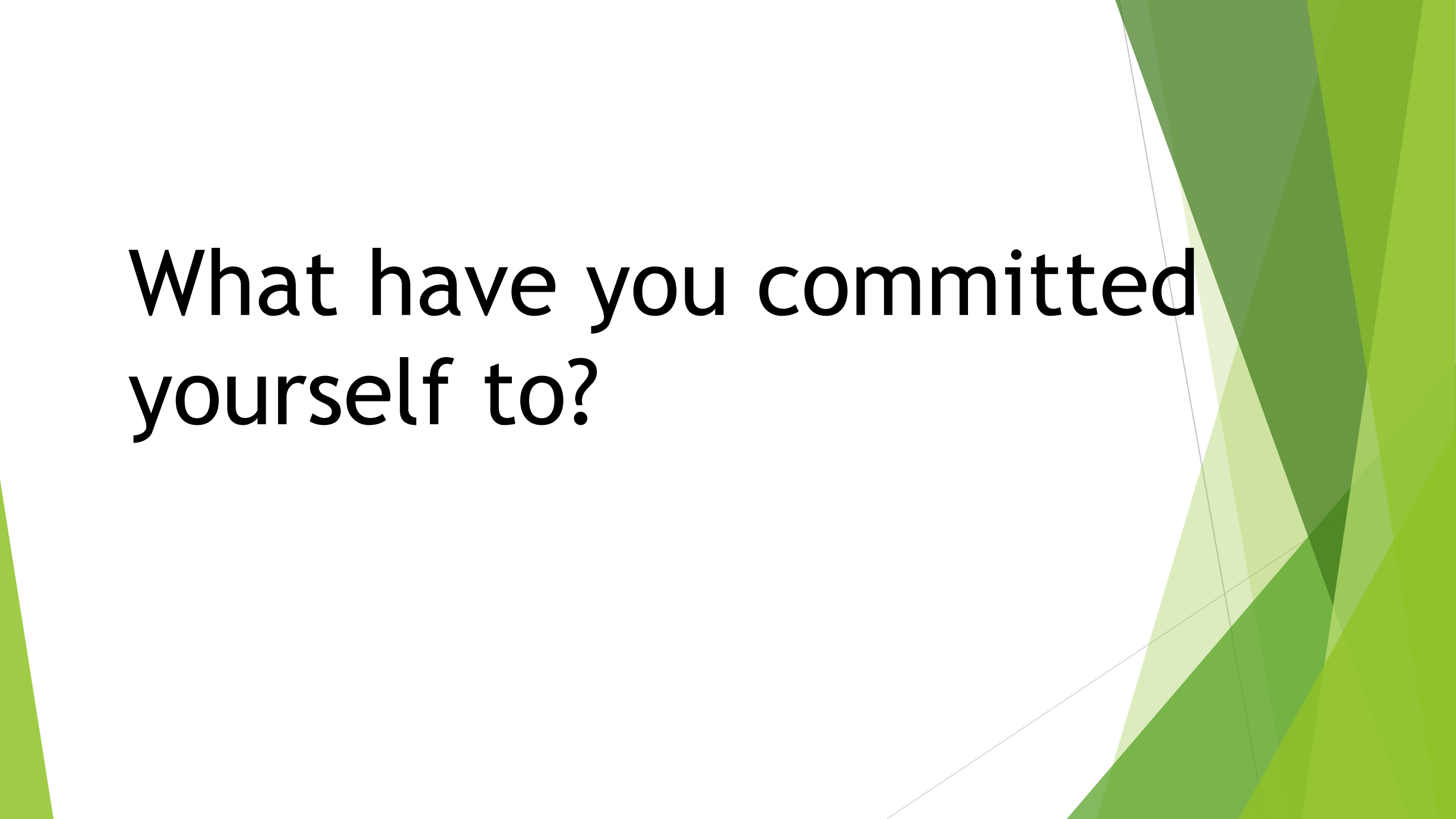


# Duke of Edinburgh's Award



What have you committed  
yourself to?

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the right side of the frame, creating a modern, layered effect. The text is positioned on the left side of the image, set against a plain white background.

You need to complete an Expedition and three sections ~ volunteering, physical and a skill ~ committing to them for one hour a week (minimum).

# BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night



*PLUS a further 3 months in the Volunteering, Physical or Skills section.*

Volunteering is simple. It's about **choosing to give time to help people, the community or society, the environment or animals.** Your volunteering must not be done for a business but can be undertaken for a charity or not-for-profit organisation.

# Volunteering... you could

help at Beavers/Cubs/Rainbow groups

Walk a neighbour's dog

Litter pick in the local community

Listen to younger children read in school or in your local library

For your physical activity you need to choose any sport, dance or fitness activity - in short, **anything that requires a sustained level of energy and physical activity.** For example, playing a sport regularly and showing personal improvement would count.

Physical... you could do

yoga/Pilates/fitness

Circuit training in the garden

Bike riding

Walk

Training with your team

***! PE lessons do not count.***



For your skills you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in a new or current skill.

It should not be a physical skill ~ for example, horse riding, but you could choose to learn to about caring for horses.

# Skills . . . you could

Learn to play an instrument

STEM based project ~ CREST award

Cookery course or learn to cook at home

Learn gardening/knitting/sewing

# What do you get out of it?

Confidence

Teamwork

Communication skills

Problem solving

Organisation skills

Leadership skills



# Basic information and FAQs

Award levels, sections, timings, costs, benefits and more; get the lowdown on what's involved in a DofE programme and how it will change your life.

[FIND OUT MORE](#)



# Activities





eDofE training video

<https://www.youtube.com/watch?v=2jNfHskqZ-E>



Address line 3:

\* Town:

County:

\* Country:

\* Email:  ?

\* Confirm email:

**Parent or carer contact details.**

We would like to send your parent, guardian or carer ongoing information to help support you through your DofE programme. Once you've submitted their email address we will send an automated message asking them to opt in to hearing from the DofE.

First name:

Last name:

Email address:

**Account details**

**Password**

Keep your password safe and don't share it.

Choose something memorable. Your password will have to meet the four security requirements below, so check your Caps Lock key.

**... you can change your eDofE account password.**

\* Confirm password:

MORE VIDEOS







john blogs  
ID No: 2238940  
Enrolment date:  
15/01/2020  
[View/edit my profile](#)

- DofE Information
- My Bronze DofE
  - Volunteering
    - Add evidence
    - View evidence
  - Physical
  - Skills
  - Expedition
- Resources
- Keep Safe
- My Settings
- DofE Essentials
- Help

### My Volunteering section

Status: *Not started*  
Timescale: *3 Months*  
Start date:



Earliest completion date:

- Type/category of activity:
- Detailed activity chosen:
- Where are you going to do it?

0/140 characters used

- What are your goals? What do you want to achieve?  
  
0/140 characters used

**...and then we will pick a category option...**

Assessor's position:

Assessor's email:

### Communications

**Download your digital DofE Card**

Save on your expedition kit and more at over 200 stores



# What next?

An email will arrive from DofE with you username and password. Log on and complete the details requested. DofE will then send your welcome pack.

**Get started!**



# Questions?

**PLEASE** check information that has already been sent out for times/dates/locations

Contact **US** . . . not the school ...

[knutt.eyotdofe@gmail.com](mailto:knutt.eyotdofe@gmail.com)

[hcave.eyotdofe@gmail.com](mailto:hcave.eyotdofe@gmail.com)

