

## ▶ COMPLETING YOUR DUKE OF EDINBURGH'S AWARD

### eDofE

- You must log all activity for your Bronze, Silver or Gold Duke of Edinburgh's Award on eDofE. You can do this via the website, or you can download the [eDofE app](#) for your phone.
- Ask your staff members for your login information if you have forgotten your username. You can reset your password yourself by clicking '*Forgot your password?*' on the main sign in page.
- Record what you are doing. Take lots of pictures to include in your activity log.

### BEFORE YOU START

- ✓ **Make sure that you know your eDofE username and password. Speak to your staff if unsure.**
- ✓ **Find out who your DofE Officer is.**
- ✓ **Update your eDofE account. Make sure all your contact details are accurate.**
- ✓ **Upload any existing evidence or assessor reports to the correct section.**
- ✓ **Don't start any new activities without speaking to your DofE Officer about them first!**



CLICK HERE OR SCAN QR CODE FOR  
#DofEWithADifference

### PHYSICAL SECTION

- You should only continue with your physical section if you are feeling fit and healthy.
- If you can no longer do your regular activity then consider changing it to something you can do at home or within the local area. Why not try:

- Online fitness classes on YouTube.
- Walking or running in the local area.
- Workouts or circuits in the garden.
- Using an exercise bike or home gym.

### VOLUNTEERING SECTION

- You should volunteer for at least one hour a week, but if this is not possible, you can do 4 hours+ at any time over a monthly period.
- If you can't complete your normal volunteering you can change what you are doing. Why not try:

- Running/organising remote cadet training.
- Helping with squadron social media activity.
- Supporting vulnerable community members.
- Co-ordinate donations to help local charities.

### SKILLS SECTION

- Now is the perfect time to learn a new skill!
- There are so many to choose from. Scan the QR code below or type in **DofE Skills** into a search engine to find some great ideas.



CLICK HERE OR SCAN QR CODE  
FOR NEW ACTIVITY IDEAS