



# Parent Information Evening: new cohorts 2025-26.

**Bronze** (Year 9)

**Silver** (Year 10)

**Gold** (Year 12)

**THANK YOU FOR YOUR INTEREST**



**YOUTH  
WITHOUT  
LIMITS**

**START  
YOUR BRONZE  
DOFE**

# Introducing the DofE





# What is the DofE?

**The DofE is a life-changing adventure.**

**You make it: The DofE is as unique as you are**

**Millions of young people in the UK have already done their DofE.**

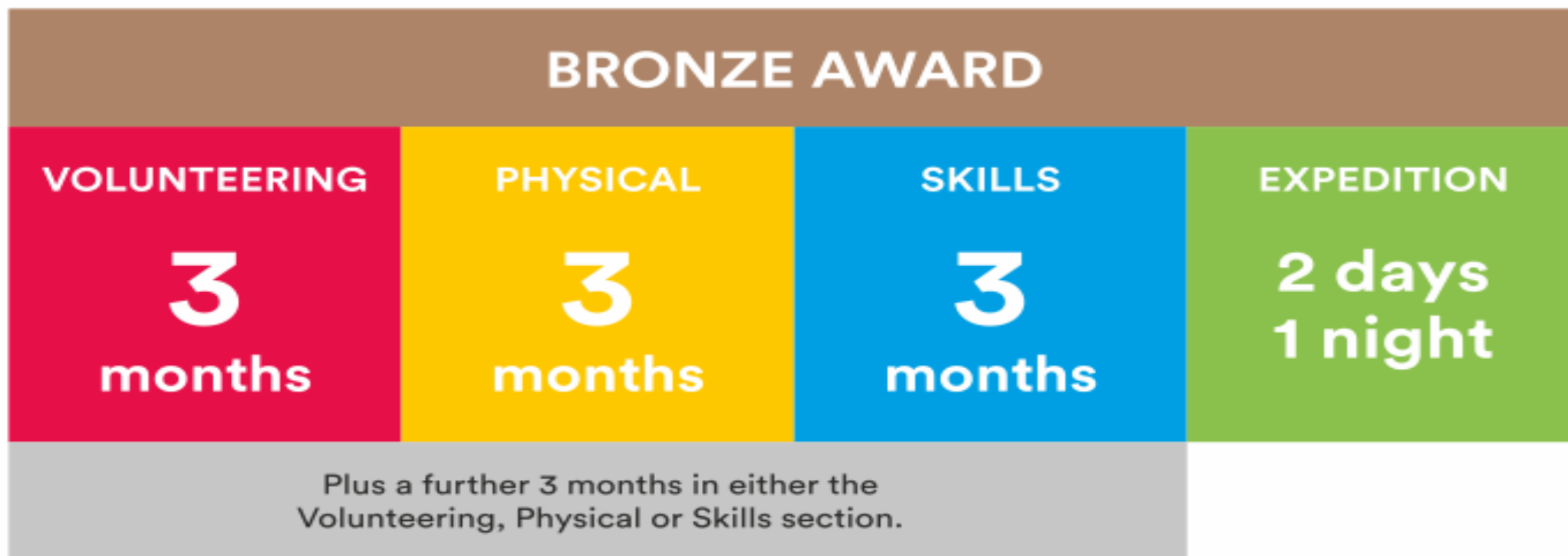
**Now it's your turn.**



**YOUTH  
WITHOUT  
LIMITS**



# What will I do?





# Volunteering section

**Take action and make a difference to the causes you care about**

**Help others and change things for the better**

**Please take a Programme Ideas sheet**



**YOUTH  
WITHOUT  
LIMITS**



# Physical section

**Take part in whatever  
dance, sport or fitness  
activity you would like**

**Get fitter and have fun  
along the way!**

**Please take a Programme  
Ideas sheet**



***YOUTH  
WITHOUT  
LIMITS***





# Skills section

**Devote yourself to improving your skills in the things you love to do**

**Discover new passions and develop talents you didn't know you had.**

**Please take a Programme Ideas sheet**



***YOUTH  
WITHOUT  
LIMITS***





# Expedition

**Explore** the great outdoors  
and spend a night away  
from home

**Create** memories that  
will last a lifetime

**More details to follow**



**YOUTH  
WITHOUT  
LIMITS**



# Bronze Expedition Key dates

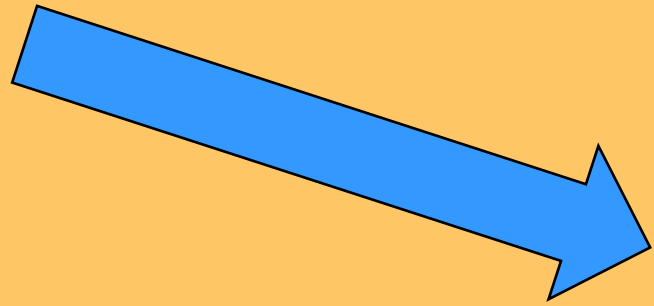
Event/Expedition	Date	Venue
Bronze Training Day	Monday 26 Jan 2026 <u>OR</u> Monday 2nd Feb	Lymm High School
Bronze Practice Expedition	Fri 8th/Sat 9th May <u>OR</u> Sun 10th/Mon 11th May 2026	Delamere / TBC
Bronze Qualifying Expedition	Fri 10th/Sat 11th July <u>OR</u> Sun 12th/Mon 13th July 2026	Whitchurch / TBC

Due to the expected size of the cohort, students will be split into 2 large groups of around 80/90. This will have walking groups of 12 in May's Practice then split again into 6's for Qualifying in July.

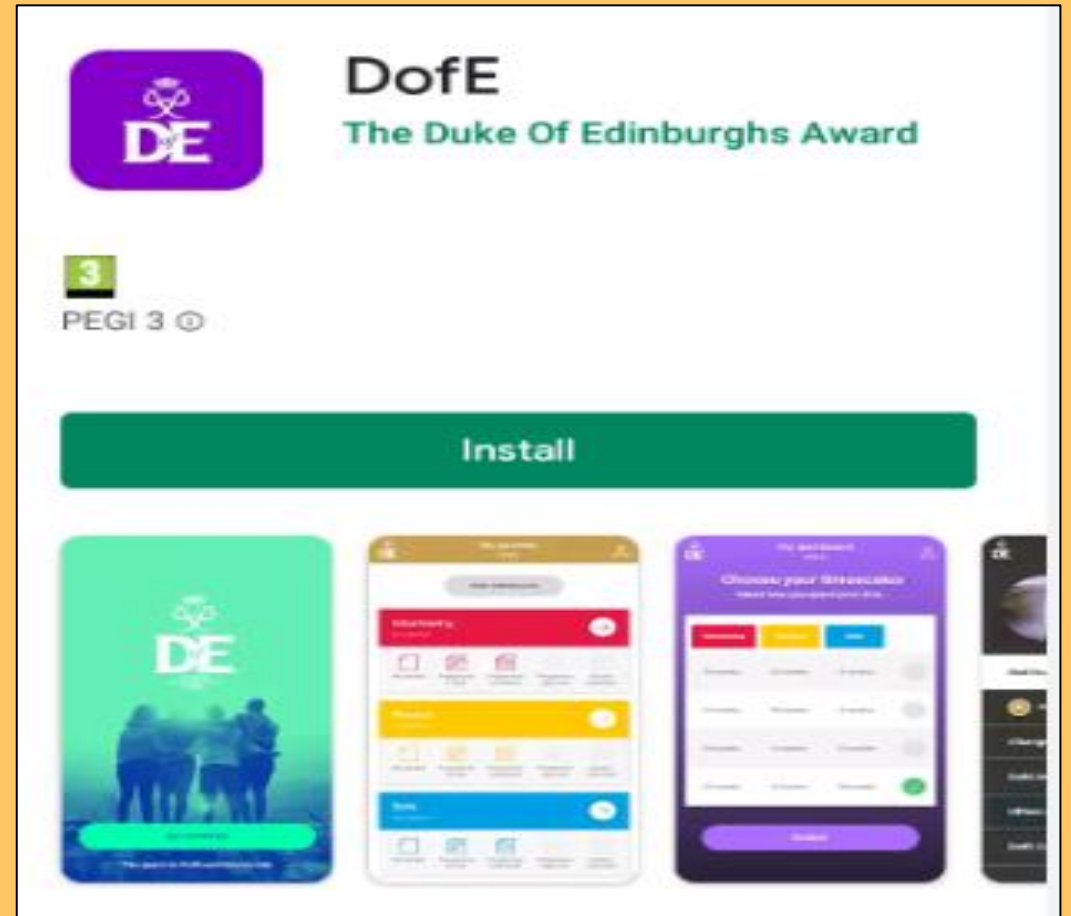




- Students need to download the DofE app from the play store or App store, then follow the steps on the next page.



This PPT is also on the school website under Enrichment/Duke of Edinburgh's Award/Resources/Registration Helpsheet.





## Account Setup

\*\*\*\*\*

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



Great work so far, your account has been set up!

CONTINUE



## My dashboard

BRONZE

### Choose your timescales

Select how you spend your time

Volunteering	Physical	Skills	
3 months	3 months	6 months	<input type="radio"/>
3 months	6 months	3 months	<input checked="" type="radio"/>
6 months	3 months	3 months	<input type="radio"/>

SUBMIT

Here you need to choose the lengths of your 3 sections: Physical, Skill and Volunteering. It may be a good idea to see the list of activities on the flyer – you must choose something from this list for each section.

For your longest section, choose the activity you think will be easiest to do for the longest time.

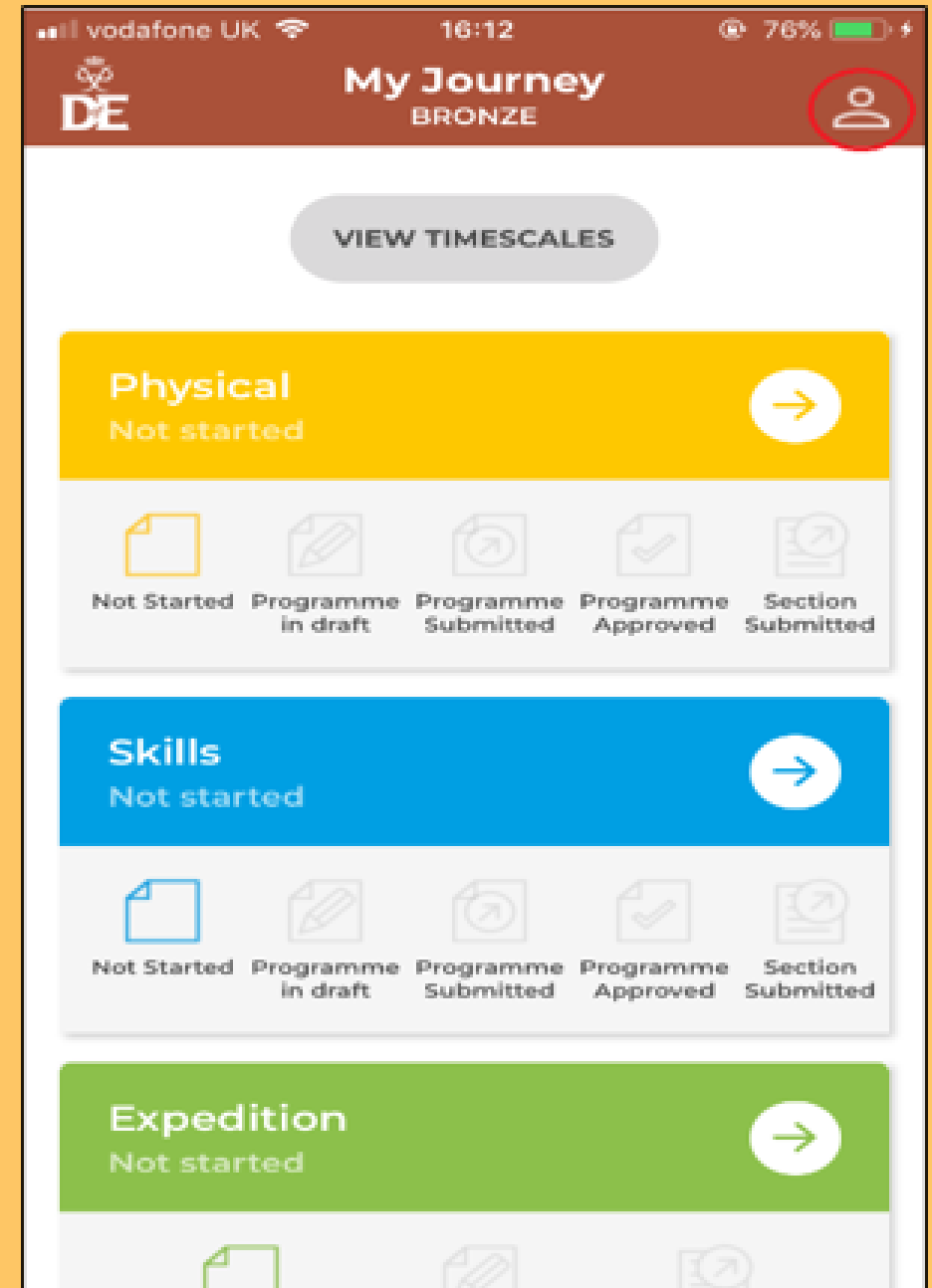


Once issued with their eDofE ID no: Students will set up their account:

**STEP 1: PLAN**: Students will set their Aims for each section: Volunteering, Skill and Physical.  
Including: Time scale / Location / Contact – ASSESSOR full name (role/mobile/email)

**STEP 2: PERFORM**: Undertake & Enjoy section challenge(s).  
Taking pictures/information and uploading lots of evidence.

**STEP 3: EVALUATE**: At the end the participant asks the Assessor to upload the official **assessor report** format directly on to their eDofE account. No emails or messages – Please!





Now type in your chosen activity for these sections:

**PHYSICAL SECTION** (this should be a sport or exercise that you can do for 1 hr every week for the time period you chose)

**SKILL SECTION** (this should be something such as learning a musical instrument, baking, dog/pet care or anything else that isn't a physical activity, again must be 1 hr per week every week for the time period you chose)

**VOLUNTEERING SECTION** (this should be somewhere you can give up 1 hr per week of your time to volunteer, can't be to a family member as they can't be your assessor and it can't be for a business. Can be in school or outside of school).

Do this before you start doing the activity to make sure it actually counts.  
Also make sure you press 'Submit'

My dashboard  
BRONZE

3 months

### Volunteering section

\* Start date: 25/01/2023

Earliest completion date:

ADD TO CALENDAR

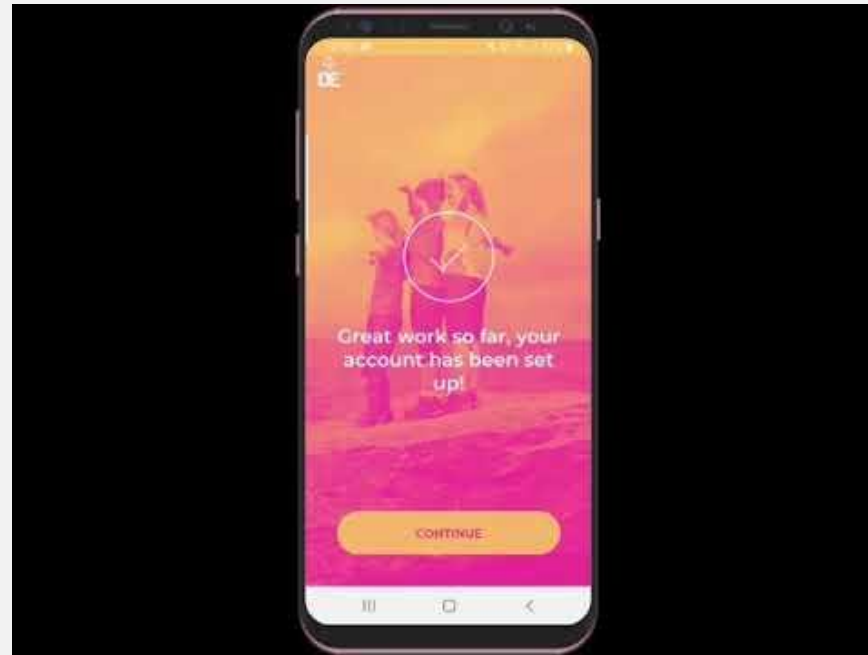
\* Type/category of activity  
(Please select)

\* Detailed activity chosen  
Activity Details

W E R T Y U I O P  
A S D F G H J K L  
↑ Z X C V B N M ↵  
123 space done



# Logging your DofE Award



You must keep a log of what you are doing for your Award and include evidence. This is done through your personal eDofE App.....

# Welcome Packs

Your welcome pack has lots of information in it for you, your parents or guardians and your Assessors. There is also a list of activities which can count for each section.



*For any activities not listed, ask your DofE leader first to check it is ok.*

## Remember...

You must have an Assessor for each section who can verify that you completed the activity and write a report at the end.....

- You need to choose your Assessor at the start of the activity, ask them if they are happy to do it and explain what it is - *There are notes in your Welcome Pack that you can share with them.*
- Your Assessor cannot be a family member or peer
- If you aren't sure who can be your Assessor – talk to your DofE Leader





# Our DofE experience

By B, A, M, M

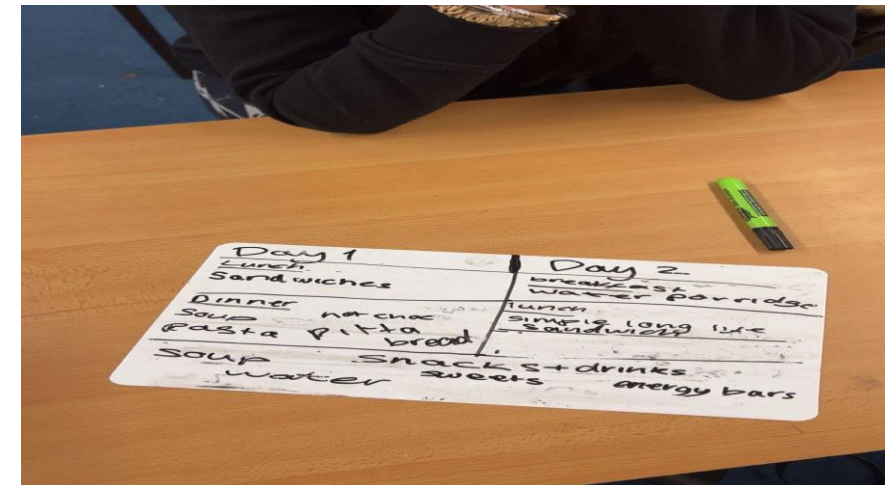


# The training day

At the training day you learn how to do various things such as use Trangias, put up tents, orienteering, learning how to pack your bag properly and meal prepping.



This is an example of how you are trained to pack your bag and the organisation and arrangement is a main concept. DofE is all about teamwork, responsibility and preparation.



# Preparation



Preparation for your dofe consists of these three main categories:

Physical - e.g could be a sport you do outside of school for example football,dance,ect.

Volunteering- e.g could be volunteering to help out with coaching younger children wanting to pursue the sport you do yourself or helping out your local charity.

Skills - e.g could be something you enjoy and are good at for example baking ,gardening , care of animals ,musical instruments , creative arts and life skills .



# Expedition

You begin with a quick briefing at the designated location where everyone starts. Then you set off on your 7.5 mile walk to the campsite with 1 or 2 instructors who help you along the way. Every so often you stop for a debriefing at a water stop to rehydrate and talk with your peers and other instructors.

When you arrive at the campsite you set up your tents and begin to set up your tranguias and cook your food after you eat and change you meet with your walking group and talk about the second 7.5 mile walk back to the end destination. You wake up in the morning make your breakfast get ready and pack up your stuff and set off on your walk home .






# Equipment used

clothes, cutlery, portable cups and bowls, walking boots and walking socks, sleeping bags, blow up pillows etc should be purchased although bags and sleep mats can be reserved through the school reception. You will be provided with a kit list needed that looks like the one shown on the screen.

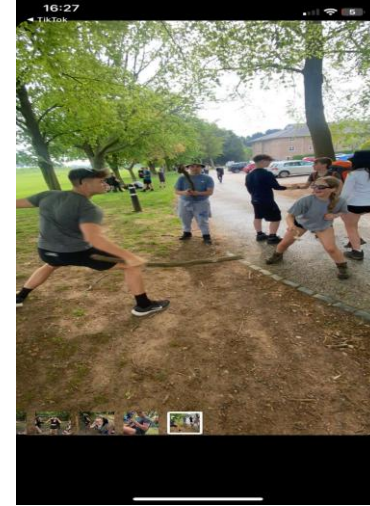


EXPEDITION KIT LIST			
updated April 2024 (replaces all previous versions)			
<div><div><p>This list is a GUIDE to the items you may need when doing a DoFE expedition. We only recommend items that are suitable for DoFE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DoFE charity receives a royalty from sales of DoFE Recommended Kit which helps to support our work with young people.</p><p>Remember, your DoFE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.</p><p>For more information read our free DoFE kit Guide at <a href="https://dofe.org/shop/dofe-expedition-kit-guide/">dofe.org/shop/dofe-expedition-kit-guide/</a> and visit <a href="https://dofe.org/shop/dofe-recommended-kit/">dofe.org/shop/dofe-recommended-kit/</a></p></div><div><p><b>DoFE Card</b></p><p>Save at least 10%, or more*, with your DoFE Card at our five DoFE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tio.</p><ul style="list-style-type: none"><li>Participants and parents – 10% or more</li><li>Leaders and volunteers – 15% or more</li></ul><p>For details on how to sign up for your Digital and Physical DoFE Card either:</p><ul style="list-style-type: none"><li>See information in your DoFE Welcome Pack.</li><li>Login to eDoFE or the DoFE app.</li><li>Visit one of our recommended retailer stores.</li></ul><p>*Terms and conditions apply. Go to <a href="https://dofe.org/shop/card/">dofe.org/shop/card/</a> for full details.</p></div></div>			
CLOTHING			
Item Needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec Eurotrek Lite WP, Asgard WP, Summit WP, V-Lite Explorer WP, Bandera Lite WP, Bandera 8 WP, Ravine WP, Raven Mid WP, V-Lite Psych Mid WP, V-Lite Reflex WP, Jackdaw WP		
2 pairs of walking socks	Bridgedale HKE range Men's and Women's Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale UNERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers Vanth and Ocus Waterproof Jackets		
Waterproof overtrousers	Craghoppers Ascent Overtrousers		
2 fleece tops or similar	Craghoppers Tanvos, Eski and Travos Hooded Jackets and Half Zip Fleece		
2-3 t-shirts (thermal optional)	Craghoppers Charon or Elite T-shirt		
2 walking trousers (swim, H&M, jeans)	Craghoppers Brisk and Mimms Trousers and Alex Leggings		
1 pair of shorts (if appropriate)	Craghoppers Brisk Shorts		
Underwear			
Nightwear			
Flip-flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (if appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			
PERSONAL KIT			
Item Needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango Contour, Sherpa, Summit and Denali Pro rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure Ultralight Dry Bags (25/30/35/45/55/75L) and Compression Sack (30/75L)		
Sleeping bag	Vango Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite sleeping bags		
Sleeping mat	Vango Single Trek, Dreamer mats		
Waterproof bag	Lifeventure Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeventure Cotton sleeping bag liners		
Whistle	LifeSystems Safety, Echo, Hurricane whistles		
Torch (handheld/head torch and spare battery)	LifeSystems Intensity 300 and Intensity 355 head torches		
Personal first aid kit	LifeSystems Camping, Trek, Bliess, Waterproof first aid kits, visit <a href="https://dofe.org/shopping/firstaid/">dofe.org/shopping/firstaid/</a> for info		
Food (including emergency ration)	Wayfinder ready to eat expedition food Ration dehydrated meals and breakfasts Get advice at <a href="https://dofe.org/shopping/food/">dofe.org/shopping/food/</a>		
Water bottle	Lifeventure Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery**	Lifeventure Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		
Continued over...			
<div><div></div><div><p>YOUTH WITHOUT LIMITS</p></div></div> <p>*This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit <a href="https://dofe.org/shopping/card/">dofe.org/shopping/card/</a> for full terms and conditions.</p>			





Although DofE is a tough experience and takes time and effort it is a very fun and exciting experience that you can successfully complete with all your peers.





Overall our experience with DofE was a great time and we learnt lots of important life skills we will use in the future. Having a DofE completion on your CV will show your future employers that you have the qualities of **dedication, empathy, teamwork, perseverance and responsibility**. You also learn a sense of adventure and discovery ,by planning ,training for and completing an adventurous journey as part of a team.

Does anyone have any question about our experience ?

