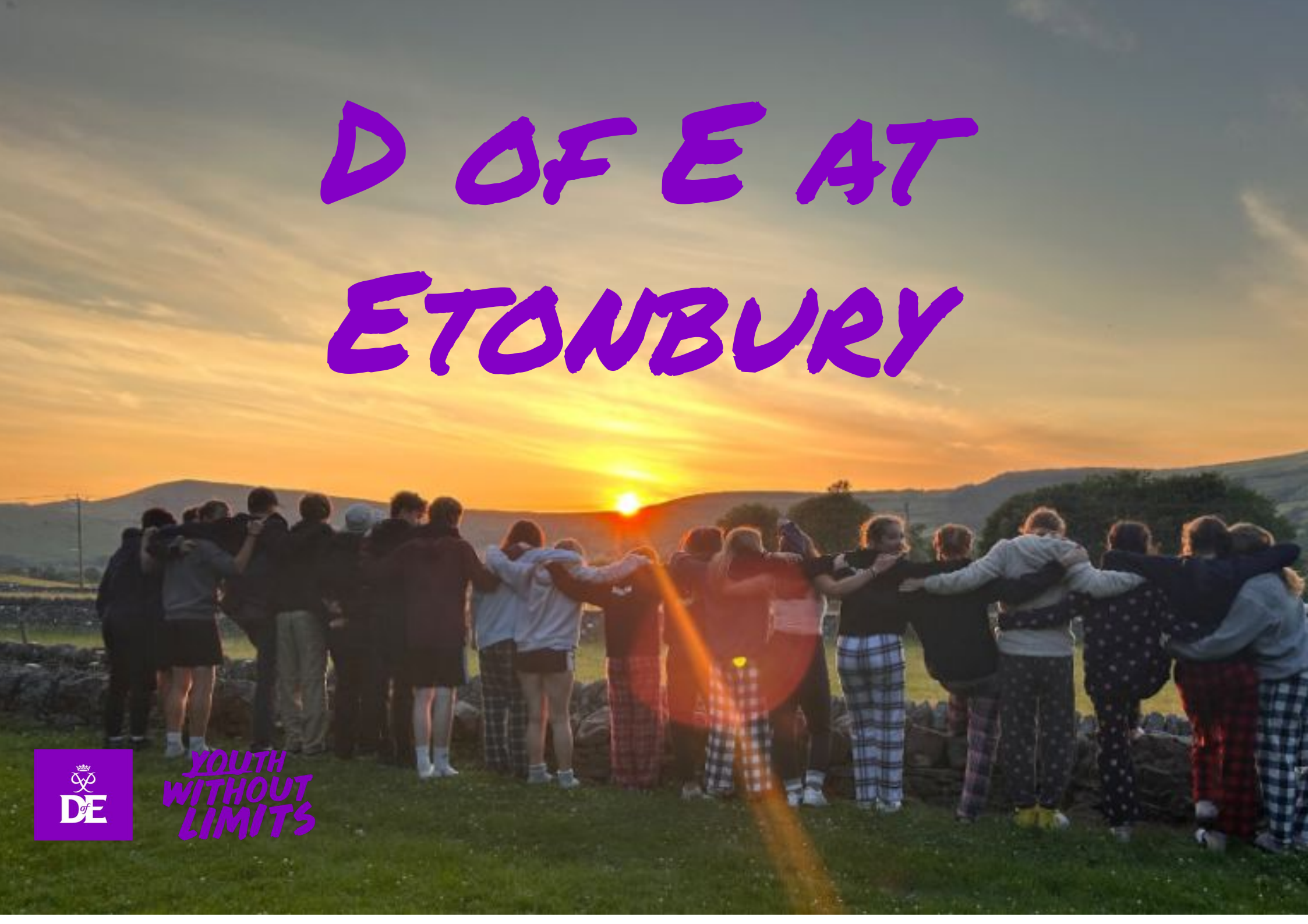

D OF E AT
ETONBURY
YOUTH WITHOUT LIMITS

What is the D of E?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work

It is a highly respected award that you can add to any future applications.



Why do D of E?

Your DofE Award gives you real-life experiences that build confidence, teamwork, communication and problem-solving skills, helping you stand out to employers and feel more prepared for the world of work.





Milly Pickles

"Doing my DofE was the first time I'd actually done something for myself, and I was really scared to do it because it was so new. I pushed myself to do it and I had the best time ever. I learned to become more resilient, before I couldn't read maps or cook very well. It taught me that you can rely on your friends, help each other get through and the power of doing something for myself. My DofE gave me evidence that I can do difficult things."



Our students have said…

- It was fun!
- It helped me to get healthier
- I spoke to people I'd never spoken to before - I would never have done that!
- It helped me learn something new
- It's given me confidence to do hard things!
- D of E helped me become more independent
- It gave me memories I will never forget!
- It really felt like a once in a lifetime experience and I'm glad that I did it even though my feet hurt!!

What is involved?

BRONZE

- Volunteering 3 months
- Physical 3 months
- Skills 3 months

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

Expedition 2 days 1 night



SILVER

- Volunteering 6 months
- Physical
- Skills

one section for 6 months, the other for 3 months

*Plus an extra **6** months in the Volunteering, or the longer of the Physical or Skills sections if you haven't got Bronze.*

Expedition 3 days 2 nights





You will choose an activity for each section:

- One section you will complete for 6 months
- The remaining two you will complete for 3 months.

Expedition:

You will need to pass a 2 day, 1 night expedition.

You will be required to be active, carry all your equipment and cook your own food. Don't worry we will also have a practise expedition to give you the skills.



You will choose an activity for each section:

- Volunteer for 6 months.
- The remaining two you will complete one for 6 months the other for 3 months.
- **They have to be different activities to those you did in Bronze.**

Expedition:

You will need to pass a 3 day, 2 night expedition on more challenging terrain. Don't worry we will also have a practise expedition to give you the skills.

Expedition

Spending time in the great outdoors and creating lifelong memories



Expedition

- **Bronze:** 2 days, 1 night (minimum 6 hours of planned activity each day).

- **Silver:** 3 days, 2 nights (minimum 7 hours of planned activity each day)

- Groups of between 5 -7
- Plan your own route
- Navigate your route
- Remote supervision

///WHAT3WORDS

Life360

Food

For the Bronze Duke of Edinburgh's (DofE) expedition, participants **must cook** and eat a substantial hot meal each day.



Breakfast

Breakfast

It is good practice to start the day with a substantial breakfast.

This can include cereals, muesli, porridge, noodles or even a full English with tea, coffee or hot chocolate.



Top tip:

"Make up your own porridge before you go with oats, nuts, fruit, and muesli, then add milk powder. Once you're on your expedition, simply add hot water to make quick porridge." Caroline Hague, DofE Supervisor

Lunch

Lunch

Lunch is usually eaten while you're on the go so picnic or 'packed lunch' style foods that don't need to be heated or kept chilled are ideal.

Ideas for lunches include sandwiches, pitta bread or wraps with other high energy foods like flapjacks, cereal bars, nuts, dried fruit, biscuits, sweets, jelly, mint cake and so on.



Top tip:

"Make up bags with the correct amount of tea or coffee plus sugar and milk powder for a single drink. Then simply tip the contents into a cup and add hot water – easy!" Andrew Kenyon, DofE Supervisor and Assessor

Dinner

Dinner

Most participants choose to cook and eat their substantial daily meal in the evening at camp when you have more time.

With practice and planning, even on one stove, you could produce a hot three-course meal in a short amount of time.

Soup, curry, stews, pasta, bangers and smash or noodle stir fry are all great expedition meals and can be followed up with a hot or cold pudding, such as chocolate cake or crumble and custard.



Top tip:

"Ask for packets of mustard, mayonnaise, ketchup, milk, salt etc from a local café. They keep well and make meals taste better. For longer trips a little pot of garlic or chilli powder can spice up basic food. Keep them in a small container to protect them." Dr Simon Young, DofE Manager

Walking boots (broken in)

Multiple thick socks

Multiple layers/spare clothing

Waterproofs

Coat

Sleeping Bag (good quality and warm)

3 meals a day

Small towel

Toiletries (dry shampoo, deodorant, sun cream)

Torch

Rucksack

Refillable water bottle

Personal First Aid kit

Scarf, gloves, hat

Washing up equipment (sponges, tea towel)

Plastic bags

Tissues

Matches

- Sleeping mat
- Insect repellent
- Watch
- Spare batteries
- Tent
- Trangia Stove
- Fuel
- Compass
- Map

We do have a selection of sleeping mats and rucksacks available, these are limited in numbers to please get in touch if you need support with this equipment.



- Phones can be used, solely to contact the leaders in case of emergency AND to send pictures to your parent's to prove you can cook your own food and are **still alive**.

Practice Expedition for Bronze

This will take place at Etonbury Academy on the field near the 3G.
It will be a 2 day, 1 night camp and will be a Thursday and Friday.

Practice: 29-30th April 2027

Real: 28-29th May 2027

We are are aware that the real expedition leads us directly into half term. Unfortunately, we have no other options for the dates here.



Practice Expedition for Silver and Real Bronze

This will take place at Jordans Close Campsite - Great Barford.
Silver - 3 day, 2 night camp.
Bronze - 2 day, 1 night camp.

Real Bronze: 28-29th May 2027

Practice Silver : 27th-29th May 2027

We are are aware that the real expedition leads us directly into half term. Unfortunately, we have no other options for the dates here.

We are also aware that Year 10 work experience has also been booked during this week. If you are concerned about this please speak to myself of Head of Year.

Real Expedition for Silver

This will take place at Pindale Activity Centre - Hope Valley - Peak District.
It will be a 3 day, 2 night camp.

Real: 15th-17th July 2027





https://www.pindalefarm.co.uk/

How it started vs How it ended





Activity Ideas



Volunteering section

Helping others and making a difference to the causes they care about.
You can choose to do this for 3 or 6 months.





Helping people

- [ ] Helping children
- [ ] Helping children to read in libraries
- [ ] Helping in medical services e.g. Hospitals
- [ ] Helping older people
- [ ] Helping people in need
- [ ] Helping people with special needs
- [ ] Tutoring
- [ ] Young carer
- [ ] Youth work

Community action & raising awareness

- [ ] Campaigning
- [ ] Cyber safety
- [ ] Council representation
- [ ] Drug & alcohol education
- [ ] Home accident prevention
- [ ] Neighbourhood watch
- [ ] Peer education
- [ ] Personal safety
- [ ] Promotion & PR
- [ ] Road safety

Working with the environment or animals

- [ ] Animal welfare
- [ ] Environment
- [ ] Rural conservation
- [ ] Preserving waterways
- [ ] Working at an animal rescue centre
- [ ] Litter picking
- [ ] Urban conservation
- [ ] Beach and coastline conservation
- [ ] Zoo/farm/nature reserve work

Helping a charity or community organisation

- [ ] Administration
- [ ] Being a charity intern
- [ ] Being a volunteer lifeguard
- [ ] Event management
- [ ] Fundraising
- [ ] Mountain rescue
- [ ] Religious education
- [ ] Serving a faith community
- [ ] Supporting a charity
- [ ] Working in a charity shop

Coaching, teaching and leadership

- [ ] Dance leadership
- [ ] DofE Leadership
- [ ] Group leadership
- [ ] Head student
- [ ] Leading a voluntary organisation group
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls'Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- [ ] Sports leadership
- [ ] Music tuition

Physical section

Improving their health and fitness and having fun along the way!
You can choose to do this for 3 or 6 months





Individual sports

- [ ] Airsoft
- [ ] Archery
- [ ] Athletics (any field or track event)
- [ ] Biathlon/Triathlon/ Pentathlon/ Aquathon
- [ ] Bowls
- [ ] Boxing
- [ ] Croquet
- [ ] Cross country running
- [ ] Cycling
- [ ] Fencing
- [ ] Geocaching
- [ ] Golf
- [ ] Gymnastics
- [ ] Horse riding
- [ ] Modern pentathlon
- [ ] Motocross
- [ ] Orienteering
- [ ] Paintballing
- [ ] Pétanque
- [ ] Roller blading
- [ ] Roller skating
- [ ] Running
- [ ] Static trapeze
- [ ] Supercross
- [ ] Ten pin bowling
- [ ] Trampolining
- [ ] 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
- [ ] RacketlonRackets
- [ ] Rapid ball
- [ ] Real tennis
- [ ] Squash
- [ ] Table tennis
- [ ] Tennis
- [ ] Wheelchair tennis

Fitness

- [ ] Aerobics
- [ ] Cheerleading
- [ ] 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
- [ ] Mixed martial arts
- [ ] Self-defence
- [ ] Sumo
- [ ] Tae Kwon Do
- [ ] Tai Chi

Team sports

- [ ] American football
- [ ] Baseball
- [ ] Basketball
- [ ] Boccia
- [ ] Camogie
- [ ] Cricket
- [ ] Curling
- [ ] Dodge disc
- [ ] Dodgeball
- [ ] Fives
- [ ] Football
- [ ] Frame football
- [ ] Futsal
- [ ] Gaelic football
- [ ] Goalball
- [ ] Handball
- [ ] Hockey
- [ ] Hurling
- [ ] Ice hockey
- [ ] Kabaddi
- [ ] Korfball
- [ ] Lacrosse
- [ ] Netball
- [ ] Octopushing
- [ ] Polo
- [ ] Quidditch
- [ ] 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

Skills section

Developing existing skills or discovering new things to love!
You can choose to do this for 3 or 6 months



Performance arts

- [ ] Ballet appreciation
- [ ] Ceremonial drill
- [ ] Circus skills
- [ ] Conjuring & magic
- [ ] Majorettes
- [ ] Puppetry
- [ ] Singing
- [ ] Speech & drama
- [ ] Theatre appreciation
- [ ] Ventriliquism
- [ ] 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
- [ ] Evaluating music & musical performances
- [ ] Improvising melodies
- [ ] Listening to, analysing & 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 carniverous 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

- [ ] Historical period re-enacting
- [ ] Kite construction & flying
- [ ] Mah Jongg
- [ ] Marksmanship
- [ ] Model construction & racing
- [ ] Motor sports
- [ ] Power boating
- [ ] Snooker, pool & billiards
- [ ] Sports appreciation
- [ ] Sports leadership
- [ ] Sports officiating
- [ ] Table games
- [ ] War games

Life skills

- [ ] Alternative therapies
- [ ] Cookery
- [ ] Democracy in action
- [ ] Digital lifestyle
- [ ] Driving: car maintenance/car road skills
- [ ] Driving: motorcycle maintenance/ road skills
- [ ] Event planning
- [ ] First aid – St John/St Andrew/ BRCS
- [ ] Criminology
- [ ] Dowsing & divining
- [ ] Fashion
- [ ] Forces insignia
- [ ] Gemstones
- [ ] Genealogy
- [ ] Heraldry
- [ ] History of art
- [ ] Language skills
- [ ] Military history
- [ ] Movie posters
- [ ] Postcards
- [ ] Reading
- [ ] Religious studies
- [ ] Ship recognition
- [ ] Stamp collecting

Media & communication

- [ ] Amateur radio
- [ ] Blogging
- [ ] Communicating with people who are visually impaired
- [ ] Communicating with people who have a hearing impediment
- [ ] Film & video making
- [ ] Journalism
- [ ] Fabric printing
- [ ] Feng Shui
- [ ] Floral decoration
- [ ] French polishing
- [ ] Furniture restoration
- [ ] Glass blowing
- [ ] Glass painting
- [ ] Interior design
- [ ] Jewellery making
- [ ] Knitting
- [ ] Lace making
- [ ] Leatherwork
- [ ] Lettering & calligraphy
- [ ] Macramé
- [ ] Marquetry
- [ ] Model construction
- [ ] Mosaic
- [ ] Painting & design
- [ ] Patchwork
- [ ] Photography
- [ ] Pottery
- [ ] Quilting
- [ ] Rope work
- [ ] Rug making
- [ ] Snack pimping
- [ ] Soft toy making
- [ ] Tatting

- [ ] Hair & beauty
- [ ] Learning about the emergency services
- [ ] Learning about the RNLI (Lifeboats)
- [ ] Library & information skills
- [ ] Life skills
- [ ] Massage
- [ ] Money management
- [ ] Navigation
- [ ] Public speaking and debating
- [ ] Skills for employment
- [ ] Young Enterprise

Learning & collecting

- [ ] Aeronautics
- [ ] Aircraft recognition
- [ ] Anthropology
- [ ] Archaeology
- [ ] Astronautics
- [ ] Astronomy
- [ ] Bird watching
- [ ] Coastal navigation
- [ ] Coins
- [ ] Collections, studies & surveys
- [ ] Comics
- [ ] Contemporary legends
- [ ] Costume study
- [ ] Newsletter & magazine production
- [ ] Signalling
- [ ] Vlogging
- [ ] Writing

Creative arts

- [ ] Basket making
- [ ] Boat work
- [ ] Brass rubbing
- [ ] Building catapaults & trebuchets
- [ ] Cake decoration
- [ ] Camping gear making
- [ ] Candle-making
- [ ] Canoe building
- [ ] Canvas work
- [ ] Carnival/festival float construction
- [ ] Ceramics
- [ ] Clay modelling
- [ ] Crocheting
- [ ] Cross stitch
- [ ] DIY
- [ ] Dough craft
- [ ] Drawing
- [ ] Dressmaking
- [ ] Egg decorating
- [ ] Embroidery
- [ ] Enamelling
- [ ] Taxidermy
- [ ] Textiles
- [ ] Weaving and spinning
- [ ] Wine/beer making
- [ ] Woodwork

IBM - Free and low cost online skills courses -
https://www.dofe.org/shop/your-dofe/ibm-skillsbuild/

Please use this link to see more free/low cost online skills options:
https://www.dofe.org/blog/find-a-low-cost-skills-activity/

If you are stuck with any of your sections, please do get in touch and we will be able to point you in the right direction or offer support if needed.

Your role as a parent

Guidance

Encouragement

Practical support

Recognising achievement

There are several ways you can help your young person to achieve their DofE Award.

You should provide guidance and advice – support them with things like choosing their activities and finding assessors.

Encouragement - It can be challenging to keep the motivation going, especially over some of the longer timeframes.

If they need it, help keep them on track with their activities, particularly those which are being done from home.

Practical support - You may be required to drop off/collect from expeditions and activities, make sure they have all the right kit and also wash the kit when it comes home!

Recognising achievement - We hope all organisations will recognise the amazing achievement, and it is just as important to receive that recognition from family members.

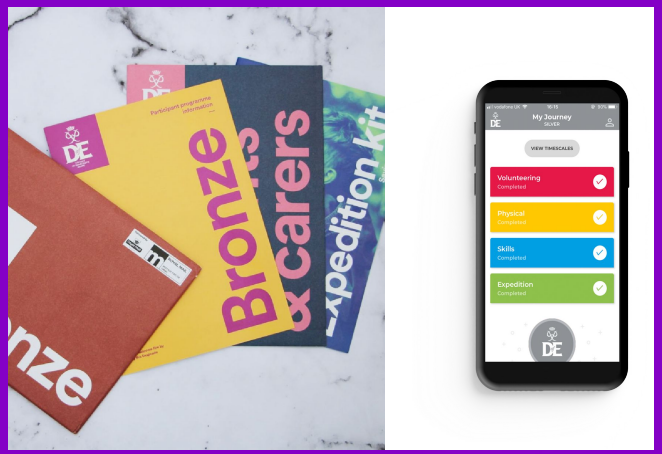
Your Welcome Pack and eDofE

Once your child/young person has signed up to do their DofE, they'll get their own eDofE account. This will help them to plan their activities online and using the free DofE app.

Participants can use the DofE app to plan activities, get approval from Leaders, record evidence, submit programmes for completion and more.

They will also receive a Welcome Pack in the post which contains a wide range of information and advice as well as some more information for parents/carers.

All participants will also be sent a personalised DofE Card to give them and their families discounts at several recommended retailers. Young people at Gold Award level will also be eligible for a discount on their car insurance.



Assessors Reports!!!!

1. Each section **must** have an assessor's report.

2. Your assessor **cannot** be a member of your family.

3. No section can be signed off without an assessor's report!

4. The dates on the report MUST total the correct amount of time and detail that you completed the activity for an hour a week.



DofE | ASSESSOR'S REPORT: SKILLS

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 celebrate 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 scanned and stored by the DofE as part of its record of the participant's achievement. The 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: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.

Assessors Reports!!!!

5. Can be filled in on paper and a photo uploaded to the portal.

SILVER - You **must** also have a weekly log of evidence for what you have done each week.



DofE | ASSESSOR'S REPORT: SKILLS

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 celebrate 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 scanned and stored by the DofE as part of its record of the participant's achievement. The 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: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.

Assessors Reports!!!!

Your expedition assessor report will be completed either by myself or Mr Lowrie. These will be inputted after the expedition

You will be incharge of chasing the other assessor reports

https://help.edofe.org/hc/en-gb/articles/360021224973-Different-ways-to-submit-an-Assessor-s-Report



DofE | ASSESSOR'S REPORT: SKILLS

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 celebrate 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 scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.

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What did they achieve? What skills did they learn?

How frequently did they take part in this activity?

Any other comments?

Signature: _____ Date: ___/___/___

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Assessor's position/qualification: _____

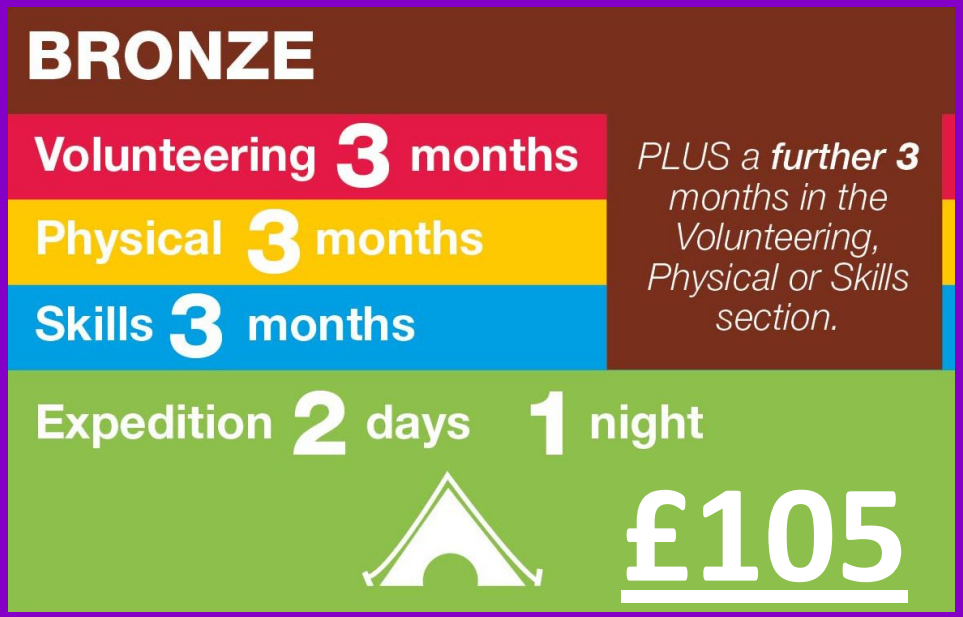
Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence.



Costs of D of E





Fees for DofE:

- £<1500 fee to DofE
- Each DofE account set up
- Travel/Fuel costs
- New equipment
- Excursions and activities
- Equipment maintenance
- Camp site fees for both practise and real expeditions
- Trangia Fuel
- Equipment for after school sessions

Our dates

Training Sessions will be after school on Tuesdays.
These sessions will run from 3.30- 4.45 approx.

These are subject to change.

The sessions are compulsory for silver and bronze.

8/12/26
12/1/27
9/2/27
2/3/27
23/3/27

Training sessions will be:

Map reading & navigation skills

Route planning workshop

First Aid training

Teamwork & team building sessions

Trangia & fire safety

Expedition planning, rucksack packing etc




nicle has been supplied &
ed by John R Ford & Sons