

A Guide to Successfully Completing your DofE Award (Bronze, Silver & Gold)

Name:

Contents

	Page	
Introduction	2	
Your eDofE Account		3
Username and Password Help	4	
Bitesize Guide to Using eDofE	6	
eDofE YouTube Guides	7	
Program Ideas (Skills, Physical and Volunteering)		8
What do you need to do and when?		12
Example Planner	13	
Example Evidence	14	
Example Assessor Report	17	

Introduction

This booklet has been designed to support you in successfully completing your DofE award using the eDofE system while also providing a guide to uploading evidence to each of your sections for the award at Bronze, Silver and Gold level. This guide covers three of the four/five sections Volunteering, Skills and Physical you will be required to complete for your award. This booklet provides information on a range of approaches to uploading evidence effectively, but this does not mean it is the only approach to pass each section. For more information on the expedition section, please see my expedition framework training booklet and expedition framework training activity booklet. You should keep this in a safe place so that you can refer to it in the future.

You can also find summary sheets for elements of the expedition training framework along with expedition aids at <u>www.geogonout.wordpress.com</u>

Summary Sheets Expedition Information Summary Crib Card First Aid Summary Crib Card Expedition Planning Help Sheet

Expedition Aids Bronze, Silver & Gold Menu Planner Distance, Speed Time Crib Card Emergency Information Card

Your eDofE Account

Username:

Password:

Who's Who?

DofE Leader – this is the person who will sign off each section as completed, they will support you with eDofE and ensure you complete each section properly.

My DofE Leader is.....

<u>Section Assessor –</u> this is the person who writes a short report at the end of your physical, volunteering and skill sections when you have completed it with your evidence. This can be your DofE Leader but it may also be somebody else. *You cannot have a family member write your report.*

My Physical Assessor is.... My Skills Assessor is.... My Volunteering Assessor is....

Expedition Organizer – this is the person who organizes your expedition and will give you the information you need. This person is also responsible for ensuring that you have completed all of your expedition training framework outlined by DofE.

Expedition Supervisor – this person will be in charge of supervising your expedition ensuring that the expedition runs smoothly and safely. They will also oversee any other staff on the expedition. They may ask to check routes and your equipment.

Expedition Assessor – your expedition assessor will be the person who will assess your expedition based on the 20 DofE expedition conditions. To be successful you will need to make sure that all 20 conditions are met. They may ask to check routes and your equipment. This person will write your expedition report and upload it to eDofE once you have completed your expedition and your presentation successfully.

My Expedition Assessor is.....



Usernames and passwords in eDofE

How do I get my eDofE username and password?

The person who creates your eDofE account will pass the details to you by:

- 1. Emailing you the username/password to your own personal email address (If you gave the creator your email address on your enrolment form).
- Post or hand you the username/password if they do not have your email address.

If you don't receive anything then contact your Leader/Manager.

I can't sign in - username is known and security answer has been set:

- 1. Go to the DofE sign in page https://www.edofe.org/Login
- 2. Click on 'Forgot your password'
- 3. Enter your username
- Click 'Continue'
 You are then given your security question and asked for your answer
- 6. Provided that you give the correct answer then you are able to reset your password

New password:	
Confirm password:	
Return to Sign in page	Save

I can't sign in - username is known but security answer has not been set or forgotten:

- 1. Go to the DofE sign in page https://www.edofe.org/Login
- 2. Click on 'Forgot your password'
- Enter your username

4. If you don't have the security answer then press 'Can't remember?'

Username:	notreal13
Security question:	My mother's maiden name?
Security response:	
Return to Sign in page	Can't remember?

If you have no email address or security question then this appears. You have to contact your leader or manager.



If your email address has been entered into your account then a message will pop up saying a new password will be sent to your personal email address – choose Yes/No



6. Saying 'yes' – the system will send a random password to your personal email address, and they can then access their account. The content of this random password email will not state the 'username' because sometimes the email of that person is incorrect.

1.		
exstem@dsfe.org	eDoff. Password Reset	Tue 21/09/2010 15:08

8. IF the young person or adult hasn't yet entered an email address (ie they haven't yet accessed their account) then the DofE leader/Manager has the ability to access the persons eDofE account and enter an email address. To do this for participants: go to the young person's summary screen, go to contact details, go to email addresses and enter a new email or correct an error if it has been input incorrectly. To do this for adults, use the search function to find them and click on 'Contact details'

Leader / Manager has forgotten their username:

If a Leader or Manager have forgotten their usemame then this can be can be reset manually by their Operating Authority (for the leader/coordinator) or by the Region (for the Manager) by going into DofE Data, Go to Operating Authority or Centre, Go to Manage Staff, select their name and you will see the options at the bottom of the screen.

Participant has forgotten their username:

The participant's username can be looked up by their DofE Leader. Only the participant can change their own username.

Troubleshooting:

Query – What happens if a user follows these rules but hasn't received the new password email?

Answer – This is probably because the email they have entered onto eDofE is incorrect. A young person should ask their leader to check the email address.

An OA/Centre staff member should contact their senior contact to ask for them to manually change their password.

Query - When I try and sign in, it says my account is Inactive /closed. Why cant I get in and how do I change it.

Answer – Those statuses mean you can no longer access that account unless you contact your Leader/Manager to unlock it.

If you do not access your eDofE account for 9 months then your account will be automatically made Inactive. If you have Closed or a Inactive status then your Leader or Manager has decided you cannot access your account.



Bitesize Guide for participants

This Bitesize Guide will help you to complete your DofE online. You can do much more on eDofE than we outline below; this guide simply shows you the minimum that is required.

Step 1 - Activate your account

To sign in to eDofE go to <u>www.eDofE.org</u>. Enter your username and password which will have been given to you by your DofE Leader.

Once you have signed in, you will be asked to enter your personal details (e.g. address) and change your password. Your new password must be at least six figures long and a mixture of numbers and letters, including one capital letter. Be careful, passwords are case-sensitive.

Step 2 - Decide on your timescales

You will be asked to decide how long you are going to spend on each section. Don't worry if you change in your mind later, your timescales can be amended!

Step 3 - Choose your programme

Once you start your activities you need to enter the following information into your account:

- Start date
- Activity category (from list)
- Activity title

You will then need to answer three short questions to give your Leader the information they need.

They don't need to be really long answers but it needs to be enough for your Leader to understand where, what and who you are working with.

Step 4 - Submit your activity choice for approval

Select the Leader that you want your request to go to. Then click on the 'submit for approval' button. This will send your objectives to your Leader for approval.

Step 5 - Complete your expedition information

Your Leader is able to set up your expedition information for you in advance but you **must** input your aims and goals for your qualifying expedition and the details of your presentation.

Step 6 - Add evidence

You will now need to add evidence to your account. Please see the column to the right for different ways of doing this.

Step 7 - Submit your section for approval

Once you have completed a section and uploaded your evidence and Assessor's report you can click the 'submit section for approval' button and your DofE Leader will be able to approve your section.

Once you have submitted all your sections and the Leader has approved them your Award will go through to your Operating Authority for final approval.

Well done, you are now ready to move onto the next level!

You are now able to compile your Achievement Pack if you wish using your uploaded evidence. For more information visit <u>www.DofE.org/eDofE</u>

Download the eDofE Bitesize Guide for Assessors at <u>www.DofE.org/</u> <u>centralengland</u>

Evidence

You can add as much evidence as you like but the minimum is an Assessor's report for every section.

This should include your name, the activity that you did, the dates between which you did the activity and then a short report about what you achieved.

There are lots of ways your Assessor can do this but they will need your eDofE ID number

 Through the website www.DofE.org/ Assessors

- Type up a word document and email that to you or your Leader
- Fill in your Keeping Track booklet which you will then need to scan or photograph and upload it.

When your Assessor's evidence has been uploaded to your account then you need to submit it for approval if you uploaded it.

If your Assessor uploaded it then it will already have been approved by your DofE Leader and will come into your account automatically.

The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC038254,

and a Royal Charter Corporation No: RC000806 Registered Office : Gulliver House, Madeira Walk, WINDSOR, Berkshire SI4 1EU www.DofE.org



YouTube has a range of advice videos from vlogs made by participants, to schools and businesses providing their own recommended advice. Below is a link to the official eDofE advice channel. Here videos will walk you through everything from setting up your eDofE account to how to upload different evidence and get your assessor to provide a report.

YOUTUBE eDofE Help Videos

eDofE Channel https://www.youtube.com/watch?v=ScckQuMZo-0&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Welcome Page https://www.youtube.com/watch?v=ScckQuMZo-0&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Forgotten Password

https://www.youtube.com/watch?v=puMKbmcW7kM&index=2&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Resetting Password

https://www.youtube.com/watch?v=5gQvt7WJOM4&index=3&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Getting Started

https://www.youtube.com/watch?v=2Ez2YRcbj1g&index=6&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Sign In

https://www.youtube.com/watch?v=MP3w1movwGA&index=9&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM

Adding Evidence

https://www.youtube.com/watch?v=0Whx7fyRGDo&index=15&list=PLJwqW7XmD1vna80L6tOKb3LpsHBDYF7KM



PHYSICAL

Programme ideas: Physical section

Fitness:

Aerobics

Cheerleading

Gym work

Physical

Pilates

Walking

Climbing

Free running

(parkour)

loe skating

Parachuting

Skydiving

Skateboarding

Mountain biking

Mountain unicycling

Snow sports (skiing,

snowboarding,

snowkiting)

Street luge

Speed skating

Yoga

Gymnastics

Fitness classes

Medau movement

achievement

Running/jogging

Extreme sports:

Caving & potholing

Trampolining

Weightlifting

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Physical programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/physical

Individual sports: Archery Athletics (any field or track event) Biathlon/Triathlon/ Pentathlon Bowling Boxing Croquet Cross country running Cycling Fencing Golf Horse riding Modern pentathion Orienteering Pétanque Roller blading Running Static trapeze Wrestling

Water sports:

Canoeing Diving Dragon Boat Racing Free-diving Kneeboarding Rowing & sculling Sailing Skurfing Sub aqua (SCUBA diving & snorkelling) Surfing/body boarding Swimming Synchronised swimming Windsurfing

Dance:

Ballet Ballroom dancing Belly dancing Bhangra dancing Ceroc Contra dance Country & Western Flamenco Folk dancing Jazz Line dancing Morris dancing Salsa (or other Latin styles) dancing Scottish/Welsh/Irish dancing Street dancing/ breakdancing/hip hop Swing

Racquet sports:

Tap dancing

Badminton Matkot Racketlon Rapid ball Real tennis Squash Table tennis Tennis

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

Martial arts: Aikido Capoeira Ju Jitsu Judo Karate Self-defence Sumo Tae Kwon Do Tai Chi

Team sports:

American football Baseball Boccia Camogie Cricket Curling Dodge disc Dodgeball Fives Football Hockey Hurling Korfball Lacrosse Netball Octopushing Polo Rogaining Rounders Rugby Sledge hockey Stoolball Tchoukball Ultimate flying disc Underwater rugby Volleyball Wallyball Water polo

Kabaddi

Visit

www.DofE.org/physical for more guidance, information, programme planners and programme ideas.

8



SKILLS

Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on <u>www.DofE.org/skills</u>

Performance arts

Ballet appreciation Ceremonial drill Circus skills Conjuring & magic Dance appreciation Majorettes Puppetry Singing Speech & drama Theatre appreciation Ventriliquism Yoyo extreme

Science & technology

Aerodynamics Anatomy Astronomy Biology Botany Chemistry Ecology Electronics Engineering Entomology П Marine biology Oceanography Paleontology Physics Rocket making Taxonomy Weather/meteorology Website design Zoology Care of animals

Agriculture (keeping livestock) Aquarium keeping Beekeeping Caring for reptiles Dog training & handling Horse/donkey/llama/alpaca handling & care Keeping of pets Looking after birds (i.e. budgies & canaries) Pigeon breeding & racing

Music

Church bell ringing Composing DJing Evaluating music & musical performances Improvising melodies Listening to, analysing & describing music Music appreciation Playing a musical instrument Playing in a band Reading & notating music Understanding music in relation to history & culture

Natural world

Agriculture Conservation Forestry Gardening Groundsmanship Growing carniverous plants Plant growing

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

> Snail farming Vegetable growing

Games & sports

Cards (i.e. bridge) Chess Clay target shooting Cycle maintenance Darts Dominoes Fishing/fly fishing Flying Gliding Go-karting Historical period re-enacting Kite construction & flying Mah Jongg Marksmanship Model construction & racing Motor sports Power boating Snooker, pool & billiards Sports appreciation Sports leadership Sports officiating Table games War games

Life skills

Alternative therapies Cookery Democracy in action Digital lifestyle Driving: car maintenance/car road skills Driving: motorcycle maintenance/

road skills Event planning First Aid - St John/St Andrew/ BRCS Hair & beauty Learning about the emergency services Learning about the RNU (Lifeboats) Library & information skills Life skills Massage Money management Navigation Public speaking and debating Skills for employment Young Enterprise

Learning & collecting

Aeronautics Aircraft recognition Anthropology Archaeology Astronautics Astronomy Bird watching Coastal navigation Coins Collections, studies & surveys Comics Contemporary legends Costume study Criminology Dowsing & divining Fashion Forces insignia Gernstones Genealogy Heraldry History of art Language skills Military history

Movie posters Postcards Reading Religious studies Ship recognition Stamp collecting

Media & communication

Amateur radio Communicating with people who are visually impaired Communicating with people who have a hearing impediment Film & video making Journalism Newsletter & magazine production Signalling Writing

Creative arts

Basket making Boat work Brass rubbing Building catapaults & trebuchets Cake decoration Camping gear making Candle-making Cance building Canvas work Carnival/festival float construction Ceramics Clay modelling Crocheting Cross stitch DIY Dough craft Drawing Dressmaking Egg decorating Embroidery Enamelling

Fabric printing Feng Shui Floral decoration French polishing Furniture restoration Glass blowing Glass painting Interior design Jewellery making Knitting Lace making Leatherwork Lettering & calligraphy Macramé Marguetry Model construction Mosaic Painting & design Patchwork Photography Pottery Quilting Rope work Rug making Snack pimping Soft toy making Tatting Taxidermy Textiles Weaving and spinning Wine/beer making Woodwork

Visit

www.DofE.org/skills

for more guidance, information,

programme planners and programme ideas.

06/10



VOLUNTEERING

Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/volunteering

Helping people:

Helping children Helping children to read in libraries Helping older people Helping people in need Helping people with special needs Youth work

Community action & raising awareness:

Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Peer education Personal safety Promotion & PR Road safety

It's your choice... Volunteering gives vo

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

Working with the environment or animals:

 Animal welfare
 Dance leadership

 Environment
 DofE Leadership

 Rural conservation
 Group leadership

 Preserving waterways
 Leading a voluntary

 Working at an animal rescue centre
 organisation group:

 Litter picking
 - Girls' Venture Cor

 Urban conservation
 - Sea Cadets

 Beach and coastline conservation
 - Air Cadets

 Zoo/farm/nature reserve work
 - Jewish Lads' and

Helping a charity

or community organisation:

Administration Being a charity intern Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity Working in a charity shop

Coaching, teaching and leadership:

Dance leadership DofE Leadership Group leadership Leading a voluntary organisation group: - Girls' Venture Corps - Sea Cadets - Air Cadets - Jewish Lads' and Girls' Brigade - St John Ambulance - Scout Association

- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade

Sports leadership Music tuition

Visit

www.DofE.org/volunteering

for more guidance, information,

programme planners and programme ideas.

08/15

What do you need to do and when?



The Expedition Section (and residential for Gold) will be dealt with slightly differently to the other sections. Focusing on your Physical, Skill and Volunteering you will need to do the following.

<u>Weeks 1-2</u>

- 1. Choose your [skill/volunteering/physical] activity which you are going to do.
- 2. Select time frame. These will vary depending on your award level. [3-6 months]
- 3. Complete your e-plan including a SMART goal and submit to your leader for approval.
- 4. Your leader will approve your planner. (A SMART Goal should be set)

<u>Weeks 2-32</u>

(remember your section can take up to 6 months to complete)

 Upload evidence – you will have to upload evidence regularly to show you are meeting your SMART goal/s that you set yourself. The examples later will help you do this effectively.
 Your leader may not be your assessor for some or all of your sections and therefore whoever is assessing you must complete a short report at the end of the 3-6 months.

[If they are not your leader, they can do this by completing the assessor report card you received in your welcome pack, you can then take a photo and upload this.]

Example Planner

Most of the planner is self-explanatory, however, the most difficult part to complete on your planner is the **goals section**. Many people select goals that are very broad and unclear. This makes is really difficult to collect evidence to prove you are reaching your chosen goals. The example below is provided to give you an idea of a SMART goal.

- The Goal is **specific** stating that the participant wants "to complete a clear round jumping course".
- The Goal is measurable as the participant states they want "to achieve over 70% in dressage".
- The Goal is **attainable** as the participant has selected a sport in which they are already doing and have the skills to reach this goal with practice.
- This goal is **relevant** as the participant already Horse Rides.
- The participant has given themselves 6 months' **<u>time frame</u>** to reach this goal.



Physical	6 Months	Status:	Programme planner approve	d
Start Date:	08/11/2015			Assessor's report
Type:	Individual sport	s		
Detail:	Horse riding			
Location:	Nicolar China Micolar C, SNO (1	Sroydon, M. Smindon,	
Goals:	I would like to a and get over a	complete a clear 70% in dressage	round jumping course	
Assessor:	Amanda Pilla	I		
Position:	Drobbye Rider			
Tel:	07939500510	Email:	manmanace	
Unapprove	1			Show or hide evidence
Comments				
There are no com	ments on this sec	tion.		

Example Evidence 1 – Volunteering



Example Evidence 2 – Skill



Example Evidence 3 – Physical

Score: 1- Gross (Nine Hole) Shots played: 71 Handicap: N/A	Score: 10+ Gross, 2- Nett Shots played: 82 Handicap: 11.7	Score: 13+ Gross, 1+ Nett Shots played: 85 Handicap: 12.0
Round 19 + 20	Round 18	Round 17
Score: N/A Shots played: N/A Handicap: N/A COUNTY TRAINING WEEK	Score: N/A Shots played: N/A Handicap: N/A COUNTY TRAINING WEEK	Score: Gross Par (9-Hole) Shots played: 72 Handicap: 12.0
Round 16	Round 15	Round 13 + 14 (County
Score: 39 Shots played: N/A Handicap: 12.0	Score: N/A Shots played: 9 Hole (36 - Gross Par) Handicap: 13.4	Score: 12+ Gross, 3- Nett Shots played: 84 Handicap: 13.4
Round 12 (Montly	Round 11	Round 10
Score: WON 3&2 Shots played: N/A Handicap: 14.6	Score: 15+ Gross, Nett Par Shots played: N/A Handicap: 14.6	Score: 13+ Gross, 2- Nett Shots played: 85 Handicap: 14.6
Round 9 (County Match)	Round 8	Round 7
Score: 29, N/A Nett Shots played: N/A Handicap: 15.4 Order of Merit: 15th Place	Score: 17+ Gross, 1+ Nett Shots played: 85 Handicap: 15.3	Score: 15+ Gross, 1- Nett Shots played: 83 Handicap: 15.2
Round 6 (Monthly	Round 5	Round 4
Score: 37 points, 1- Nett Shots played: 83 Handicap: 15.6 Order of Merit: 3rd place	Score: 16+ Gross, Nett Par Shots played: 88 Handicap: 16	Score: 19+ Gross, 3+ Nett Shots played: 91 Handicap: 16.0

Example Assessor Report

Your assessor can either upload an electronic report by going to https://www.edofe.org/assessor The only information they will require is your edofe ID number, the level you are completing and which section they are assessing. This will automatically be added to your account. The other option is for your assessor to complete the assessor report card which you received in your welcome pack and for you to photograph or scan this into your account as you can see below.

Skills		3 Months	Status:	Section comp	leted. Approve		, 2
Start Da	ite:	28/11/2015	End date:	29/02/2016	Change	Assessor's re	port
Type:	Matt's Matt is	Painting Journel	painter for his ag	ge, he has showr	n an array of e	× xtremely	35
Locatio	impres display montly	sive techniques a red in our shop w painting tournar	and models that I indows! We are we ment and is curre	have been produ very happy to ha ently May's cham	ced in the pas we Matthew co pion for his st	t have been ompeting in our aggering peice	
Goals:	on a S	pace Marine Libra	arian for our then	ne of 'education'	as the criteria	l.	
Assess							
Tel:							
							dence
Comm						Close	
There are no comments on this section.							
Reo	pen Sect	ion					

1 2 7.	ASSESSOR'S REPORT VOLUNTEERING Level: Bronze
C 4	Activity: Date started: 11 / 2 / 16 Completed: 19 / 5 / 16
4.	Goals set by participant:
ie No	Assessor's comments: Please write as much as possible, tailing about training, tearnwork (if applicable) and achievements. What you write will celebrate the achievement of the young persion and will form part of their permanent record of their Def programme.
11 10	IL has been an absolute pleasure having Ellue as part of our Learn. Ellue has Shown she can work as part of a
	team or on her own, she pollows instructions very well and asks questions when she needs to. Ellie always completed all tasks to a high standard. We will miss her as she became a very well liked member of the team.