

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.

SILVER

Volunteering 6 months

Physical

Skills

one section for 6 months, the other for 3 months

Expedition 3 days 2 nights



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

It you are jumping straight into Silver:

- Volunteering section: 6 months
- Physical and Skills sections: One section for 6 months and the other section for 3 months
- Expedition section: 3 days/2 nights

If you didn't do Bronze, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

Tracking Evidence

You have to track the dates for a minimum of 3 months or 6 months.

You must add on if you have had any breaks in this for example Easter break and extend the length of time if needed.

You must complete each activity for a minimum of 1 hour per week.

Tracked either by paper or by the pictures
trackers on the next slide

[illegible]

Volunteering Evidence

Name: _____

Week 1
Date: 02/02/22
Time on Activity: 60 minutes



Week 2
Date: 08/02/22
Time on Activity: 60 minutes



Week 3
Date: 15/02/22
Time on Activity: 60 minutes



Week 4
Date: 22/02/22
Time on Activity: 60 minutes



How I've helped... _____

Physical Evidence

Name: _____

Week 1
Date: 02/02/22
Time on Activity: 60 minutes



Week 2
Date: 08/02/22
Time on Activity: 60 minutes



Week 3
Date: 15/02/22
Time on Activity: 60 minutes



Week 4
Date: 22/02/22
Time on Activity: 60 minutes

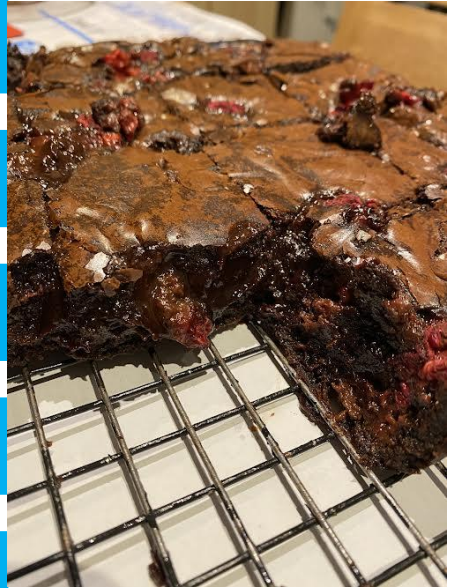


What I've achieved... _____

Physical Evidence

Name:

Week 1
Date: 02/02/22
Time on Activity: 60 minutes



Week 2
Date: 08/02/22
Time on Activity: 60 minutes



Week 3
Date: 15/02/22
Time on Activity: 60 minutes

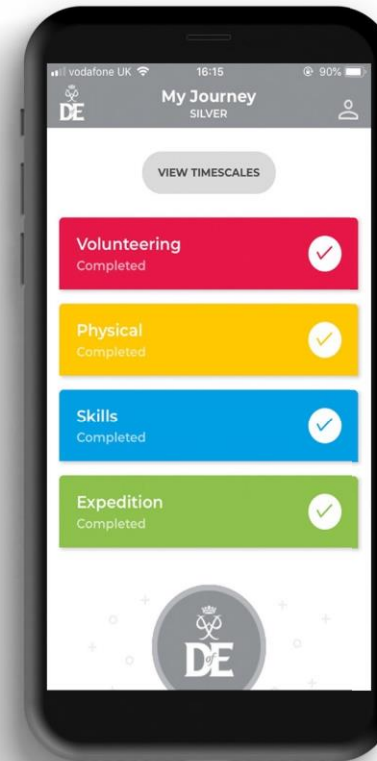


Week 4
Date: 22/02/22
Time on Activity: 60 minutes



How I've progressed..._____

Your Welcome Pack and eDofE



Example Section Proposal

View Award - [redacted]

Physical

6 Months

Status:

Programme planner approved

* Start Date:

09/09/2020

Change

* Type:

Team sports

* Detail:

Football Training, Stotfold under 14 team

* Location:

Etonbury 3G Football Pitch

* Goals:

To play a team sport, improve football skills and overall fitness. To become a solid and reliable member of a team.

* Assessor:

[redacted]

* Position:

Coach Stotfold under 14 Blacks

Tel:

[redacted]

Email:

[redacted]

UNAPPROVE

SHOW OR HIDE EVIDENCE

Comments

There are no comments on this section.

Assessor's report

Food on Expedition

- <https://www.dofe.org/shopping/eating-on-your-expedition/>

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

Food on Expedition

- <https://www.dofe.org/shopping/eating-on-your-expedition/>

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

Food on Expedition

- <https://www.dofe.org/shopping/eating-on-your-expedition/>

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

What food and cookware should I avoid taking on my expedition?

| What? | Why? |
|---|---|
| Glass | Glass is heavy to carry and could break in your rucksack |
| Tinned food | Tinned items are bulky and heavy to carry and need a tin opener |
| Food which requires refrigeration e.g. cheese, fresh meat, fresh milk, butter | These will go off and some can melt in hot weather |
| Eggs | Eggs are likely to crack in your bag and will go off |
| Crisps | Crisps take up a lot of room as they are in bulky packaging and get crushed easily |
| Chocolate | Chocolate could melt in your bag |
| Pot noodles | Pot noodles take up a lot of room as they are in very bulky packaging which can easily split |
| Energy drinks | Energy drinks use an excessive amount of fast burning energy sources and are not good for you |

Equipment you need

- Walking boots (broken in)
- Multiple thick socks
- Multiple layers/spare clothing
- Waterproofs
- Coat
- Sleeping Bag (good quality)
- 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
- Phones can be used, solely to contact the leaders in case of emergency solely AND to send pictures to your parent's to prove you can cook your own food and are still alive.



How to pack your DofE rucksack

Get more tips at [DofE.org/shopping/expedition-kit](https://www.dofe.org/shopping/expedition-kit)



More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://www.dofe.org/shopping)

Costs of DofE

BRONZE

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Physical 3 months

Skills 3 months

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Expedition 2 days 1 night



£100

SILVER

Volunteering 6 months

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Expedition 3 days 2 nights



£120

We have had to increase our fees for DofE this year:

- £<2000 fee to DofE
- Each DofE Account set up
- Travel costs
- New equipment
- Equipment maintenance
- Camp fees
- Fuel

Example of After school sessions examples of activities:

DofE Skills Club Timetable

January 11th

Buddy Burners

January 25th

Packing your kit and Camp stove cooking

February 8th

Tent Pitching (weather dependant)

February 22nd

Map reading and planning

March 8th

Hiking practice

All are compulsory to attend to be allowed on the expedition.



Camping for Bronze

Day 1:

7am – Meet at Etonbury

7.30am – Begin hike to Great Barford

4pm – Return to camp

Set up camp, cook food, games, and bed.

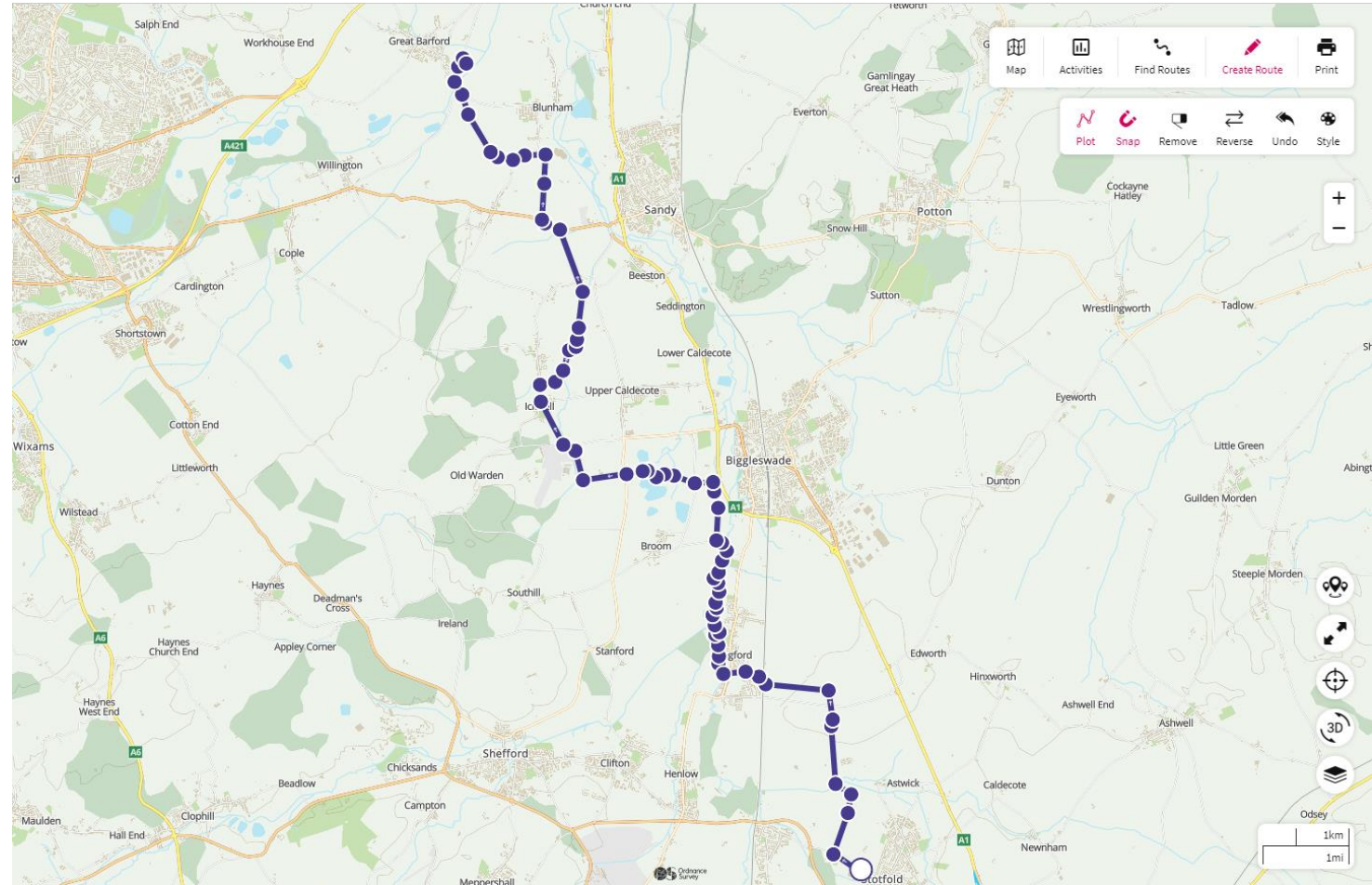
Day 2:

7.30am – Wake up and breakfast

8.30am – Start hiking circular route

3.30pm - Return to camp

Pack up and head home.



Camping for Silver

Day 1:

5.30am - Travel to Peak District via minibus

8.30am – Arrival

9am – Start walking the route to Bamfords Edge

4pm – Return to camp

Set up camp, cook food, games, and bed.

Day 2:

7.30am – Wake up and breakfast

9am – Start hiking to route to Mam Tor

2pm – Gather at cave system for tour

4pm- Return to camp

Set up camp, cook food, games, and bed.

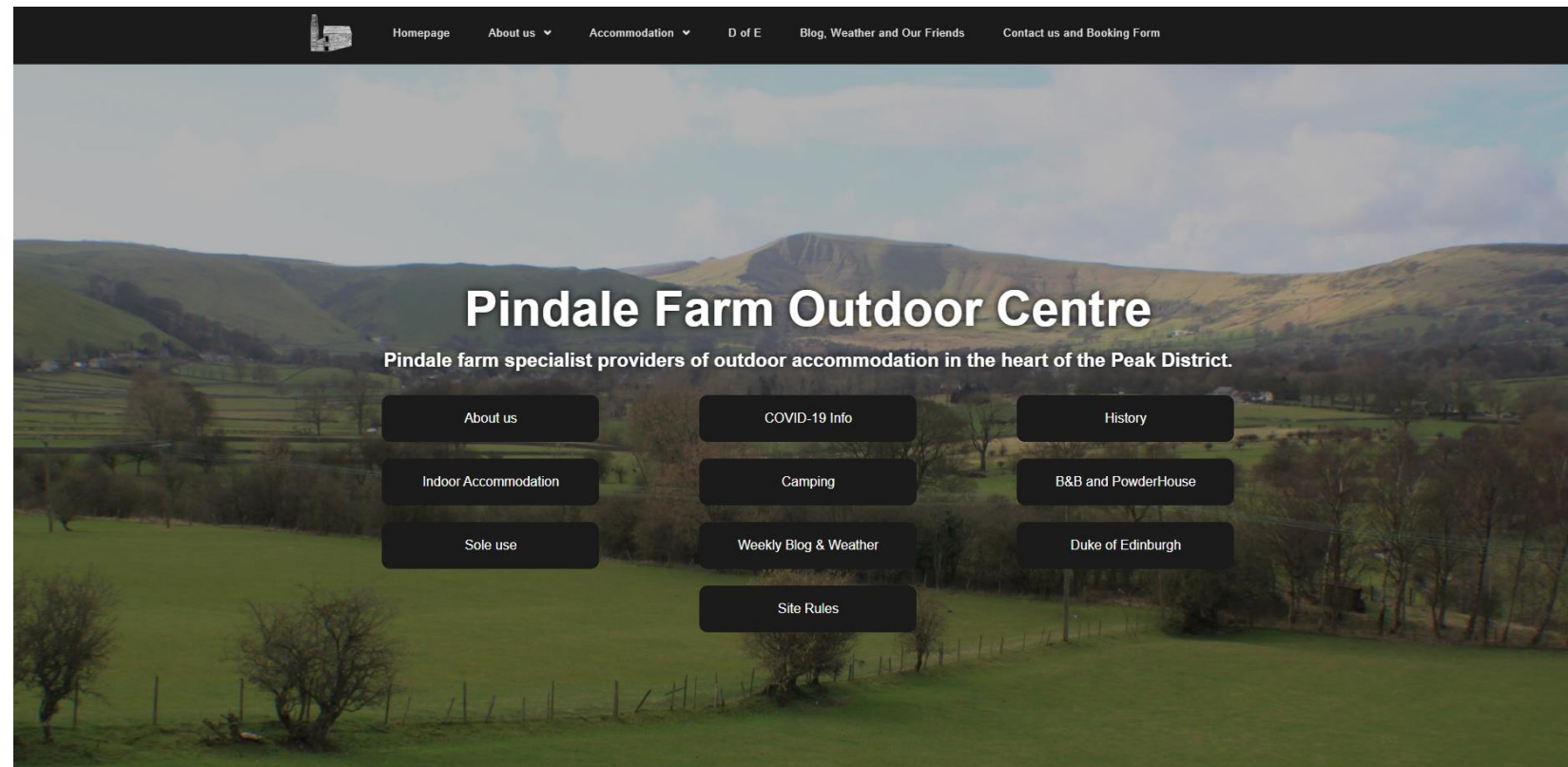
Day 3:

7.30am – Wake up and breakfast

9am – Group Hike to Castleton

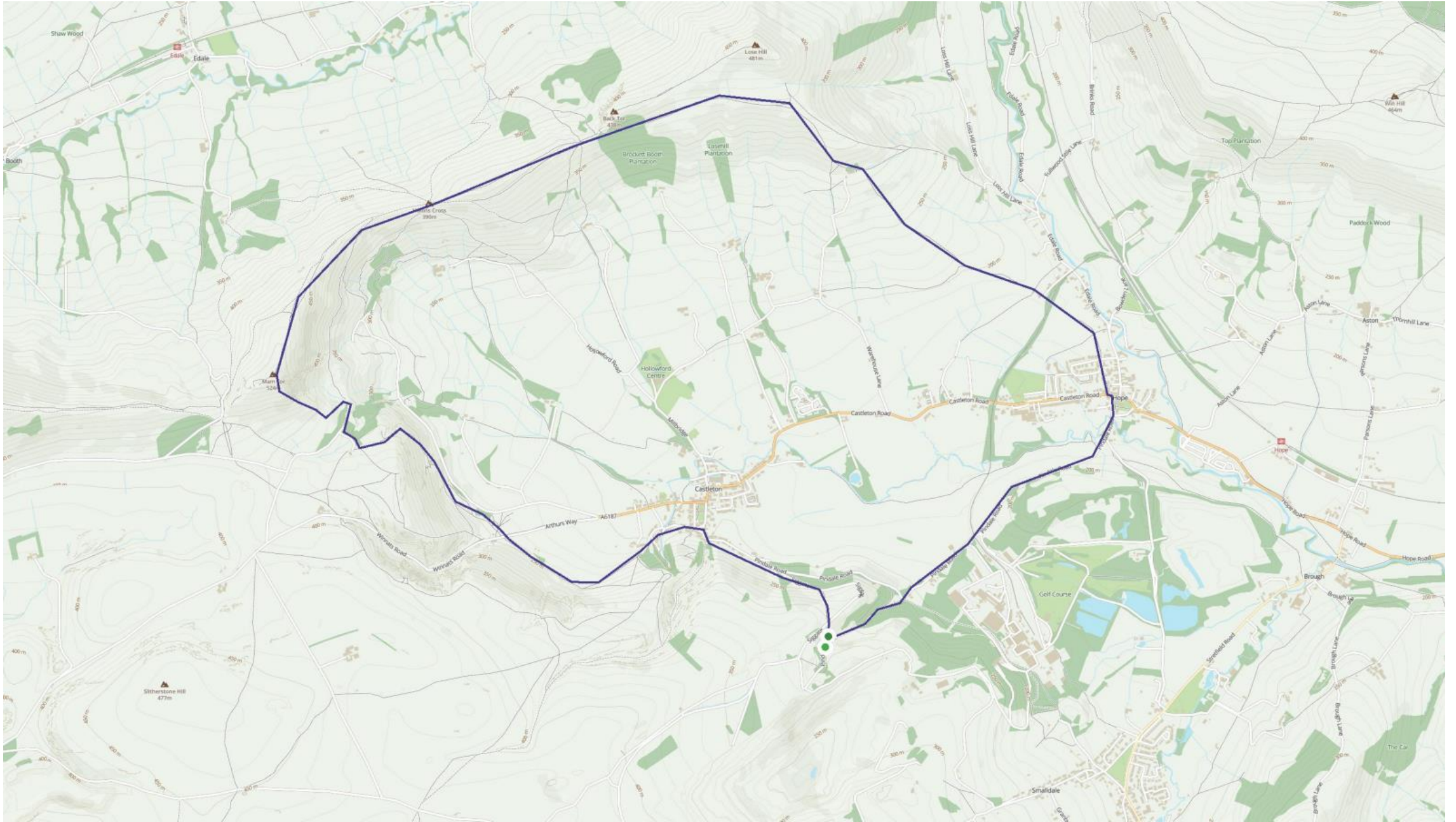
Free time to explore Castleton

Hike back to minibus and head home.



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

Mam Tor



Bamfords Edge

