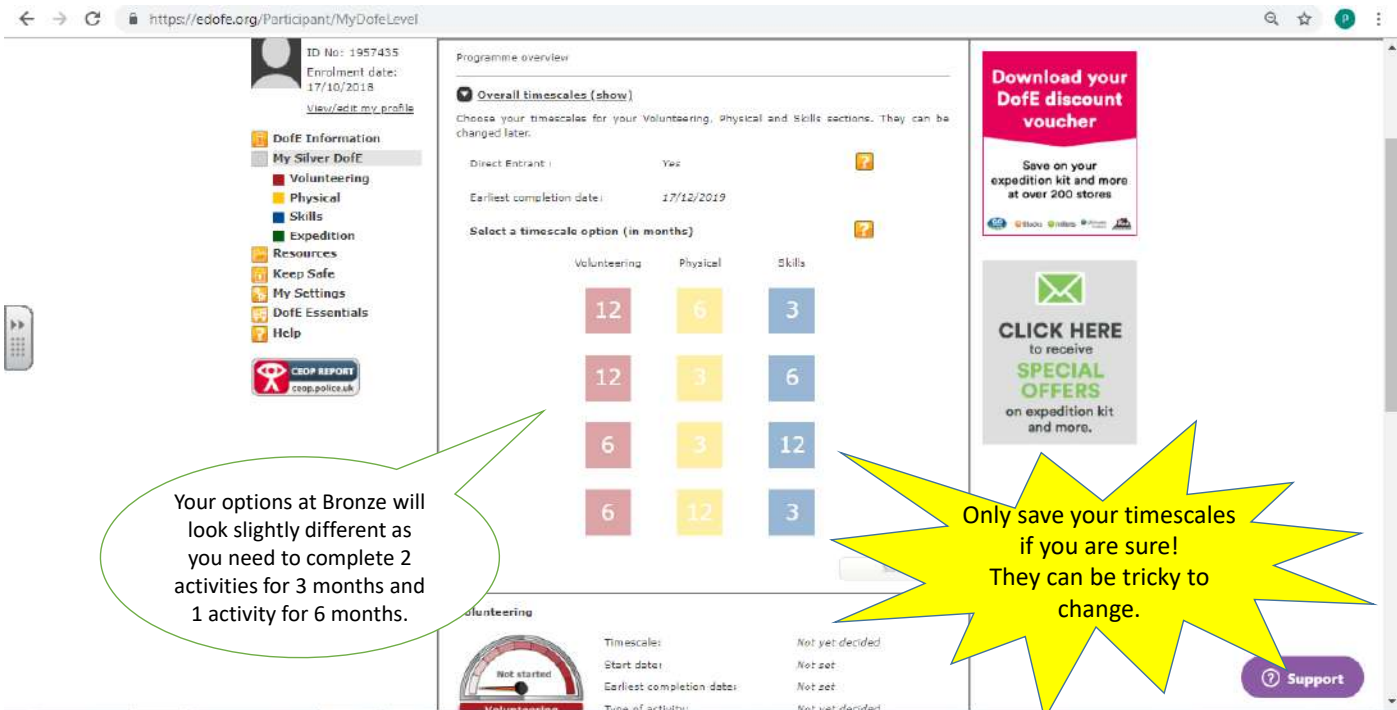
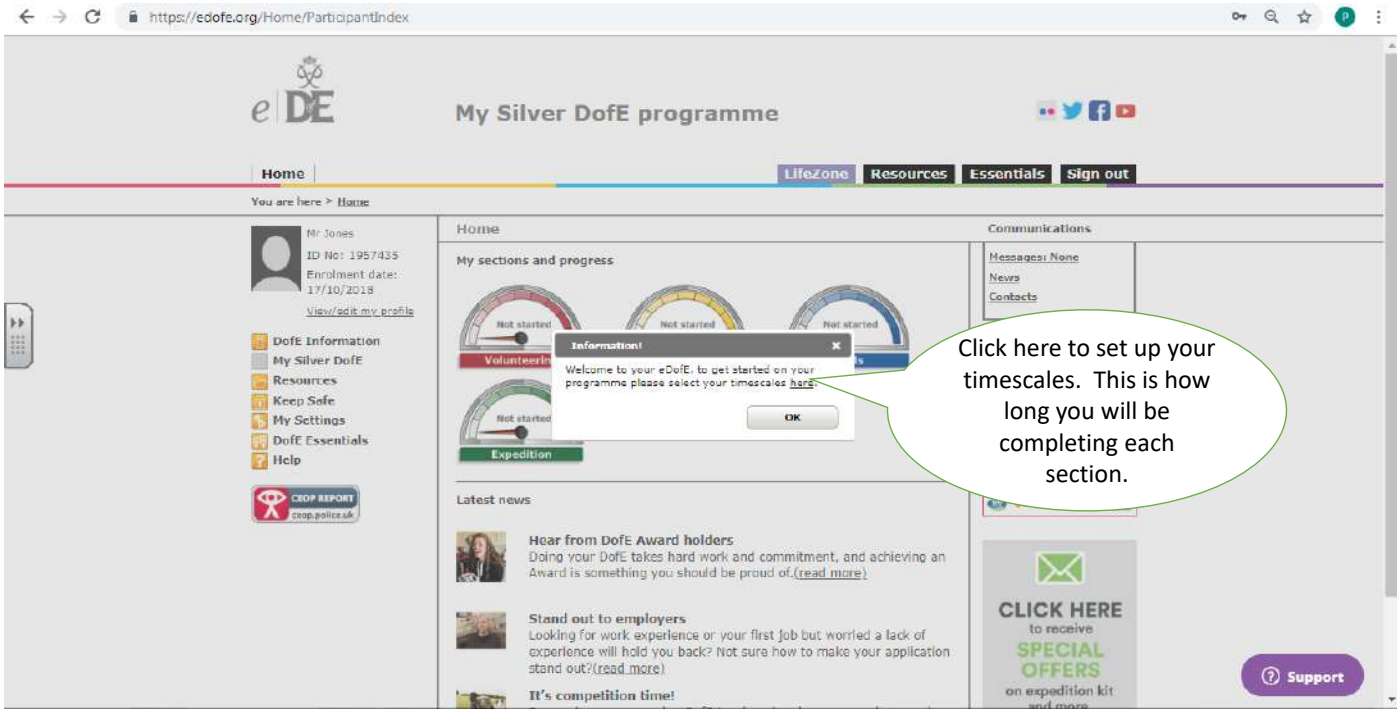
The first time you log on your password is your date of birth (8 digits) ddmmyyyy

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# A guide to eDofE



# A guide to eDofE





# A guide to eDofE

← → ↻ https://edofe.org/Participant/MyDofELevel

View/edit my profile

DofE Information  
My Silver DofE  
Volunteering  
Physical  
Skills  
Expedition  
Resources  
Keep Safe  
My Settings  
DofE Essentials  
Help

Your timescales have been saved

Overall timescales (show)

Volunteering

Timescales: 6 months  
Start date: Not set  
Earliest completion date: Not set  
Type of activity: Not yet decided  
Detailed activity: Not yet decided

Edit section

Physical

Timescales: 3 months  
Start date: Not set  
Earliest completion date: Not set  
Type of activity: Not yet decided  
Detailed activity: Not yet decided

Edit section

Skills

Timescales: 12 months  
Start date: Not set  
Earliest completion date: Not set  
Type of activity: Not yet decided  
Detailed activity: Not yet decided

Edit section

Support

This is your main page. It will show your progress towards completing each section.

To add information click on 'edit section'.

← → ↻ https://edofe.org/Participant/Sections

LifeZone Resources Essentials Sign out

My Physical section

Status: Not started

Timescales: 3 Months

Start date: 17/10/2016

Earliest completion date:

Type/category of activity: Team sports

Detailed activity chosen: Rugby League

Where are you going to do it? Liverpool Lions RLFC

What are your goals? (What do you want to achieve?) I want to increase my skill level, improve my fitness and develop my leadership skills.

Assessor's name: Mr Shillinglaw

Assessor's email:

Assessor's telephone no:

Select your Leaders: Peter Jones

Submit for approval

Support

Download your DofE discount voucher

Repeat this process for all 3 sections. Once this is done, you can enjoy completing the activities for your chosen time scale.

You will then need to add information for each question.

Make sure your assessor is not a direct family member.

Make sure your goals are achievable. Try to add as much detail as you can.

- Why have you chosen this activity?
- What do you want to get out of this activity?
- How is this activity going to help you become a more rounded person?

Once you have checked everything is correct press submit for approval.

# Evidence

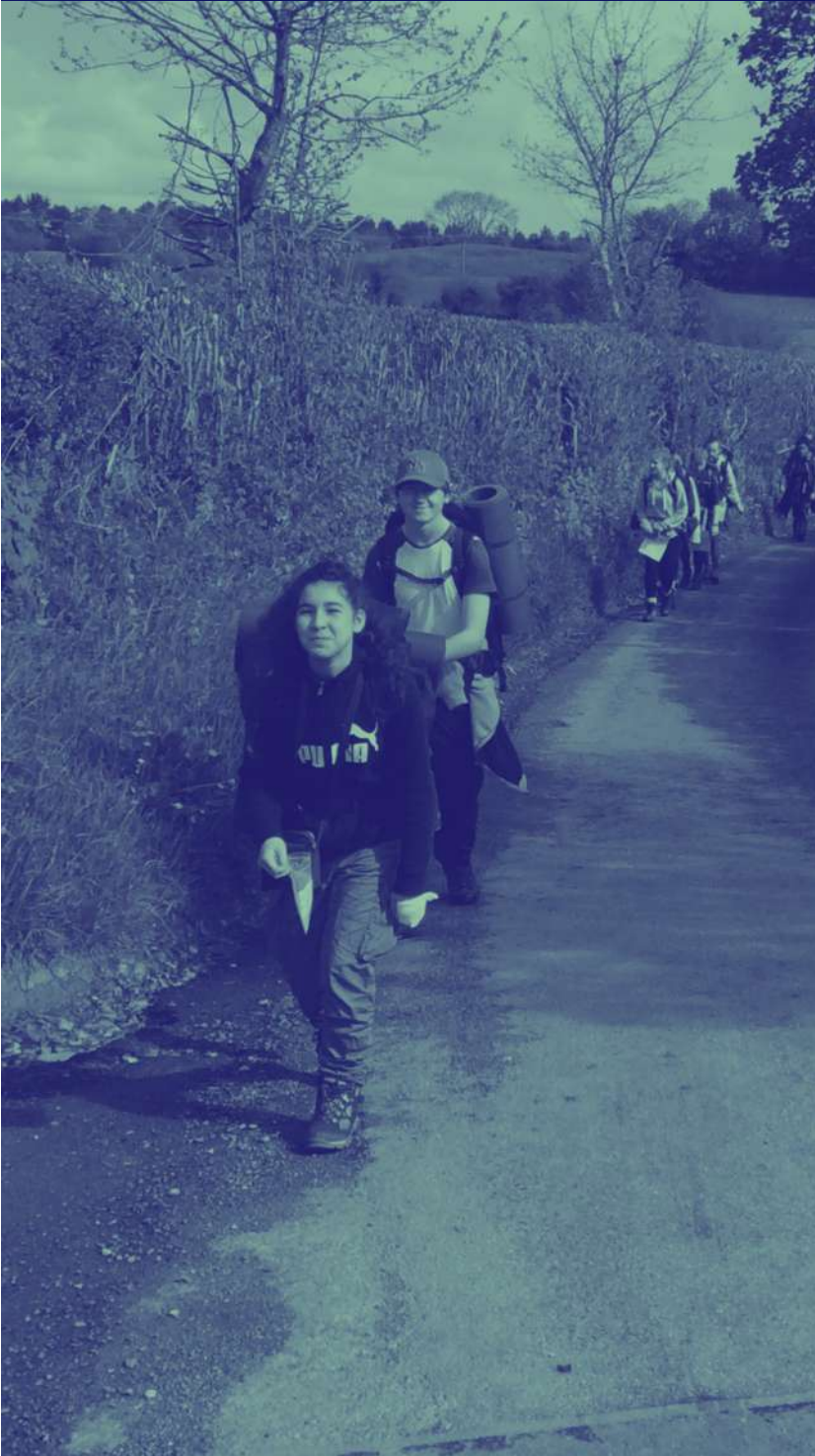


Once you have submitted your activities for skill, physical and volunteering. You can enjoy completing them.

It is worth keeping a log of each time you attend a session but you do not need to get it signed every week (see resources page for sheet).

At the end of your 3 or 6 months you will need to ask your assessor to sign a report (you will receive this in your welcome pack). This is a reference to confirm that you have completed the activity for the correct amount of time and shows that you have met your aims.

There are two ways of uploading this evidence which are shown on the following pages.









# Expedition Expectations

## Two expeditions are required:

### Practice expedition When: June-July

Why: To allow pupils to develop their navigational and camp-craft skills on a guided expedition with a member of staff. This will prepare them for their assessed expedition.

**Mobile Phones:** Pupils must seal them in an envelope and keep them in their bags for the duration of the expedition. They may only be used in emergencies in consultation with a member of staff.

**Supervision:** On the practice expedition pupils will be directly supervised. Whilst on the assessed expedition pupils will be closely/remotely supervised through check pointing.

**Behaviour:** We expect the same high standard of behaviour on DofE as we would in College. The same rules apply.

**Emergency Procedure:** Before we embark on the expedition parents and carers will receive a text message with an emergency contact number on.

**More details will follow in a letter in the New Year**

### Qualifying expedition (assessed) When: July

Why: To allow pupils to demonstrate their navigational and camp-craft skills on a self sufficient expedition supervised by members of staff and assessed by an accredited DofE assessor.



# Kit & Food

CLOTHING	PERSONAL AND EMERGENCY EQUIPMENT	PERSONAL CAMPING EQUIPMENT	GROUP CAMPING EQUIPMENT
Boots	Map(s)	Rucksack	Tent
Trousers (not jeans)	Watch	Sleeping bag	Stove/pots and pans
T-Shirt	Compass	Sleeping mat	Gas
Fleece	Whistle	Soap and towel	Washing up liquid
Hat (Sun Hat in summer)	Basic food supplies	Tooth brush and toothpaste	Pan scrubber
Waterproof over jacket	Lighter	Toilet paper	Tea towel
Waterproof over trousers	Torch	Knife fork and spoon	Water container
	Survival Bag Spare clothing(t shirt, tracksuit bottoms) Tin opener Take part in an assessed expedition. Note book and pencil Coins for phone Sun Protection	Mug and plate	

For more detail visit: <https://www.dofe.org/shopping/dofe-expedition-kit-list/>

## MEAL

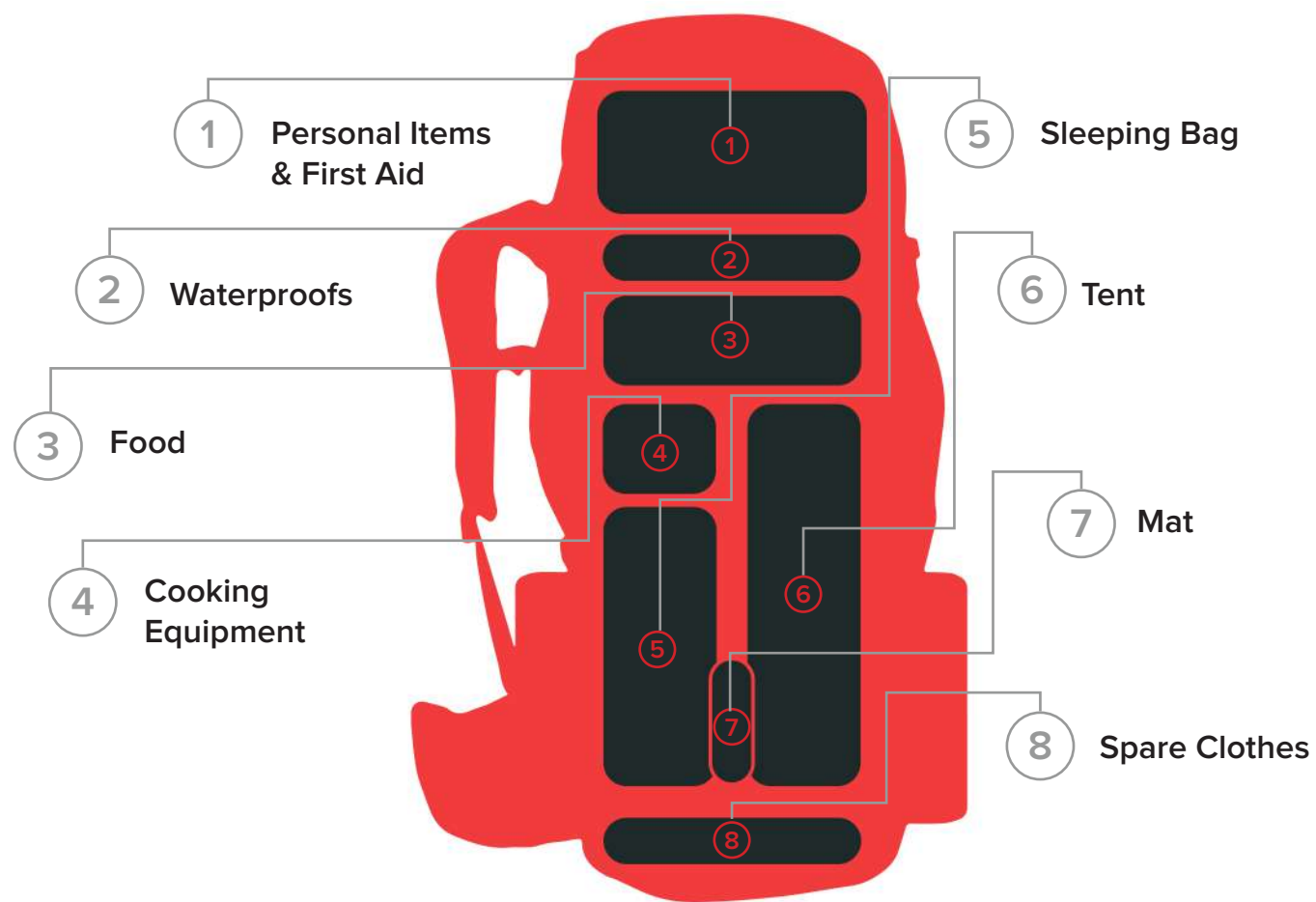
## IDEAS

**It is a good plan if you prepare your meals and put them in labelled sandwich bags for each day.**  
**Tent**

Day 1 Lunch	<b>Something filling with a few treats to keep spirits up.</b> Wraps, sausage rolls, sandwiches, fruit etc.
Day 1 Evening Meal	<b>Something lightweight, easy to cook and filling.</b> Pasta, boil in the bag rice, super noodles, sauce, peperoni etc.
Day 2 Breakfast	<b>Something that will set you up for the day.</b> Porridge sachets (add hot water), cereal bars, fruit loaf, pastries etc.
Day 2 Lunch	Similar to day 1, however avoid things that could go off if not refrigerated.



# Packing a Rucksack



## Advice

It is important that you are organised on your expedition. This all starts with packing your rucksack correctly.

**Distributing weight** – You want to make sure that the heavy items in your kit are placed low and central.

This means that you will feel more balanced as the bag won't be 'top heavy'. It also places the weight above your hips instead of your shoulders.

**Making things accessible** – You need to make sure that you have access to the things you need when you need them. This is why your waterproofs, first aid kit and food should be close to the top and your tent and sleeping bag are towards the bottom.

**Keeping organised** – when you unpack in your tent, make sure you keep everything together and categorised. This will save you a lot of time when it comes to re pack in the morning.

# Resources

## Keeping a Log

[illegible]

## Useful Links

Help with...	Link
Doing the DofE – Official Page	<a href="https://www.dofe.org/do/">https://www.dofe.org/do/</a>
The value of DofE	<a href="https://www.dofe.org/lifezone">https://www.dofe.org/lifezone</a>
New eDofE App	<a href="https://www.dofe.org/app/">https://www.dofe.org/app/</a>
Activity ideas (skill, physical & volunteering)	<a href="https://www.dofe.org/wp-content/uploads/2019/03/programme_ideas_-_complete.pdf">https://www.dofe.org/wp-content/uploads/2019/03/programme_ideas_-_complete.pdf</a>
Assessor guidance	<a href="https://www.dofe.org/wp-content/uploads/2018/02/Writing_Assessor_Reports.pdf">https://www.dofe.org/wp-content/uploads/2018/02/Writing_Assessor_Reports.pdf</a>
Submitting Assessor Reports online	<a href="https://edofe.org/assessor">https://edofe.org/assessor</a>
Expedition Advice	<a href="https://www.dofe.org/shopping/expedition-kit/">https://www.dofe.org/shopping/expedition-kit/</a>



