



**YOUTH  
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LIMITS**

# **A GUIDE TO THE DUKE OF EDINBURGH AWARD AT ST PETER'S 2024/25**





# What is the DofE?

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



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# Skills & Values

Taking part in the DofE can really help with learning and building upon skills and values.

- Problem solving
- Map reading skills
- Independence
- Navigation
- Camp craft
- Organisation
- Self-belief
- Confidence
- First aid skills
- Determination
- Teamwork
- Consideration
- Self-motivation
- Healthy living/lifestyle
- Improve fitness
- Self-awareness
- Appreciation
- Cooperation
- Communication
- Part of a community



# Introducing the DofE





# What is involved?

## BRONZE AWARD

VOLUNTEERING

**3**  
months

PHYSICAL

**3**  
months

SKILLS

**3**  
months

EXPEDITION

2 days  
1 night

Plus a further 3 months in either the  
Volunteering, Physical or Skills section.

## SILVER AWARD

VOLUNTEERING

**6**  
months

PHYSICAL

**6** OR **3**  
months

SKILLS

**6** OR **3**  
months

EXPEDITION

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

**12**  
months

PHYSICAL

**12** OR **6**  
months

SKILLS

**12** OR **6**  
months

EXPEDITION

4 days  
3 nights

RESIDENTIAL

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.

# Volunteering section

Helping others and making a difference to the causes they care about

- At least 1 hr per week.
- Cannot be paid work or receive a benefit for it.
- Assessor cannot be a family member.
- Ensure you gather and submit timely evidence.



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# Physical section

Improving their health and fitness and having fun along the way!

- At least 1 hr per week.
- Can be an existing activity or a new one.
- Assessor cannot be a family member.
- Ensure you gather and submit timely evidence.



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# Skills section

## Developing existing skills or discovering new things to love

- At least 1 hr per week.
- Can be an existing activity or a new one.
- Assessor cannot be a family member.
- Ensure you gather and submit timely evidence.



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# Programme Ideas

I have uploaded a PDF onto the DofE page on the school website which gives some ideas for activities for each of the sections. If you have another idea that is not on the list that you would like to do, please come and discuss before starting.

Activity Log - Physical Section



Activity Log - Skills Section



Activity Log - Volunteering Section



Countryside Code



DofE Employability



DofE Expedition Kit Guidance



Expedition Kit List



Expedition Training Framework



Parents Information Booklet



Programme Ideas



Values of DofE for Employers



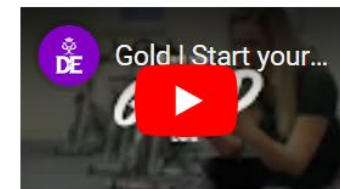
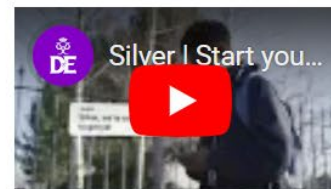
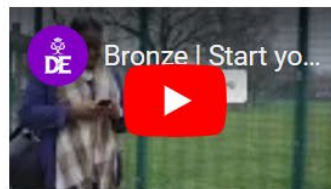
Bronze



Silver



Gold



# Expedition

Spending time in the great outdoors and creating lifelong memories



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# Expedition

Young people taking part in a DofE Award will take part in an expedition.

As part of a small team of between 4 and 7, they will plan their aim and take part in some training to make sure they're prepared and know what they are doing.

The amount of time that is spent away depends on the level of the award – it will be a minimum of 1 night for Bronze, 2 nights for Silver and 3 nights for Gold.

The expedition is an incredible experience which will help develop resilience, communication, teamwork and leadership skills.

To ensure participants are prepared they will also take part in a practice expedition before the qualifier.



# Dates - Bronze

## SPS Bronze DofE 2024/25



*Tuesday*

12<sup>th</sup> Nov 24

**Online  
Training**

*In School*

*Tuesday*

18<sup>th</sup> Mar 25

**Training**

*In School*

*Tuesday*

25<sup>th</sup> Mar 25

**Training**

*In School*

*Mon/Tues*

28<sup>th</sup> / 29<sup>th</sup>  
Apr 25

**Practice  
Expedition**

*Nr Grafham Water*

*Mon/Tues*

12<sup>th</sup> / 13<sup>th</sup>  
May 25

**Qualifying  
Expedition**

*Nr Grafham Water*



# Dates - Silver

## SPS Silver DofE 2024/25



Combined expeditions with MVC

*Tuesday*

19<sup>th</sup> Nov 24

**Online  
Training**

*In School*

*Monday*

17<sup>th</sup> Mar 25

**Training**

*In School*

*Tuesday*

1<sup>st</sup> Apr 25

**Training**

*In School*

*Sun/Mon/Tues*

15<sup>th</sup> /16<sup>th</sup>  
/17<sup>th</sup>  
Jun 25

**Practice  
Expedition**

*The Chilterns*

*Sun/Mon/Tues*

6<sup>th</sup> /7<sup>th</sup> /8<sup>th</sup>  
Jul 25

**Qualifying  
Expedition**

*The Peak District*

Due to smaller numbers for Silver we will be combining our expeditions with  
Melbourn Village College

# Your role as a parent/carer

Guidance

Encouragement

Practical support

Recognising achievement



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# How it all works

- ❖ Participants are assigned a DofE participation place after enrolment and payment of deposit.
- ❖ When notified, participants log in to the eDofE website or app and fill in their personal details and activity information on their programme planner.
- ❖ Leaders confirm the participants choice of activity on eDofE online, before the participant commences the activity.
- ❖ Participants upload evidence during/ on completion of the activities to their eDofE site.
- ❖ When the necessary time has passed and the activity is completed and evidence collated, participant requests assessor report from their assessor.
- ❖ Once assessor report is received, leaders review and confirm completion of the section.
- ❖ When all sections are complete the DofE award verifier will review the evidence and assessor reports and if these meet the DofE guidelines the participant gains their award.



# Assessor - What do they do?

When a participant has decided upon the activities, they would like to do for each of the sections they will need to ask an adult for each section to be their Assessor.

The Assessor will oversee one of the sections of the Duke of Edinburgh Award and be able to verify participation in the chosen activity and progress made or goals achieved.

Upon completion of the section, they will write an Assessor Report which is submitted as evidence on eDofE.

The easiest way for an Assessor to complete the report is for them to use the online form below, they will just need to have the participants DofE number to fill this in.

[Assessor's Report - The Duke of Edinburgh's Award \(dofe.org\)](https://dofe.org/assessor-report)

**An Assessor cannot be a family member**



# eDofE App

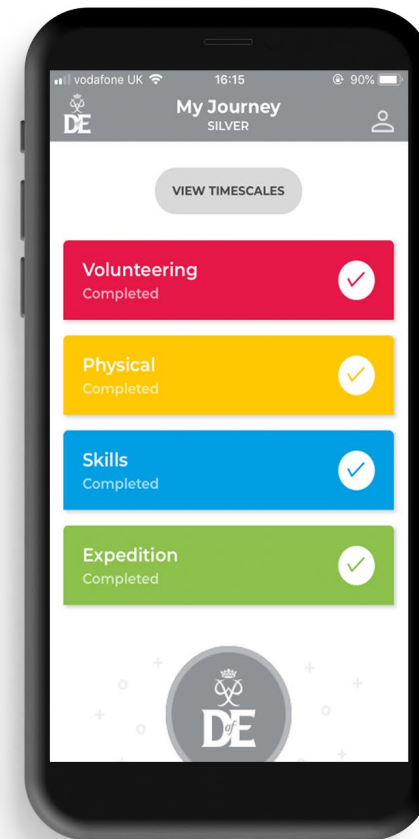
The eDofE app is available to download on Apple and Android devices. Once the DofE leader has confirmed the registration, participants can download this app.

The participant can then login and start entering their personal details and contact information and begin planning the activities for their leader to approve.

Please watch the below video which details how to login and get started.








# Your Welcome Pack and eDofE





Once a participant has their account set up and they have accessed this they will need to add their home address to their eDofE profile.

Once this is completed, they will be sent a Welcome Pack with lots of helpful information, this will also include their discount card.

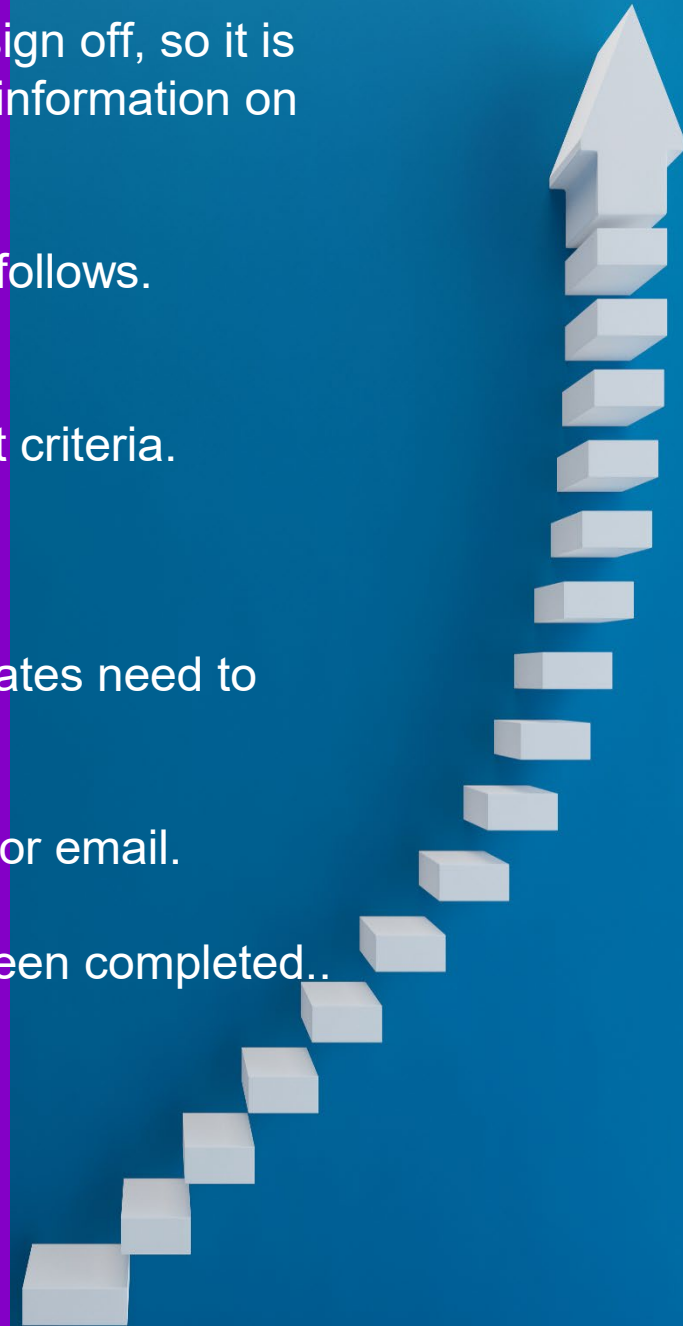
 GOoutdoors.co.uk	 <b>Blacks</b> Blacks.co.uk	 <b>millets</b> Millets.co.uk	 <b>Ultimate Outdoors</b> Ultimateoutdoors.com	 Tiso.co.uk
<b>Extra 10%</b> off the GO Outdoors Discount Card price.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the current selling price. Includes reduced price items.	<b>15%</b> off the retail price.
<b>Always show your DofE Card or Digital DofE Card. You'll get the best savings and help support young people to do their DofE.</b>				

# Barriers to completion

There are a number of reasons why sections are often sat awaiting sign off, so it is really important that participants have entered correct and complete information on their app or the website..

Some reasons why sections don't get signed off as expected are as follows.

- Activity started before being approved by a leader – may not meet criteria.
- Not completing the activity for the set duration.
- Incorrect dates - programme planner dates and assessor report dates need to match.
- Missing assessor details - name, position, contact phone number or email.
- Missing evidence – we need some proof that the activities have been completed..
- Missing assessor report.
- Assessor's details on their report do not match what the participant has entered on their programme planner.





# Kit List

The expedition kit list and kit guidance can be viewed on the school website.

The school will provide the following items - Stoves, Gas, Tents, Compasses, Maps.

We also have a limited stock of other items within the trust that can be hired if required for example – sleeping bags, sleeping mats, rucksacks – Please speak to the DofE lead if you need to enquire about hiring equipment.

# Kit Buying Tips

- **Plan ahead** – don't leave shopping for kit until the last minute, keep an eye out for items that are in the sale.
- **Wear your boots in** – don't leave these in their box until expedition day. Wear your boots around the house and then out and about locally so they mould to your feet. Nobody wants painful blisters on expedition.
- **Don't shop online for boots** – go to local stores and try a number of brands for comfort and ensure when trying on you use your hiking socks.
- **Use own brands** - You don't need to spend a small fortune on high end products look at own brands at stores such as Go Outdoors, Trespass, Mountain Warehouse, Regatta, Blacks, Millets etc.
- **Ask friends** – maybe a friend or family member has a backpack or sleeping mat you can borrow for example – so do ask around.
- **Buy second-hand** – Vinted and eBay are great for picking up items you may need. Don't be tempted to use second-hand boots if you can help it as these will be moulded to someone else's feet and then may cause you blisters.
- **Discount Card** - Use your DofE discount card. And don't be shy to ask in other stores if they give a discount for DofE, always worth asking.
- **Shop around** – don't feel you have to purchase all the Duke of Edinburgh recommended products there are others that are equally as good and may be a cheaper option.



# Clothing Tips

- **Wear long trousers** - even in warm weather, as this will help protect you from the sun, insect bites and ticks and nettles and brambles for example.
- **Jeans** – are an absolute no – these will not be very comfortable to walk in for long periods and become heavy when wet and take a long time to dry.
- **Lightweight clothing** - Try to use lightweight quick drying fabrics and use layers to protect from the cold. See what you have at home already that could be used such as sports t shirts, or sports leggings or lightweight trousers.
- **Fleece** - Think about using a fleece jumper rather than a heavy cotton jumper or hoodie, will insulate better and dry quicker if wet.
- **Waterproofs** - Don't forget your waterproofs as can never rely on the weather so ensure you have a lightweight waterproof (not showerproof) jacket and trousers. Some waterproof trousers have poppers on the side which make it easy to pull on/off over walking boots.
- **Flip flops** - are useful to use around the campsite to give your feet a rest from your walking boots and time to breathe. This also allows your boots and socks to air – Please don't wear flip flops when cooking though, due to risk of burns from hot food/ liquids.
- **Hiking socks** - need to be used in your boots, these will help with temperature regulation, boot fit, comfort and breathability and will also help wick away moisture.

**If you have any questions,  
please contact:**

**Mrs A Powell**

**DofE Lead**

**St Peter's & Melbourn Village College**

**[apowell@stpetershuntingdon.org](mailto:apowell@stpetershuntingdon.org)**



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**The DofE is a charity.  
Visit [DofE.org](http://DofE.org) for more information.**

