

June 2025



**YOUTH
WITHOUT
LIMITS**



What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as the individual

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

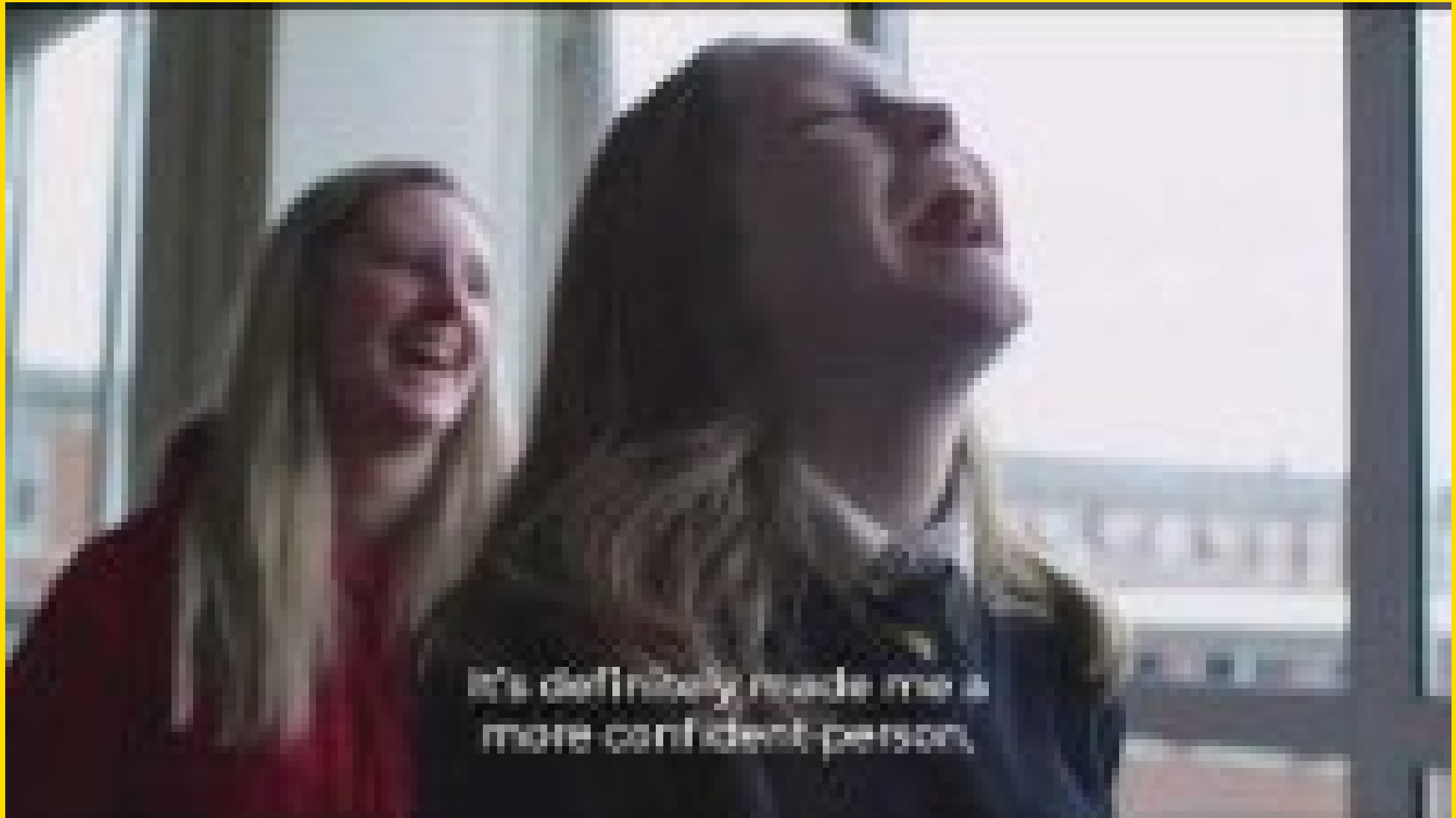
Now it's your turn.



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Introducing the DofE



Why should I take part?

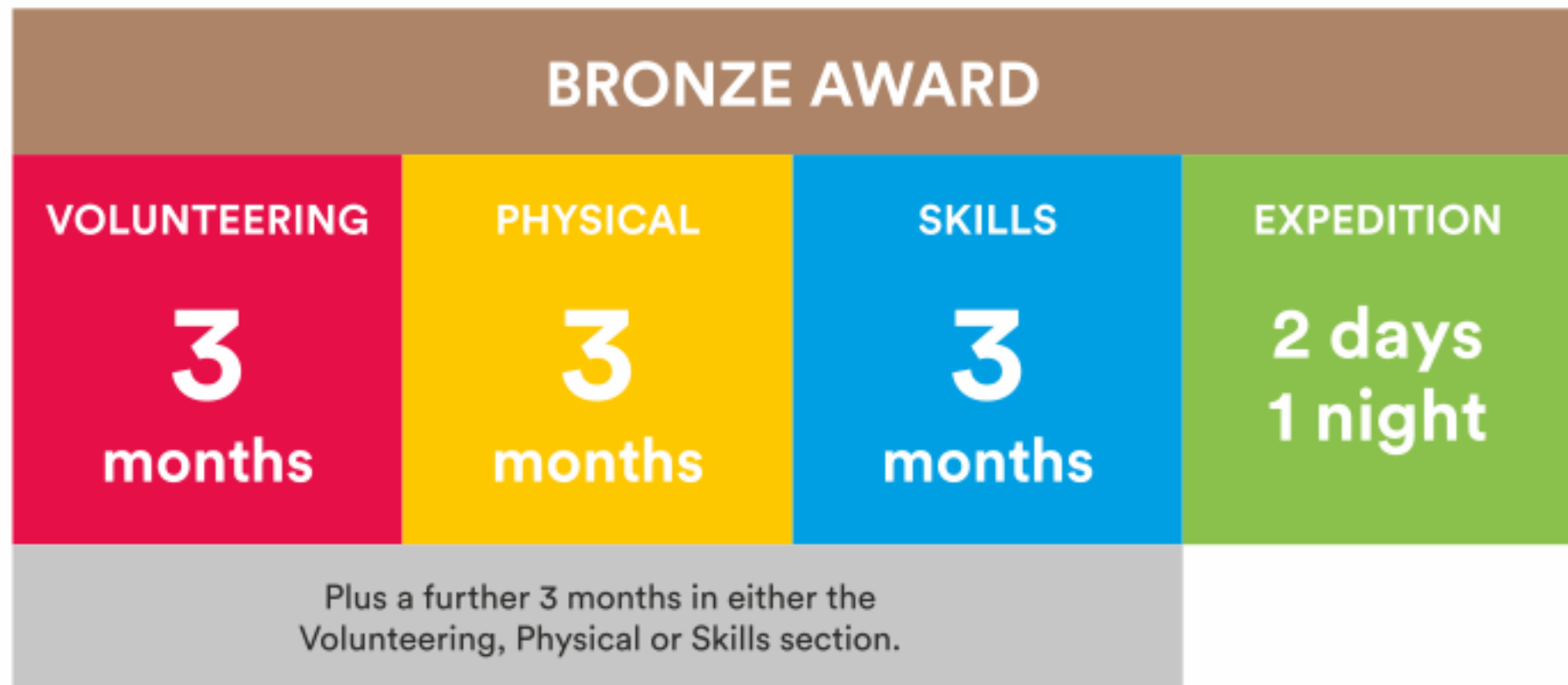
So why should you do your DofE?

It's hard to list all the benefits of achieving your DofE Award, so here's a quick snapshot. You'll...

- **Have lots of fun**
- **Get healthier and happier**
- **Meet incredible people and make lasting friendships**
- **Have amazing new experiences**
- **Find talents you didn't know you had**
- **Gain skills that employers' value, which you can reference on your CV**
- **Become more confident and independent**
- **Stand out from the crowd in college, university and job applications**
- **Make memories that will last a lifetime.**



What will I do?



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.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
12 months	12 OR 6 months	12 OR 6 months	4 days 3 nights	5 days 4 nights
Physical and Skills sections: one section for 12 months and the other section for 6 months				
If you didn't do SILVER, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

What will I do?

- There's loads to choose from — most activities can count towards your DofE.
- Activities could be something that you are already doing or completely new
- Lunch and after school clubs and activities all count!
- Only 1 hour a week
- Just need to someone outside of your family to write you a statement when you have finished.

The screenshot shows a mobile app interface for 'My dashboard BRONZE'. At the top, there's a status bar with 'vodafone UK', '11:49', and '54%'. Below the status bar, the app header includes the 'DE' logo and 'My dashboard BRONZE'. The main heading is 'Choose your timescales' with the subtitle 'Select how you spend your time'. There are three colored buttons: 'Volunteering' (red), 'Physical' (yellow), and 'Skills' (blue). Below these, there are three rows of time scale options, each with a radio button to its right. The first row has '3 months', '3 months', and '6 months'. The second row has '3 months', '6 months', and '3 months'. The third row has '6 months', '3 months', and '3 months'. At the bottom, there is a large blue 'SUBMIT' button.

Volunteering	Physical	Skills
3 months	3 months	6 months
3 months	6 months	3 months
6 months	3 months	3 months

Volunteering section

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

Help others and change things for the better

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation
-

****Unfortunately volunteering at commercial businesses cannot be accepted***



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Community action and raising awareness

- ☐ Cyber safety
- ☐ Council representation
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Personal safety
- ☐ Promotion and PR
- ☐ Road safety
- ☐ Beach and coastline conservation
- ☐ Community garden
- ☐ Helping children to read in libraries
- ☐ Environment
- ☐ Letter writing scheme
- ☐ Litter picking
- ☐ Parkrun volunteer
- ☐ Preserving waterways
- ☐ Rural conservation
- ☐ Urban conservation
- ☐ Young carer
- ☐ Youth work

Helping a charity or community organisation

- ☐ Campaigning
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Organising a demonstration
- ☐ Raising awareness about an issue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Working in a charity shop
- Supporting a charity**
- ☐ Administration
- ☐ Being a charity intern

Working with the environment or animals

- ☐ Animal welfare
- ☐ Drug and alcohol education
- ☐ Food bank
- ☐ Helping children
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need
- ☐ Helping people with additional needs
- ☐ Working at an animal rescue centre
- ☐ Zoo/farm/nature reserve work

Coaching, teaching and leadership

- ☐ DofE Young Leader
- ☐ Group leadership
- ☐ Head student
- ☐ Prefect
- ☐ Mentoring
- ☐ Music coaching
- ☐ Sports coaching
- ☐ Tutoring
- Leading a voluntary organisation group**
- ☐ Sea Cadets
- ☐ Air Cadets
- ☐ Jewish Lads' and Girls' Brigade
- ☐ St John Ambulance
- ☐ Scout Association
- ☐ Scouting Ireland
- ☐ Air Training Corps
- ☐ Army Cadet Force
- ☐ Boys' Brigade
- ☐ CCF
- ☐ Church Lads' & Girls' Brigade
- ☐ Girlguiding UK
- ☐ Catholic Guides of Ireland
- ☐ Girls' Brigade Sports
- ☐ The Order of Malta



Physical section

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

Get fitter and have fun
along the way!



Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/

- ☐ Aquathlon Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running

- ☐ Cycling
- ☐ Fencing
- ☐ Field Gun
- ☐ Geocaching
- ☐ Golf

- ☐ Gymnastics Horse riding
- ☐ Modern pentathlon
- ☐ Motocross

- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running

- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampoline
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)

- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming

- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Ceroc
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/ Irish dancing
- ☐ Street dancing/ breakdancing/ hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ Racketlon/Rackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work
- ☐ Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating
- ☐ Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Judo
- ☐ Karate
- ☐ Kendo
- ☐ Kuk Sool Won
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey Kabaddi
- ☐ Korfbal
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby



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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



Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

Physics

- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Handbell ringing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies

describing music

- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting



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Expedition

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

**Create memories that
will last a lifetime**

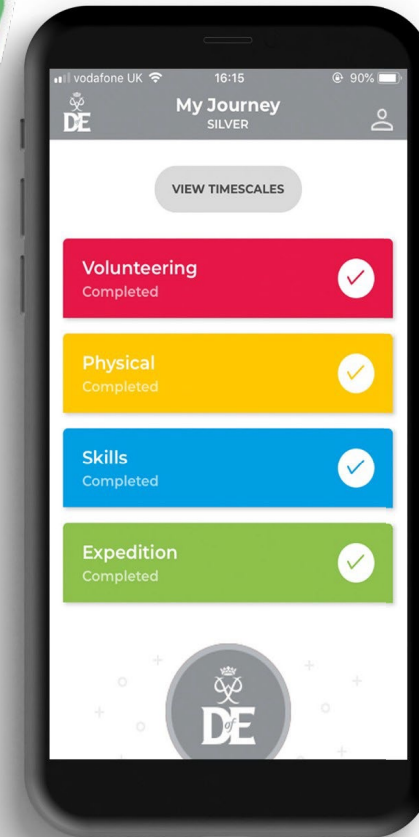
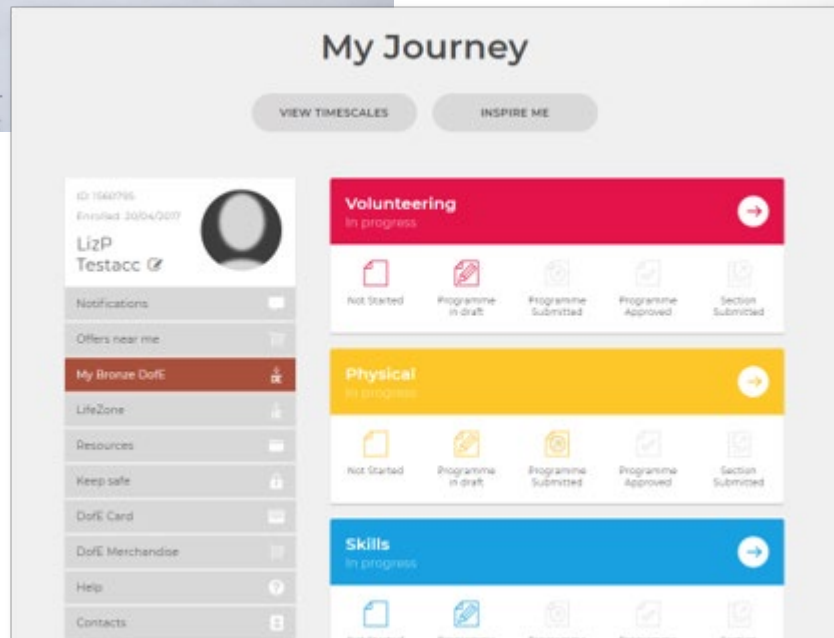


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Your Welcome Pack and eDofE



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My Journey

VIEW TIMESCALES

INSPIRE ME

ID: 2831362
Enrolled: 01/09/2022



Notifications

Offers near me

My Bronze DofE

LifeZone

Resources

Keep safe

DofE Card

DofE Merchandise

Help

Volunteering

Not started



Not Started



Programme
in draft



Programme
Submitted



Programme
Approved



Section
Submitted

Physical

Not started



Not Started



Programme
in draft



Programme
Submitted



Programme
Approved



Section
Submitted

Skills

Not started



Not Started



Programme
in draft



Programme
Submitted



Programme
Approved



Section
Submitted

Expedition

Not started



Not Started



Programme
in draft



Section
Submitted

Click here to start
your planners

Expedition Planning
will come later!

Your Section Programme Planners

* Start date 

Earliest completion date:

* Type/category of activity
 

* Detailed activity chosen
 

* Where are you going to do it?

* What are your goals?

* Assessor's name:

* Assessor's position:

Assessor's email:

Assessor's telephone no:

* My Leader is:
 

Who will be your assessor?

Person in charge of that sectional activity
e.g. charity shop manager, teacher that runs the after school club, sports coach outside of school. Can also be a teacher or tutor.

**Over 18 & cannot be your friend.
CANNOT be a family member.**

Assessor Reports



Complete online or with your Welcome Pack

Assessor will need your:

- eDofE ID
- Level
- Section

Assessor's Report

As an Assessor you can add your report directly into the participant's online eDofE account here.

All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.

Thank you for supporting young people with their activities. Please read our [Privacy Statement](#) for information on how your information is secured.

If you have a problem with the CAPTCHA code, please use a different device/network/browser and this should solve the problem. Please contact edofe@dofe.org.

What to include in your Assessor's Report

- Download a checklist of the information an Award Verifier will look for when reading your report. Please try to include as much of this information as possible in your report.
- Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skill they have developed and mention any memorable things that they accomplished.
- Please include the start and end dates between which the young person undertook their activity.
- Expedition Assessors: Please include your assessor accreditation number and (if applicable) the team's expedition notification number in your report.
- Download a summary of what to include in your report, and some [example reports here](#)

DE | ASSESSOR'S REPORT VOLUNTEERING

Participant: _____
eDofE ID No: _____
Level: Bronze

Description of activity: _____

Date started: ____/____/____ Completed: ____/____/____ (____ months)

Goals set by participant: _____

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will corroborate the achievement of the young person and form part of their permanent record of their DofE programme. Please note the information you have provided in this report will be assessed and stored by the DofE as part of its record of the participant's achievement. This DofE will not share your personal data with third parties.

What progress did they make towards their goals?

What did they achieve, what skills did they learn?

How frequently did they take part in this activity?

Any other comments?

Signature: _____ Date: ____/____/____

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Getting started

Are you ready to start an adventure you'll never forget?



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Follow the steps that your school has put in place to get yourself signed up

Speak to your parents/carers as there is a cost associated with signing up and the expedition.

Start looking at activities you could do

Think about who your assessor could be

Training and Expedition



About Us

We are an outdoor education provider specialising in the provision of the Duke of Edinburgh's Award.

We pride ourselves on working with the very best in the business in order to ensure high quality service. Our knowledgeable, friendly and experienced team come from a variety of working backgrounds including DofE coordinators, teachers, activity centre managers and ex-service personnel.

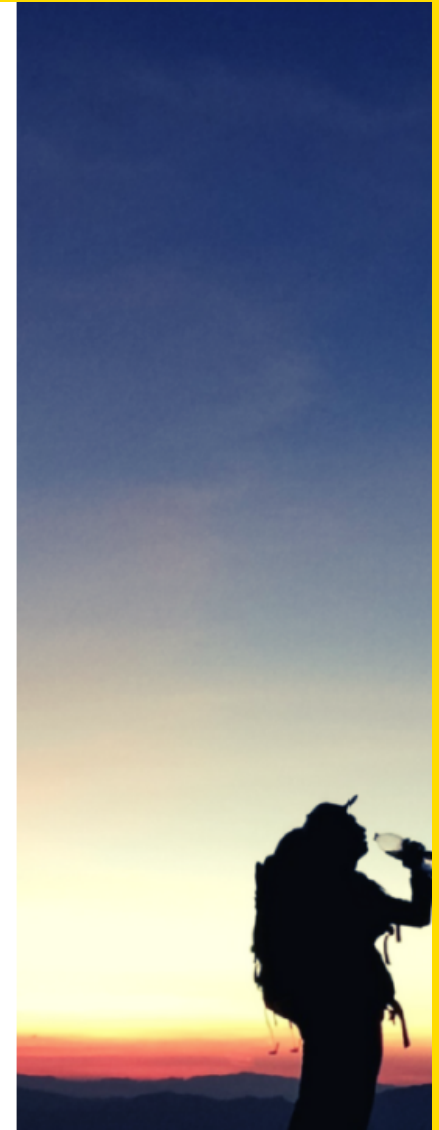
Programme

Our Bronze DofE programme consists of three elements*. More detail on each area can be found in this pack. Make sure to read through the relevant information before each element of your Expedition section.

Training - half day training on the school site focusing on expedition skills

Day Walk - local day walk with our instructor team focusing on navigation skills

Expedition - 2 day, overnight expedition in the local area



Key dates 2026-27

Regular meetings:

First meeting and logging on:

Tuesday 20th October

3.30-4.30pm

Tuesday 10th November

3.30-4.30pm

Tuesday 19th January

3.30-4.30pm

Tuesday 9th March

3.30-4.30pm

Tuesday 20th April

3.30-4.30pm

Tuesday 18th May

3.30-4.30pm

Tuesday 22nd June

3.30-4.30pm

Ridgeline Training Session:

Friday 20th November

3pm – 7.30pm

Venue: LHS only

Practice Walk:

Saturday 21st November

10am – 4pm

Leaving from LHS in a circular walk via Pangbourne

Expedition Overnight Trip:

8.30am Thursday 15th July until

4pm Friday 16th July

Leaving from LHS to Rushall Farm overnight and ending in Woolhampton

Cost

DofE Welcome Pack	£33
Ridgeline Training and Expedition	£190
Training and Expedition Costs including DofE Licence Fee	£16.00
Parentmail Charge	£0.50
	£240

Everything except for personal kit and food for the expedition is covered within our costs.

Ridgeline offer a kit hiring service at a discount, this will be shared later in the year.

If cost is a potential barrier, please speak to Ms Crawley as there are ways we can apply for support. If you are a pupil premium student then we will be able to subsidise some of the cost.

FAQ

Can I be in a group with my friends?

Groups need to be made up of 7 young people for the training, practice walk and expedition. You will be able to form smaller friendship groups of 3 or 4 max and then I will form the larger groups from these. For safety reasons you cannot be in a group smaller than 7 and once decided we don't want to be switching the groups around.

I already play a sport or musical instrument – does this count?

Yes absolutely! As long as you have someone that can assess you such as a tutor or coach then yes, you can choose something that you are already doing. You will need to set yourself a goal and record evidence of your progress.

Why are we offering it to Years 9 & 10?

Due to personal reasons it was not possible to run the Bronze award last year. I am aware that many of last years Year 9 students had wanted to take part in it so I have opened it up to both year groups this year. The award is open to young people until they are 25 so there is still plenty of opportunity to move on to silver and gold awards. I will be supporting Year 10 students throughout the year and ensure there are no crunch points with PPEs etc in the summer term.

Next steps...

- Talk it through with your family, friends and Ms Crawley. Do you know what is involved? Do you need help deciding on your activities? Can you commit to the time and engagement needed?
- Respond to the sign up letter and online consent form. Once this has been organised you will receive confirmation of your place and be invited to the log in session on Tuesday 20th October!



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