



**What is the DofE?**

You just need to be aged between 14 and 24.

You can do DofE programmes at three levels:

- **Bronze** (aged 14+)
- **Silver** (aged 15+)
- **Gold** (aged 16+)

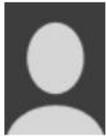
- The top awards in Scouting have been carefully aligned with the DofE meaning that if you are enrolled for one you may as well enrol for the other.
- When doing your Gold DofE you can enrol for your QSA and cross-credit all of the relevant sections. There are just a few more requirements for the QSA and then you'll have double the bragging rights! Find out more about your QSA at [scouts.org.uk/QSA](https://scouts.org.uk/QSA).



- Once enrolled you will receive an e DofE account and a Welcome Pack. It's important that you log into e DofE and keep your account up-to-date as this is where you will submit your evidence and your Award once it is completed.
- From there you will decide on your activities and goals and who your Assessors will be. Then all that's left is to have fun developing new skills and making memories.

# eDofE

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Joe Vercoe

ID No: 668019

Enrolment date:  
20/11/2014

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### My sections and progress



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## Communications

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### Expedition kit advice

Get the DofE kit list, kit guide and expert hints and tips.



### DofE Casual

Personalise, wear and relax in your DofE hoodie. Make it yours.



# Other requirements

In addition – in order to complete the awards through Scouting – you **MUST** be a member of Explorers even if you do not regularly attend meetings – in other words – pay subs!

There is a fee for registering at each level and we ask for a small payment to cover expedition expenses – gas and assessor expenses

The Award is split into four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, there is an additional **Residential** section, which involves working and staying away from home doing a shared activity.

# Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*



## Chief Scout's Platinum Award (14-18 year olds)

- Complete Bronze DofE
- Be a member of Explorer Scouts for at least six months.
- Complete six nights away, four of which must be camping.
- Also complete two activities as an Explorer Scout member from the IVE lists available online at [scouts.org.uk](http://scouts.org.uk) (each activity should be from a different list).

# Silver Award (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entrants must undertake a <b>further</b> 6 months in the Volunteering or the <b>longer</b> of the Physical or Skills sections.</i>			



## Chief Scout's Diamond Award (14-25 year olds)

- Complete Silver DofE
- Be a member of Explorer Scouts/Scout Network for at least 12 months. This can include time spent working on the Chief Scout's Platinum Award.
- Complete twelve nights away, eight of which must be camping. If you have already completed the Chief Scout's Platinum Award, you will only need to do another six nights away in addition to the six you have already completed.
- Also complete four activities as an Explorer Scout/Scout Network member from the IVE lists available (only two if you have completed your Chief Scout's Platinum Award) online at [scouts.org.uk](http://scouts.org.uk). These should be different activities from your Chief Scout's Platinum Award and not from the same list.

# Gold Award (16+ years old)

Volunteering	Physical	Skills	Expedition	Residential
12 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

*Direct entrants must undertake a **further** 6 months in either the Volunteering or the **longer** of the Physical or Skills section.*



## Queen's Scout Award (16-25 year olds)

- Complete Gold DofE
- Be a member of Explorer Scouts/Scout Network for at least 18 months. This can include time spent working on the Chief Scout's Platinum and Diamond Awards.
- Complete eighteen nights away, twelve of which must be camping. This can include nights away counted for the Chief Scout's Platinum and Diamond Awards as long as they were after your 16th birthday.
- Complete six activities as an Explorer Scout/Scout Network member from the IVE lists available online at [scouts.org.uk](http://scouts.org.uk), two from each list. If you hold the Chief Scout's Platinum Award, you only need to do four activities. If you have the Chief Scout's Diamond Award, you only need to do two activities.

# Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

# Choosing activities

Think about what you want to do for each section, and check with your DofE Leader that your choices can be counted.

Use the helpful lists and category finder on **[www.DofE.org/sections](http://www.DofE.org/sections)**.

# Starting the next level

You should achieve your Award before you start on the next level.

You may start on a section of the next level if you:

- Have reached the minimum age of entry.
- Obtain a Participation Place for this level.
- Have completed that section of the previous Award.
- Are not working on all three levels at the same time.

# What do you need to do?

- For each section (apart from the Expedition)
- Find an ASSESSOR (not a family member but doesn't have to be “qualified”)
- Keep a LOG – a record of the activity you are doing (average of an hour a week over the time, spread over the time)
- Show EVIDENCE – photos, reflections, activity log, electronic data including assessors report
- All your information needs to be uploaded onto eDofE

# Volunteering categories

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



# What is required?

- Volunteering is simple. It's about choosing to give time to something useful, without getting paid.
- Team volunteering can be beneficial to you and to the project you choose.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
  - Change their content to include practical volunteering e.g. raising awareness of the project.
  - Count towards the Skills section – e.g. Life skills category.

# Physical categories

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



# What is a physical activity?

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In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

# Skills categories

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



# Something old or something new

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Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

# Expedition



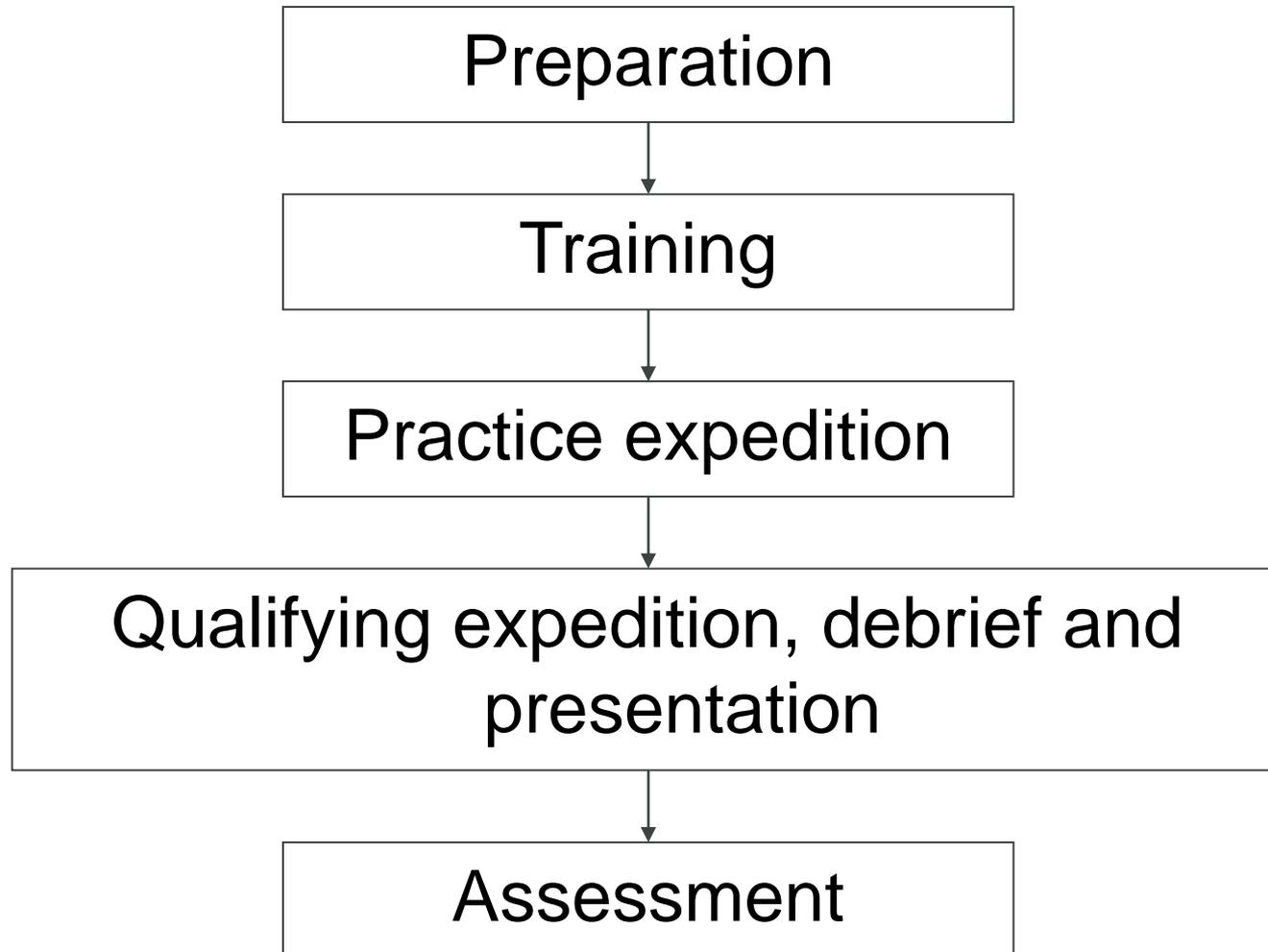
## Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

# Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

# The expedition process



# Timescales for qualifying expeditions

<b>Level</b>	<b>Duration</b>	<b>Minimum hours of planned activity each day</b>
<b>Bronze</b>	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
<b>Silver</b>	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
<b>Gold</b>	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

# Residential examples

- Developing an existing interest or something new:
  - Assisting at a kids' summer camp.
  - Joining a conservation project.
  - Doing a photography course.
  - Improving language skills on an intensive course.



**Have fun!**