



YOUTH WITHOUT LIMITS



YOUTH
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LIMITS

Tips for choosing activities

You decide: It is up to you to find an activity that you wish to do in your own personal time; maybe something you're already doing or something you are interested in. Most of all pick something you'll enjoy – it'll make it easier to stick at it!

Preparation: You need to research what you want to do and agree it with your Leader. You must find a suitable Assessor and set yourself goals so that you can show how you progressed at the end.

How much is the activity: It depends on what you are planning to do, some will be expensive, some will be cheap and some will be completely free – it is your choice on how much you want to spend on each activity.

Tips for choosing activities

Where can I do an activity: Find out whether this activity can be done at your school or in your local area. If it can't, then it might involve you looking further away or searching for another activity. Part of the challenge of doing your DofE is finding a local opportunity.

Check the activity: Remember to check if what you are planning to do is permitted for the section with your Leader.



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Volunteering categories

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.

For your volunteering activity you need to choose to give time to do something useful without getting paid (apart from expenses).

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

Physical categories

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. However, learning to be a coach in the same sport would be a Skills section activity, whilst being a volunteer coach counts for the Volunteering section.

- Individual sports
- Water sports
- Dance
- Racquet sports
- Extreme sports
- Martial arts
- Team sports
- Fitness

Skills categories

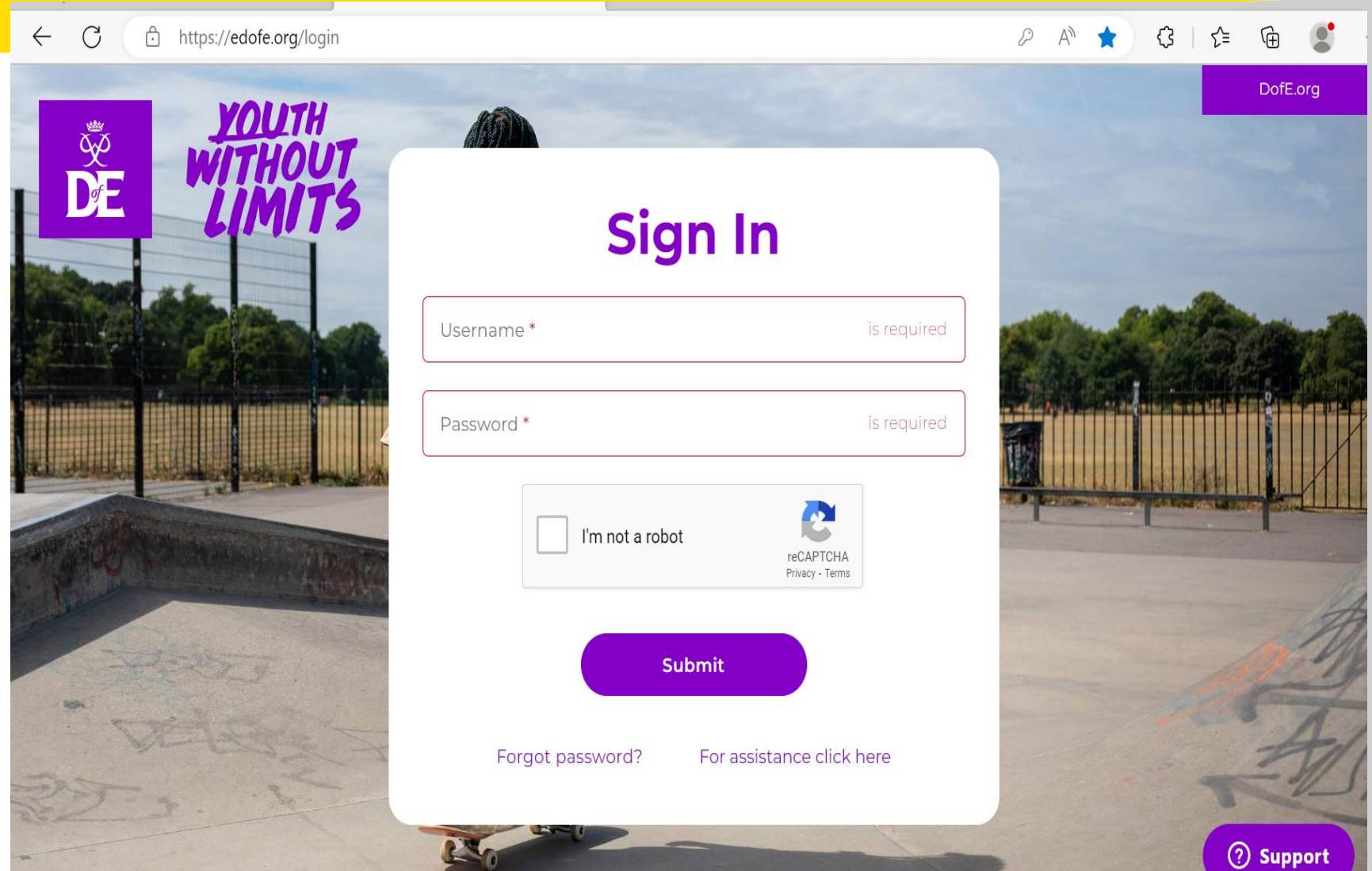
For your skills activity you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill.

It should not be a physical activity, for example horse riding, as this counts towards your Physical section, however, you could choose to learn about caring for horses.

- Performance arts
- Science & technology
- Care of animals
- Music
- Natural world
- Games & sports
- Life skills
- Learning & collecting
- Media & communication
- Creative arts

eDofE Activation Session

Open your Browser
(Chrome or Edge)
Got **eDofE.org**



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On Successful Log on



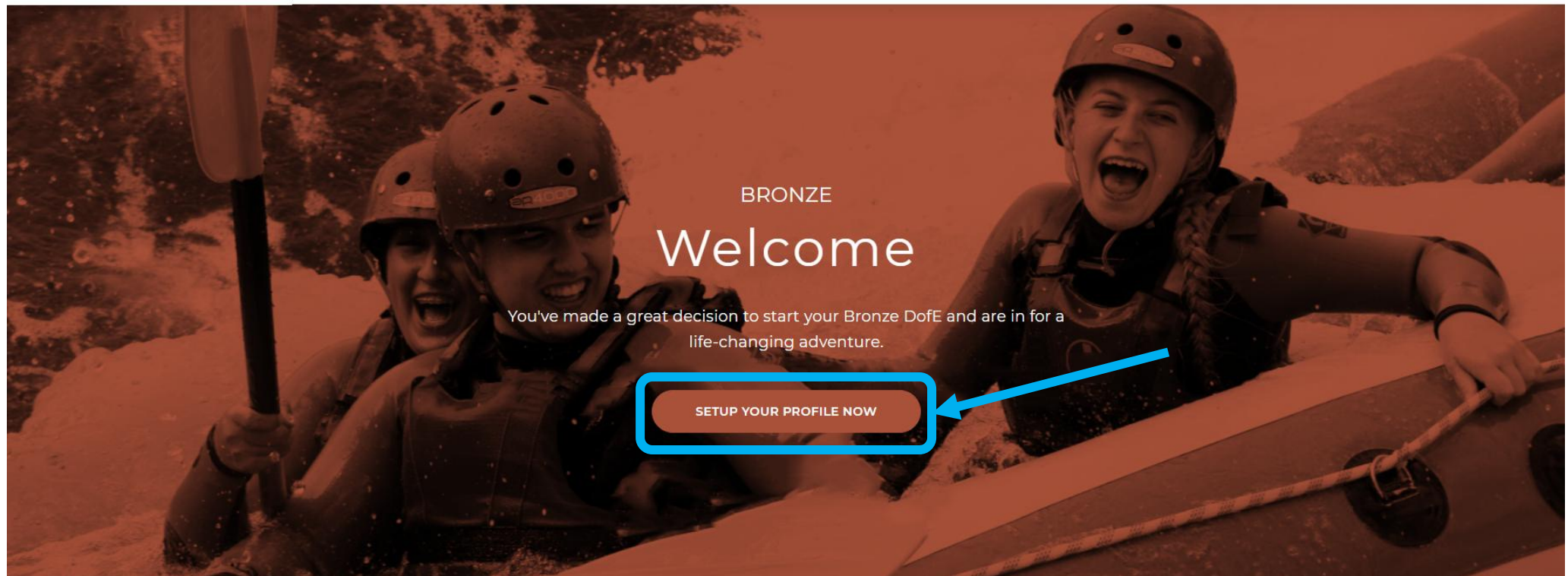
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Bronze

DofE.org

Help

Log out



BRONZE

Welcome

You've made a great decision to start your Bronze DofE and are in for a life-changing adventure.

[SETUP YOUR PROFILE NOW](#)



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Personal information

Step 1 of 5

Contact details

Your address

Enter your house number / name / postcode to search

* House name / number

* Street name

Address line 2

Address line 3

* Postcode

* Town

* Country

* Email
matt.woodcock@dofe.org

* Confirm email
matt.woodcock@dofe.org

Enter house number and postcode and click find address.

Make sure your details are correct as this is where your pack will be sent to!

Complete all sections that have a *.

Parent Info (Optional)

Parent or carer contact details (Optional)

We would like to send your parent or carer ongoing information about the Award level you are undertaking, as well as information about your Expedition and other relevant offers.



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Updating your password

Needs at least!

- 12 Characters
- 1 Upper Case
- 1 lowercase
- 1 Number

Step 2 of 5

Account details

Password

Keep your password safe and don't share it. Choose something memorable.

* New password

* Confirm password

12 Characters Uppercase Lowercase Number

CONTINUE

Personal information

Step 3 of 5

Personal details

We really want DofE to be available and enjoyed by as many young people as possible. We aim to be inclusive of everyone from all backgrounds and abilities.

Please help us measure how well we are doing against this aim by sharing with us some information about yourself.

About you

* Gender (please select) 

* Ethnicity (please select) 

* Additional needs (please select) 

Additional Needs (by which we mean, Special Educational Needs, Additional Learning Needs, require Additional Support for learning, have a disability or a long-term medical need).

CONTINUE



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Communication preferences

Step 4 of 5

Communication preferences

Essential DofE programme information will be shared with you automatically, by email, post, your eDofE account and sometimes text.

For DofE Offers, Expedition Kit and DofE event emails, you must tell us if you want to receive them. Opt in below to hear how to save money on expedition kit and days out, get the latest expedition kit advice, find out about DofE events or even win great prizes such as iPhone or Amazon vouchers.

*DofE Offers, events and Expedition Kit emails?

Yes please	<input type="radio"/>
No thank you	<input type="radio"/>

CONTINUE

T's and C's

Step 5 of 5

Activate your account

Almost there

Please read and confirm you accept our Terms of use and Privacy Statement before activating

You can add or edit your information at any time in eDofE by clicking on 'View/edit my profile' next to your picture.

* [Terms of use](#) | [Privacy Statement](#)

I have read and agree to the above Terms of use and Privacy Statement

ACTIVATE ACCOUNT



How to choose timescales

Choose your timescales

How do you want to spend your time?

Volunteering

Physical

Skills

3 months

3 months

6 months



3 months

6 months

3 months



6 months

3 months

3 months



SUBMIT



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Wellbeing Check-in

Complete it all and submit

Bronze wellbeing check-in

Bronze wellbeing check-in

We know that a DofE programme can be life changing but we want to know more about the difference it makes to you personally. We ask you how you feel about your confidence, abilities, and your future at the start, middle and end of your DofE programme so that we can see how these things have changed. It also gives you the change to reflect on how you felt throughout your DofE journey and the impact it has had on you.

This information is only used for statistical purposes and your individual responses will not be shared with anyone else. However, if the two most negative responses are entered for all four wellbeing questions, your centre will be notified so they can follow up any concerns.

*** How satisfied are you with your life nowadays?**
On a scale where 0 = 'not at all' and 10 = 'completely'

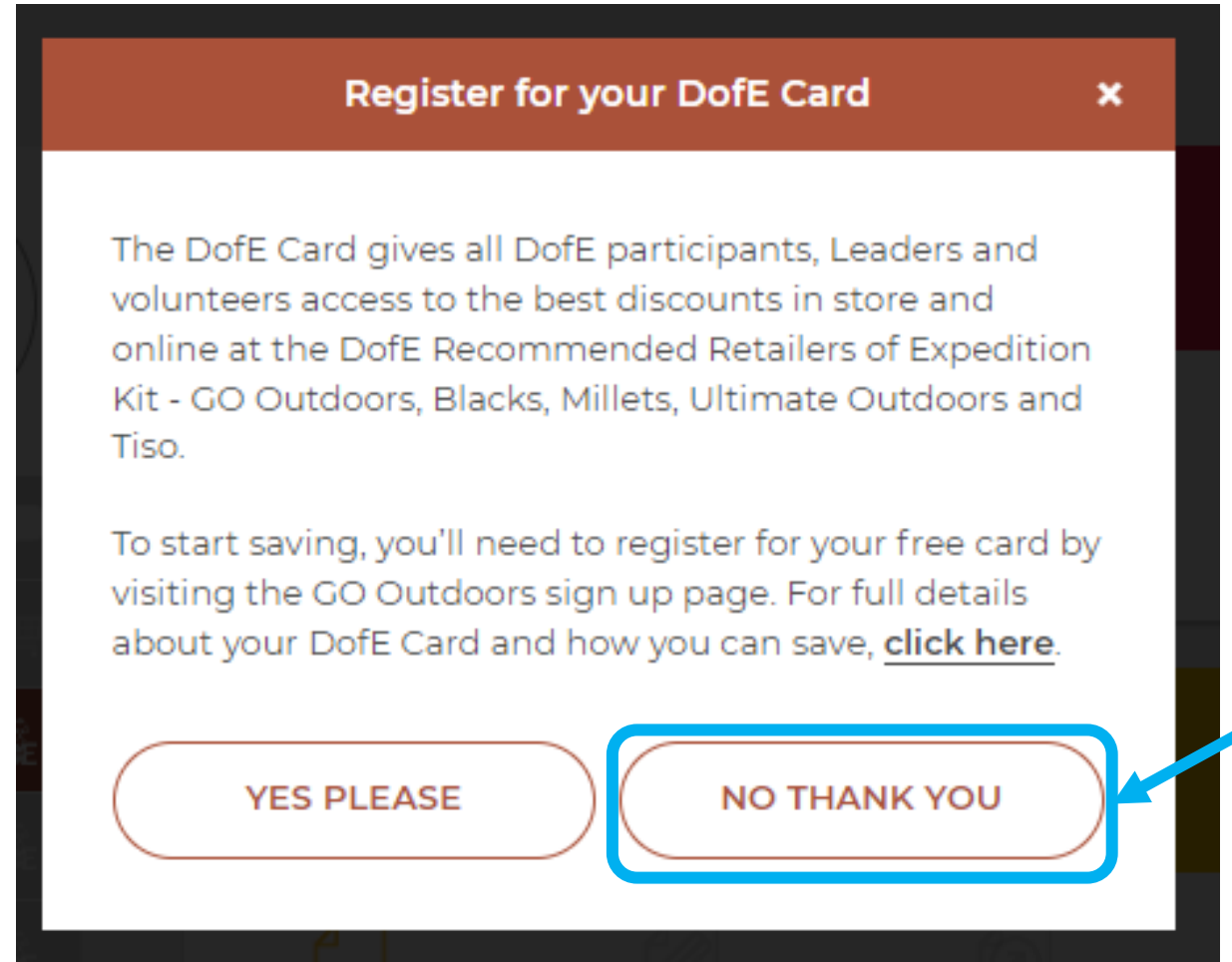
0 1 2 3 4 5 6 7 8 9 10 Prefer not to say

*** How happy did you feel yesterday?**
On a scale where 0 = 'not at all' and 10 = 'completely'

DofE Discount Card

Select **NO THANK YOU**

We can do this another time




Adding your activities

Click to edit each section with your programme planner

The screenshot displays the 'My Journey' dashboard. At the top, there are two buttons: 'VIEW TIMESCALES' and 'INSPIRE ME'. Below these, the user's profile is shown with ID: 2433937, Enrolled: 01/03/2021, and 'eDofE Training' with a checkmark. A sidebar menu on the left includes: Notifications, Offers near me, My Bronze DofE (highlighted), LifeZone, Resources, Keep safe, DofE Card, Help, and Contacts. The main content area features four activity sections, each with a 'Not started' status and a right-pointing arrow icon for editing:

- Volunteering** (Red header): Not started. Sub-sections: Not Started, Programme in draft, Programme Submitted, Programme Approved, Section Submitted.
- Physical** (Yellow header): Not started. Sub-sections: Not Started, Programme in draft, Programme Submitted, Programme Approved, Section Submitted.
- Skills** (Blue header): Not started. Sub-sections: Not Started, Programme in draft, Programme Submitted, Programme Approved, Section Submitted.
- Expedition** (Green header): Not started.

Submitting your programme planner

* Start date 

Earliest completion date:

* Type/category of activity


* Detailed activity chosen

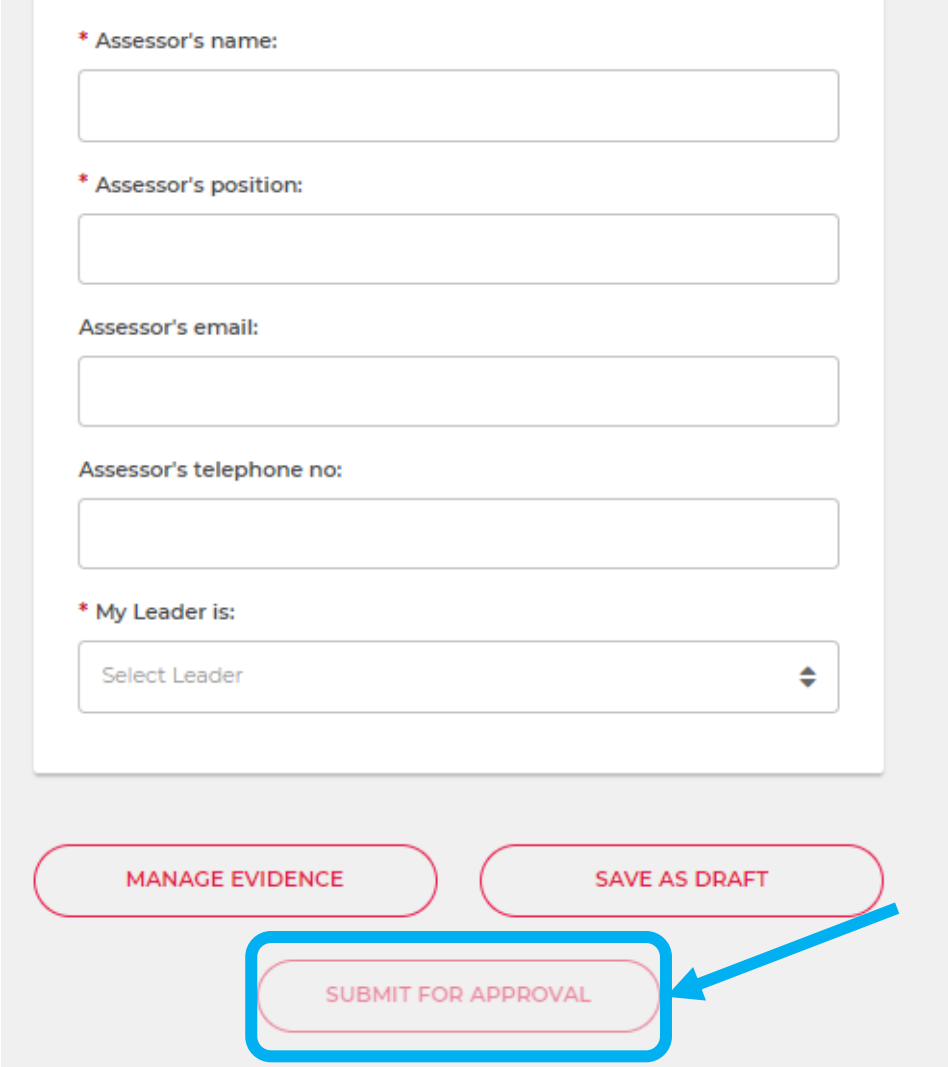
* Where are you going to do it?

* What are your goals?

When selecting the Type/Category correctly, eDofE offers a list – if your activity isn't shown, add text instead

Submitting your programme planner

Fill in all fields with an 
Your Assessor Should Ideally
Not be your DofE Leader in
school. Discuss this with them



* Assessor's name:

* Assessor's position:

Assessor's email:

Assessor's telephone no:

* My Leader is:

MANAGE EVIDENCE

SAVE AS DRAFT

SUBMIT FOR APPROVAL

Remember!

**Make sure you submit your
programme planners**



Download the DofE App

For easy eDofE access, once you have entered all of your mandatory information in the main site, you can download our app



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How to add evidence

Choose your format of evidence and upload

Assessors can also upload via:

www.dofe.org/assessor

Is it an Assessor's report?

Manage evidence

Volunteering section

Aa ADD TEXT EVIDENCE +

📄 ADD PHOTO OR FILE EVIDENCE +

[Back to Volunteering section](#)

ID: 2433937
Enrolled: 01/03/2021
eDofE Training

Notifications

Offers near me

My Bronze DofE

LifeZone

Resources

Keep safe

DofE Card

Help

Contacts

Tennis
[Rename](#) [Delete](#) [Download](#)
Submitted

SELECT FOR ASSESSOR'S REPORT

Tennis Evidence
[Rename](#) [Delete](#) [View](#)
Submitted

SELECT FOR ASSESSOR'S REPORT

Assessors Report - Example

Must Have

- The Date report completed
- **Start and End dates** you completed the Section
- A description of what you did/achieved/grew or/and completed
- Assessors name, position and contact Details

Date: 10th September 2019

Miss Bxxxxxx has been singing with the Bristol Local Community Choir since 5 September 2018. She attended rehearsals every Thursday evening for an hour and completed her full 12 months. xxxxxx's ability has vastly improved since I first met her and she even had a small solo at a local carol service last December.

She always comes to our sessions with lots of energy and enthusiasm.
I hope you continue to sing with us xxxxx.

Thanks for all ongoing commitment.

R.xxxxx

Conductor/Head of Choir

Tel: 01xxxxxxx Email: rxxxxxx@xxxxxxxx.com

Tel: 01173 912583

Email: mark.rxxxx @xxxx.com



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