
DofE
YOUTH
WITHOUT
LIMITS

What will I do?



What will I do?



Volunteering section

Elderly

Adopt a grandparent and help combat loneliness

Write postcards of kindness and support elderly people in the UK and abroad

Mentoring

Paired-reading programme in school

Research

Participate in research of all kinds with Zooniverse and ZSL

- **NOT FOR PROFIT ORGANISATIONS ONLY**
- You can do this in groups or as an individual

Community

Volunteer at a charity shop, animal sanctuary or litter-pick in your local community.





Physical section

Fitness challenge

Complete the Couch to 5k challenge, or many of the other NHS fitness sessions – Fitness Friday in school!

Online fitness

Do an hour's YouTube fitness video each week (you can try boot camps, pilates, dance routines and more)

Cycling

Get out on your bike – use an app to track your routes to upload as evidence on eDofE

Walking

Explore walks in your local area – use an app to track your routes to upload as evidence on eDofE





- **Physical activities cannot be used as a skill**

- **Any individual sports activities like jogging, must be recorded on an App as evidence of completion**

DofE

YOUTH WITHOUT LIMITS

Skills section

Money management

Do a free online money management course with the Open University

First aid

Learn first aid with St John Ambulance

Photography and videography

Sharpen your photography skills with Sharp Shots Photo Club, iPhotography or Click Photography

Conservation

Do a John Muir Award to discover nature from home

Creative

Teach yourself a creative skill – from cross-stitch to crochet, Warhammer to coding

Cookery

Learn to cook in your own kitchen with Blackberry Cottage or Cookability





Recording & Completing Sections

Choose activities & find an experienced adult assessor for each, **not a family member.**

Add section choices to eDofE with aims & goals agreed by the assessor, submit to me for approval

Keep a log of all the dates and times you do and what you do at each session – sheets provided

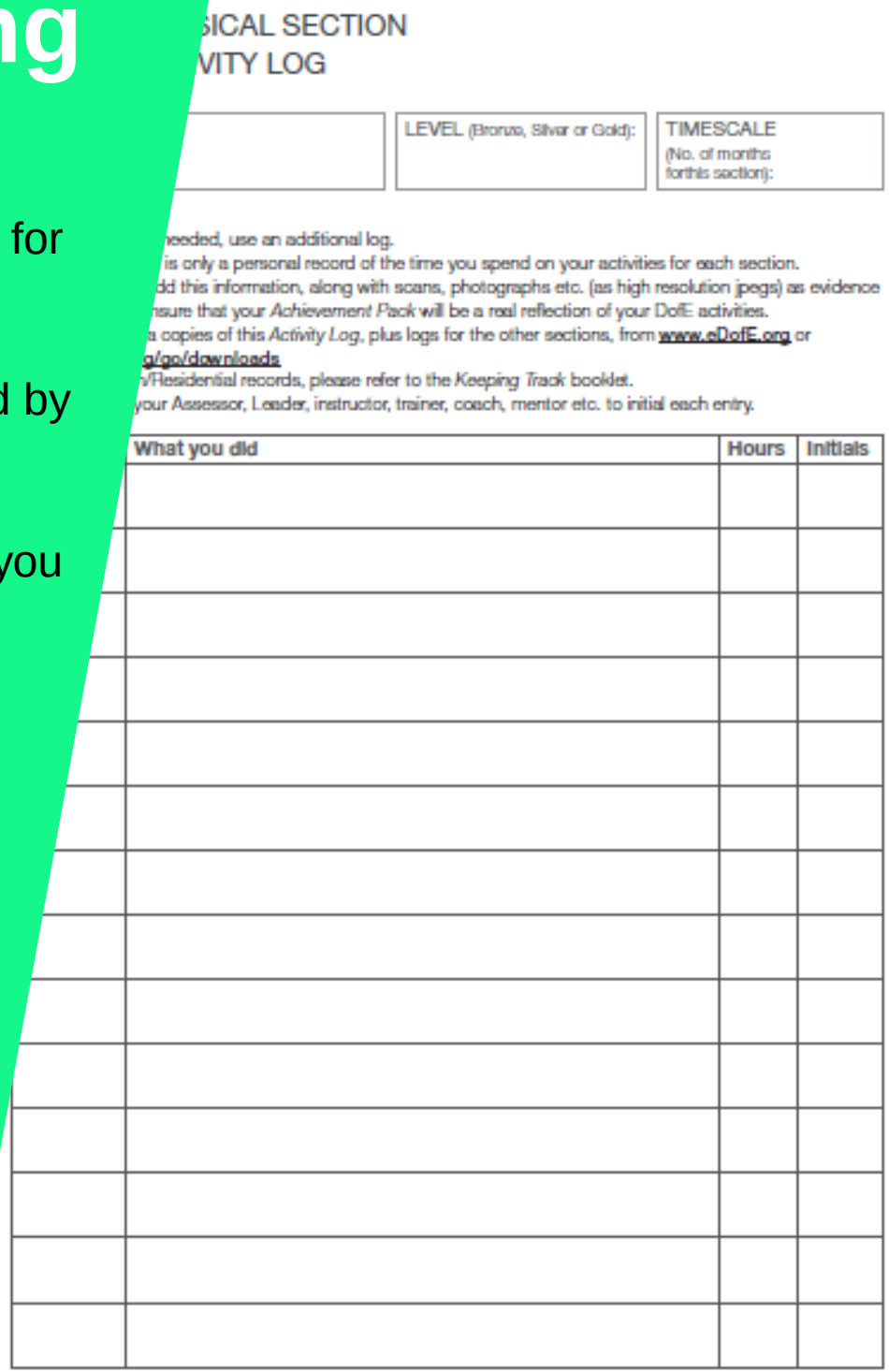
Get extra evidence if you can, such as photo's, certificates, personal logs etc

Get your assessor to write a report of what you have achieved at the end of the timescale.

https://www.dofe.org/assessor



YOUTH WITHOUT LIMITS



SICAL SECTION
VITY LOG

	LEVEL (Bronze, Silver or Gold):	TIMESCALE (No. of months for this section):

eeded, use an additional log.
is only a personal record of the time you spend on your activities for each section.
dd this information, along with scans, photographs etc. (as high resolution jpegs) as evidence
sure that your *Achievement Pack* will be a real reflection of your DofE activities.
a copies of this *Activity Log*, plus logs for the other sections, from www.eDofE.org or
g/go/downloads
n/Residential records, please refer to the *Keeping Track* booklet.
your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

What you did	Hours	Initials

eDofE

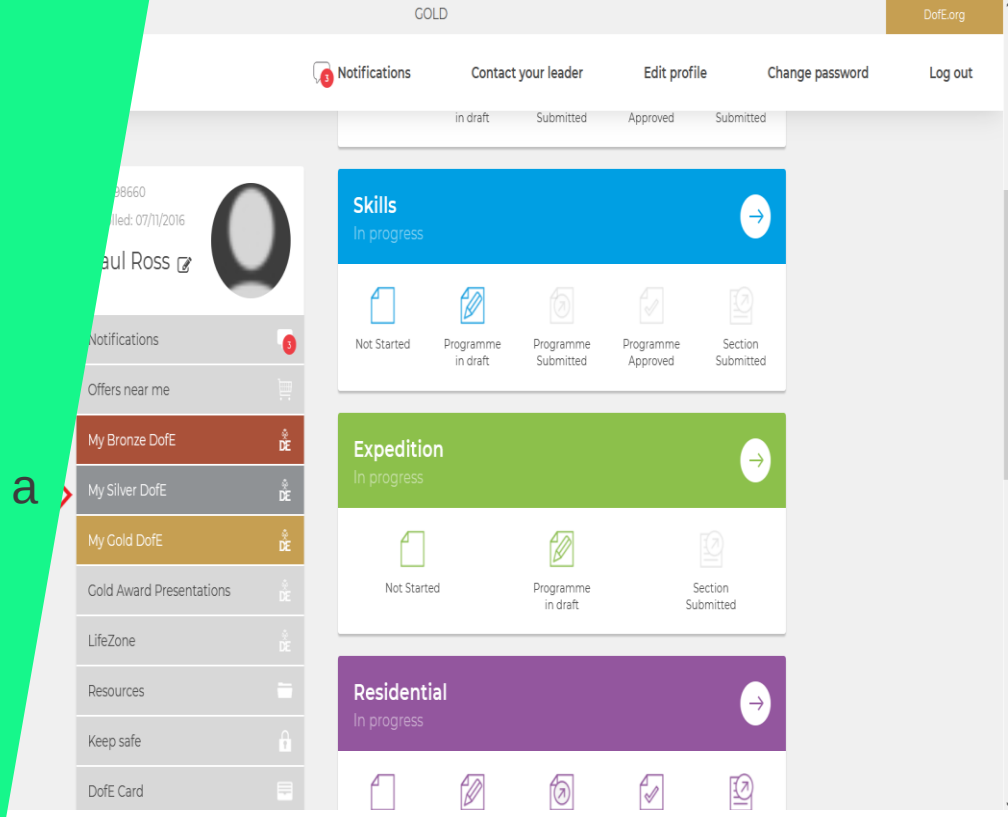
Your registration fee pays for your eDofE place.

Silver will be added to your Bronze account or you will get a username emailed if new to the award.

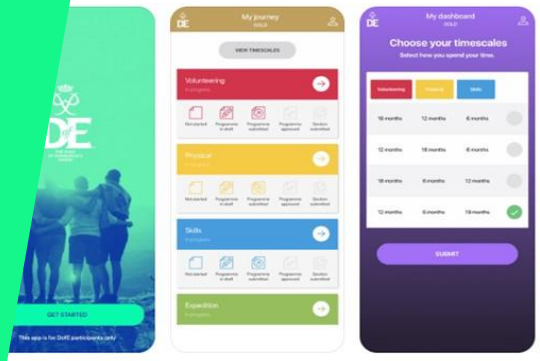
You get a Welcome pack posted to you – containing Assessor's info and reports & lots of extra useful information.

Please take time to enter all the information correctly on eDofE.

There is an eDofE App which is available to download on Android and Apple devises.



DofE app



The DofE app is available for free from the App Store on iPhones and Google Play on Android phones.

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

Plus, it can sync important dates to your phone calendar and add the personalised DofE Card to the digital wallet, to make the most of the exclusive discounts.

YOUTH WITHOUT LIMITS

Expedition

Explore the great outdoors and Create memories that will last a lifetime



Bronze Award – one expedition weekend that will be both directly and remotely supervised.
Silver Award - two expeditions, one training expedition and one qualifying expedition which is independent & remotely supervised.

We will not be with students all the time, but they will be in expedition groups.



We need to be able to **trust** groups to be responsible for themselves and others while indirectly supervised.

There is also an expedition Aim/Team Goal
which must be prepared and a presentation delivered
to an assessor at school.

DofE

YOUTH WITHOUT LIMITS

Expedition Information

Candidates will have no use of mobiles while on expedition, except for emergencies.

In the event of illness or injury, staff will contact you. Students will not call you until they are finished.

It's their Award so please let them pack their rucksack and select & buy their own food for expedition.

Do not sort out kit for them when they get back, get them to do it.

Care of kit is VERY IMPORTANT.

They may be bringing wet tents home.



Expedition Equipment

We provide expedition tents, stoves/pans & fuel.

We have a large stock of rucksacks for students to borrow and some other personal items but these are limited.

Vital to get comfortable BOOTS and ensure these are bedded in (not shoes).

Borrowing kit from past candidates or looking at used kit is a good idea.

A full kit list will be issued during training.



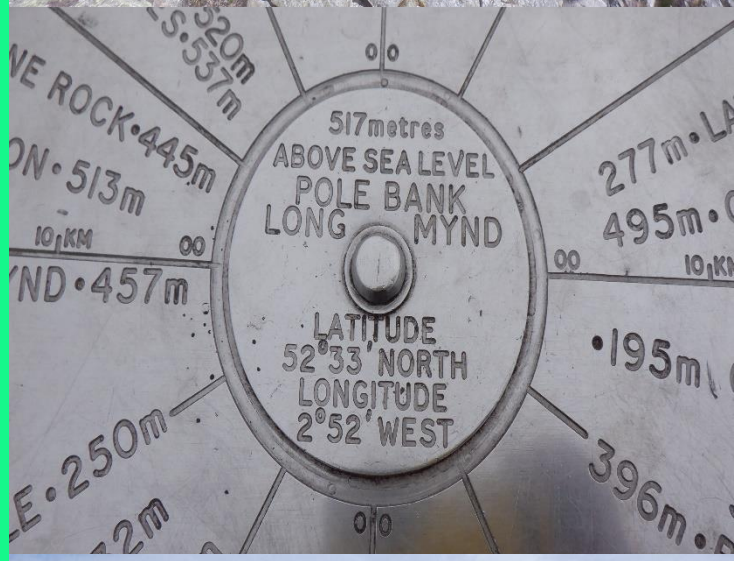


Dates for your Diary 2026/27

Bronze Route Planning Day Bronze Expedition Skills Day (inc. Silver Direct entrants)	Thursday 21st January 8.30-3pm Thursday 15th April 8.30-3pm
Navigation Training (Bronze)	Saturday 24th April 9am-4pm OR Saturday 8th May 9am-4pm
Bronze Expeditions (Norfolk)	Saturday 22nd – Sunday 23rd May OR Saturday 26th – Sunday 27th June
Silver Expeditions	Friday 11th – Monday 14th June (training in Peaks) Friday 24th – Sun 26th September (assessment in Suffolk)

There will be additional meetings and training during lunchtime and after school to issue & collect Kit, eDofE setup, etc.







What Will It Cost?

Enrolment Fee - £33 Payable via Wisepay once your place has been confirmed.

Expedition – Bronze approx. £40-60 and Silver approx. £100-£200 (figures are numbers dependent)

There are grants and funding available for candidates. Please ask me for information if you need help.

Advance payments are required for expeditions.





Expectations

If your student hasn't completed the online expression of interest form, this needs to be done by Sunday 1st November.

Numbers will be reviewed and participants selected will be contacted for registration. (A reserve list will be used if payments aren't received promptly.)

Start physical, skill & volunteering as soon as possible.

Keeping log sheets for all sessions - **compulsory**

Returning forms, paying money on time.

Attending all meetings and training - **compulsory**

Getting all kit as requested for expeditions.

Plan routes in sufficient time for checking – **NO ROUTES, NO EXPEDITION**

Returning kit on time clean and dry.

Contact: Holly Reding, DofE Manager
dofe@taverhamhigh.org





Please only enrol if you have the determination to finish.

