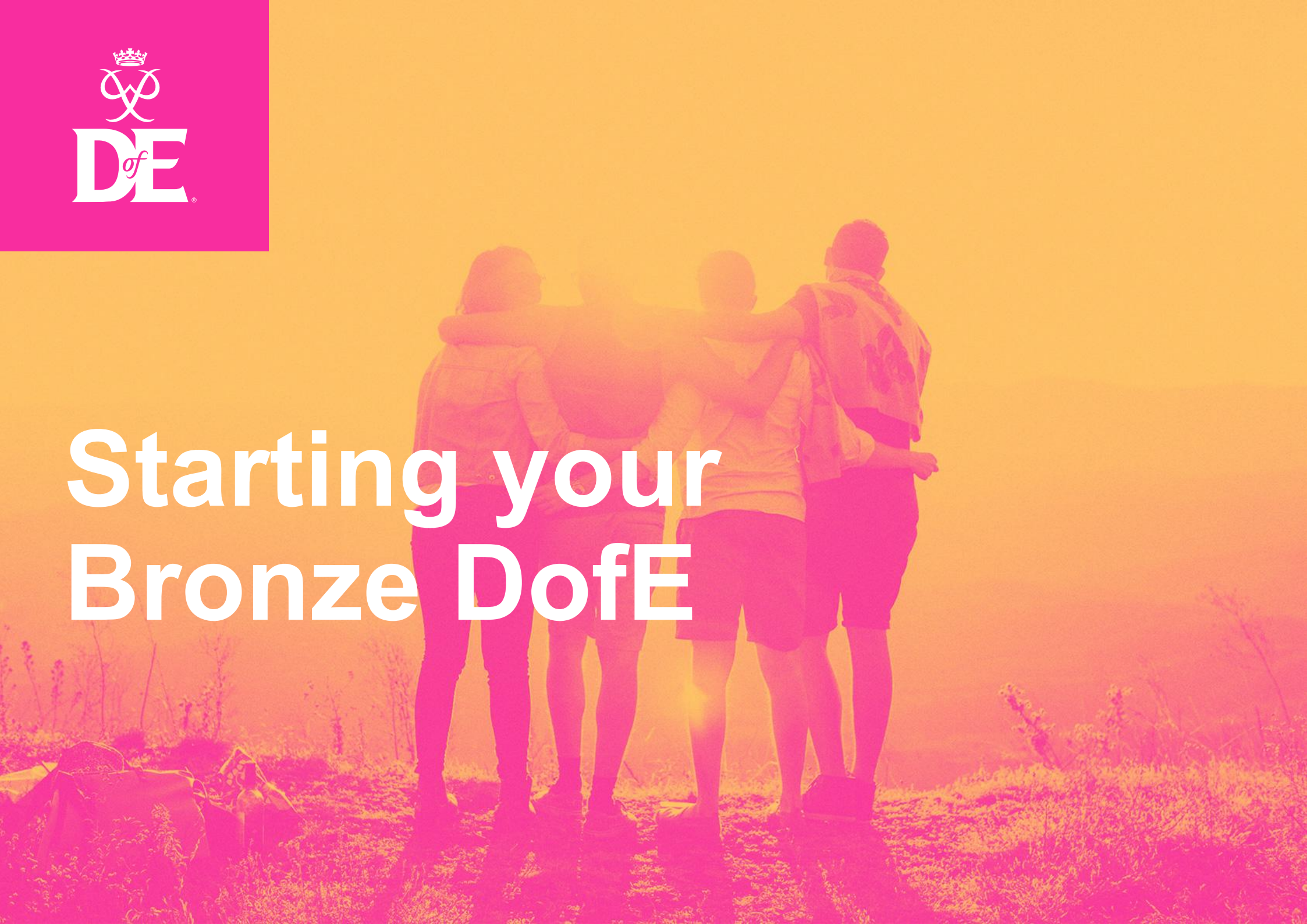


Starting your Bronze DofE

What's involved in Bronze DofE?

There are 4 sections in the Bronze DofE Award:

→ **Volunteering**

→ **Physical**

→ **Skill**

These sections will be completed on an individual basis

You'll find a whole host of suitable programme ideas on the DofE website, and in the booklet we will provide

→ **Expedition**

School will facilitate this section of the award

BRONZE

VOLUNTEERING

Volunteering's all about taking action and making a difference to other people's lives.

88%

believe volunteering helps them feel more satisfied in life

Over

3/4

feel happier because volunteering gave them more confidence

96%

say volunteering gave them a sense of achievement



BRONZE

VOLUNTEERING

Giving service to individuals or the community. This cannot be for a business or family member but can be for a charity or for a not-for-profit organisation.

Example activities:

→ Litter picking around the local area

→ Playing board games with people in residential care

→ Helping at a charity shop

→ Being a sports coach

→ Being a Young Leader at Cub Scouts

→ Marshalling for Park Run

→ Helping at a foodbank







BRONZE

VOLUNTEERING

Volunteering's all about taking action and making a difference to other people's lives.

→ Any activities for a charitable/not for profit organisation counts.

→ 25% of the sectional activity time can be used towards the training for this activity

→ Must not replace paid labour and participants must not be paid for the activity

→ Participation can be as part of a group, e.g. fundraising for a specific charity (participants are not able to fundraise for their own group)



www.dofe.org/do/volunteering/

BRONZE

SKILLS

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

By developing practical and social skills and gaining interests and talents, you'll enjoy yourself and get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to it. So, if you're interested in photography, you could do it as your skill.

You'll grow your confidence and show you're committed, motivated and can rise to a challenge.



BRONZE

SKILLS

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

Example activities:

→ Singing

→ Learning a new language

→ Playing a musical instrument

→ Gardening

→ Chess

→ Newsletter & magazine production

www.dofe.org/do/skills/



BRONZE

PHYSICAL

The Physical section is a chance for you to focus on your health and fitness and have fun along the way.

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can give your mental health a great boost too.

You can decide to join a team or do it on your own — it's up to you.







BRONZE

PHYSICAL

The Physical section is a chance for you to focus on your health and fitness and have fun along the way.

Example activities:

→ Athletics

→ Martial arts

→ Dance

→ Archery

→ Football

→ Geocaching

→ Swimming







www.dofe.org/do/physical/

BRONZE

OPPORTUNITIES IN SCHOOL

There are lots of opportunities supported by school to undertake activities for your sections (outside of normal lessons):

Volunteering:

→ House Representatives

→ Helping with Charity fundraising

→ Writing articles for school website

→ Litter picking around school

→ Running a school club

→ Helping with Drama backstage

→ Sports Leadership

Physical:

→ Basketball

→ Badminton

→ Dance

→ Table tennis

→ Rugby

→ Netball

Skill:

→ Drama productions

→ Peripatetic music lessons

→ Computer Coding

→ Arts or crafts

→ Photography/Photoshop Club

→ Sports Leadership

→ Cooking

BRONZE

eDofE

Your eDofE account is where you will add the evidence of completing your sections.

You will need to input and submit your activities for your volunteering, physical and skill sections, which will then be approved (or queried if it doesn't quite fit criteria) by your DofE Leader.

You can then upload your evidence as you go and submit the section for final approval when you've finished the required activity.

You can do this online at www.edofe.org – or we recommend using the free DofE app



BRONZE

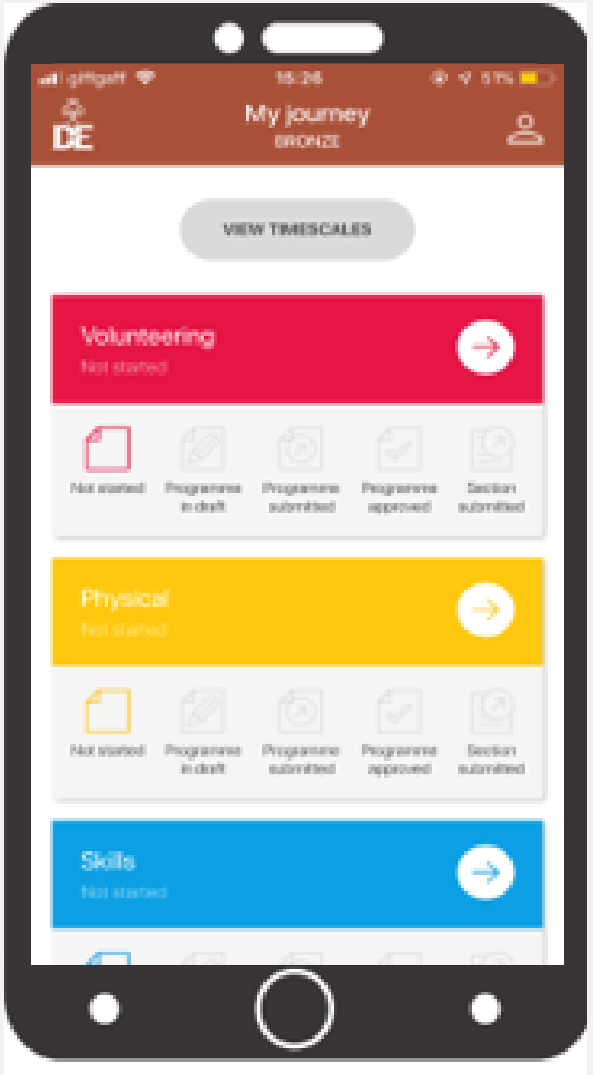
eDofE

Once registration has closed, you'll be given your account details and instructions explaining how to access your eDofE account.

You'll need to add some personal details, including your email address and home address to your online account.

The DofE will post your Welcome Pack, which contains lots of information and advice, as well as your DofE Discount Card.

You can also reset your account password using the email addresses you input to reset it easily.



BRONZE

EVIDENCING YOUR ACTIVITIES

Bronze (Year 9+)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	2 days 1 night

Plus a further **3 months** in either the Volunteering, Physical or Skills section

3 month section = 13 hours minimum

6 month section = 26 hours minimum

This is based on 1 hour per week but can be a bit flexible provided it shows commitment over time (e.g. 2hrs every fortnight or irregular activities) and cannot be only one event. Your activity must span at least the minimum time scale for the section.

Any activity you have already done from 1st October 2026 can be counted.

BRONZE

EVIDENCING YOUR ACTIVITIES

As this is an award, you will need to evidence your activities and have the evidence approved. There are three main things required:

1. **Some photos of your activity**

   This is to confirm that you have undertaken the activity

2. **Activity Log**

   This is a log of the time spent undertaking this activity and when

3. **Assessor's Report**

   This is a report written by someone independent who can verify that you have undertaken your activity and made good progress

BRONZE

EVIDENCING YOUR ACTIVITIES

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BRONZE

EVIDENCING YOUR ACTIVITIES

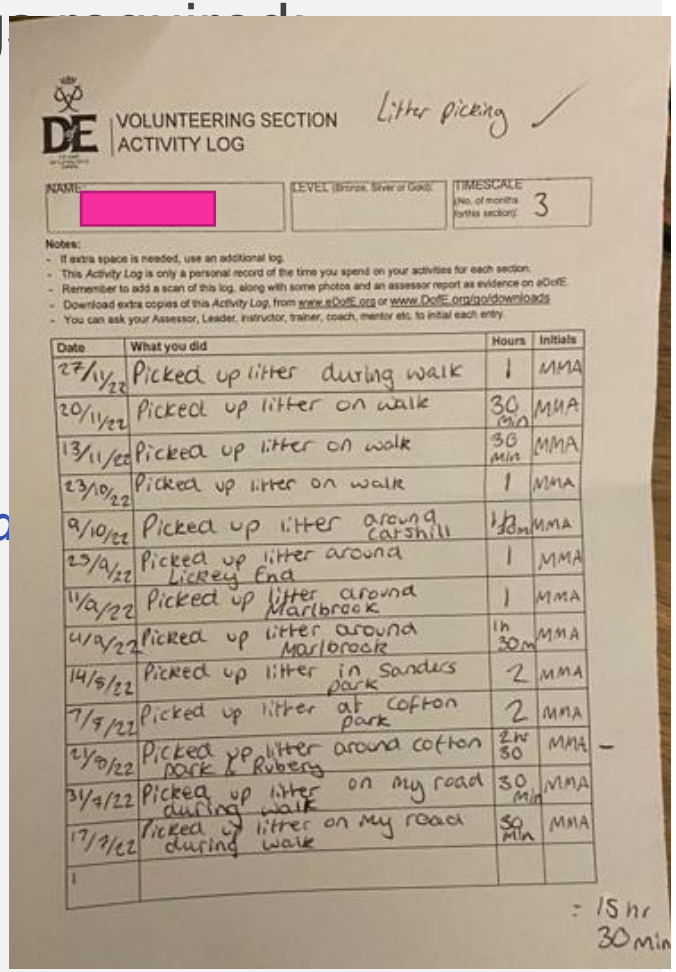
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VOLUNTEERING SECTION ACTIVITY LOG — Litter picking ✓

NAME: [redacted] | LEVEL (Bronze, Silver or Gold): | TIMESCALE (No. of months for this section): 3

Notes:
- If extra space is needed, use an additional log.
- This Activity Log is only a personal record of the time you spend on your activities for each section.
- Remember to add a scan of this log, along with some photos and an assessor report as evidence on eDofE.
- Download extra copies of this Activity Log, from www.eDofE.org or www.DofE.org/go/downloads
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials
27/11/22	Picked up litter during walk	1	MMA
20/11/22	Picked up litter on walk	30 min	MMA
13/11/22	Picked up litter on walk	30 min	MMA
23/10/22	Picked up litter on walk	1	MMA
9/10/22	Picked up litter around Carshill	1½hr	MMA
23/9/22	Picked up litter around Lickey End	1	MMA
11/9/22	Picked up litter around Marlbrook	1	MMA
4/9/22	Picked up litter around Marlbrook	1h 30m	MMA
14/8/22	Picked up litter in Sanders park	2	MMA
7/8/22	Picked up litter at cofton park	2	MMA
24/7/22	Picked up litter around cofton park & Rubery	2hr 30	MMA
31/7/22	Picked up litter on my road during walk	30 min	MMA
17/7/22	Picked up litter on my road during walk	30 min	MMA

: 15 hr 30 min

BRONZE

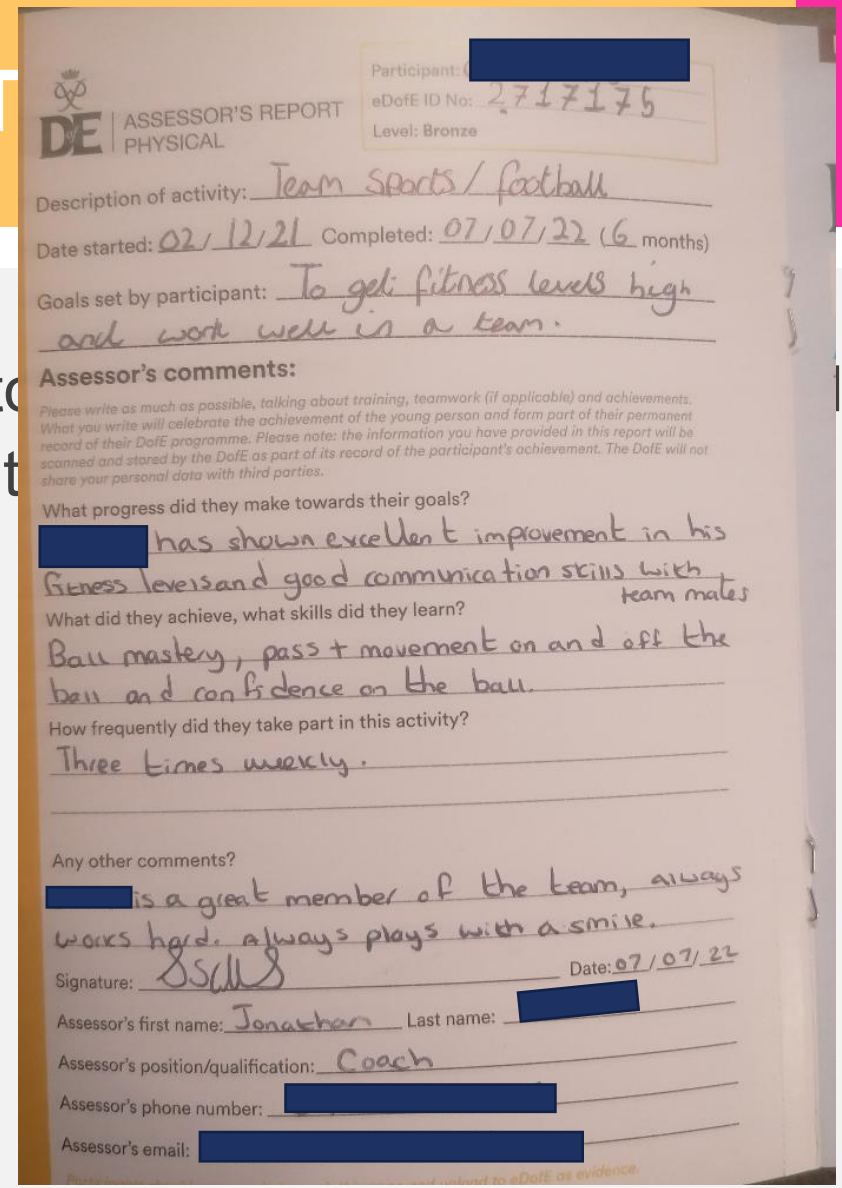
EVIDENCING YOUR ACT

As this is an award, you will need to [redacted] have the evidence approved. There are t[redacted]

1. **Some photos of your activity**

2. **Activity Log**

3. **Assessor's Report**



DofE | ASSESSOR'S REPORT PHYSICAL

Participant: [redacted]
eDofE ID No: 2717175
Level: Bronze

Description of activity: Team Sports / football

Date started: 02/12/21 Completed: 07/07/22 (6 months)

Goals set by participant: To get fitness levels high and work well in a team.

Assessor's comments:

Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.

What progress did they make towards their goals?

[redacted] has shown excellent improvement in his fitness levels and good communication skills with team mates

What did they achieve, what skills did they learn?

Ball mastery, pass + movement on and off the ball and confidence on the ball.

How frequently did they take part in this activity?

Three times weekly.

Any other comments?

[redacted] is a great member of the team, always works hard, always plays with a smile.

Signature: [redacted] Date: 07/07/22

Assessor's first name: Jonathan Last name: [redacted]

Assessor's position/qualification: Coach

Assessor's phone number: [redacted]

Assessor's email: [redacted]

This is a report written by someone independent who can verify that you have undertaken your activity and made good progress

BRONZE

EVIDENCING YOUR ACTIVITIES

As this is an award, you will need to evidence your activities and have the evidence approved. There are three main things required:

1. **Some photos of your activity**

   This is to confirm that you have undertaken the activity

2. **Activity Log** — This is in your booklet

   This is a log of the time spent undertaking this activity and when

3. **Assessor's Report** — This template will be in your Welcome Pack that is sent home directly from DofE AND in your booklet

   This is a report written by someone independent who can verify that you have undertaken your activity and made good progress

BRONZE

EVIDENCING YOUR ACTIVITIES

Who would be a suitable Assessor?

An independent adult relevant to the activity undertaken. Family members cannot be assessors.

Examples:

- Sports Coach
- Instructor or expert
- Neighbour or community leader
- Subject teacher or form tutor

BRONZE

EXPEDITION

Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.

As part of a small team, you'll plan your aim, choose your route and do some training to make sure you're prepared and know what you're doing — then spend two days and one night away.

Your expedition will improve your resilience, communication, teamwork and leadership skills.



Expedition Training:

- **05 – 06 May 2027 (based in and around school)**

Qualifying Expedition:

- **07 – 08 May 2027 (Camping at Blackwell Adventure)**

BRONZE

EXPEDITION

Expedition Training:

- **05 – 06 May 2027 (based in and around school)**

On Day 1, you'll work with your instructor on the school field to become familiar with kit, checking you can pitch tents and assemble stoves. You'll also have a kit check on this day, interpret maps, and begin to plan your team's expedition route.

On Day 2, you'll head off-site with your instructor to develop your navigation skills and learn about the Countryside Code. You'll also learn what to do in an emergency and how to administer first aid. You'll also spend some time continuing to plan your expedition route.



BRONZE

EXPEDITION

Qualifying Expedition:

- **07 – 08 May 2027 (Camping at Blackwell Adventure)**

On Day 3, you'll meet your team and your instructor at the start location and be issued team kit for the expedition. You'll then set off with your team, under remote supervision, and put all the skills you've developed over the training days into practice! You'll explore the local area you may never have seen, have fun with your friends, and bump into your assessors along the way. When you reach the campsite, you'll pitch tents, cook dinner, and relax with your friends.

On Day 4, the adventure continues. You'll pack down your campsite, fill your water bottles, and head off for another great day outdoors. You'll be tired but you'll push through with your friends. You'll reach your end point and debrief with your instructor about your experience – fun and challenges – and go home with fantastic memories feeling really proud.



BRONZE

EXPEDITION

Our Approved Activity Provider (AAP) for the Expedition Section is a company called **The Adventure Element.**

They will supply a Parent & Participant Guide closer to the expedition training to discuss and advise further with suitable kit, good food choices, managing health and hygiene, as well as packing tips. This will be added to Arbor for you to view.

When you've added your home address on eDofE, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card. Your DofE Card will give you and your family exclusive discounts in the DofE's recommended retailers.





BRONZE

EXPEDITION – Personal Kit Preparation

Kit that will be supplied by our Approved Activity Provider includes:

Provided by The Adventure Element

As part of your Expedition fee, The Adventure Element will be providing certain items of equipment and services. These are:

- ✓ High quality tents (shared 2/3 person)
- ✓ Gas-fuelled Trangia stoves including pans
- ✓ Waterproof maps
- ✓ Group First Aid kits (1 per team)
- ✓ Coloured 'team' rucksack covers (1 per person)
- ✓ Camping fees and administration costs.
- ✓ Emergency shelters
- ✓ GSM Tracking devices (1 per team)
- ✓ Water Purification Tablets
- ✓ Toilet trowel

You will not need to get these items yourself – they will be supplied during the expedition and training

BRONZE

EXPEDITION -Personal Kit Preparation

What kit will I need for the Expedition Section?

For the Bronze award, we recommend borrowing what you can, especially if hiking and/or camping is something completely new to you and you're not sure if this is something you might do again. You could also look for second-hand items rather than buying new.

The essential equipment which you may wish to purchase new if you don't have any are Hiking Boots with ankle support. These will need to be well-fitting and broken in prior to the expedition training.

Equally, the rucksack you will carry all your food and kit in will need to be comfortable to wear during your expedition, and you'll need a good quality waterproof and windproof coat in case of bad weather.

The DofE recommended kit list can be found here:

https://www.dofe.org/wp-content/uploads/2026/09/DofE_Expedition_Kit_List_September_2026.pdf

BRONZE

EXPEDITION – Personal Kit Preparation

Some examples of affordable new kit:



Eurohike

Nepal 65 Rucksack

Members Price

£25.00

Retail Price £60.00



Peter Storm

Men's Colour Block Waterproof Jacket

Members Price

£39.97

Retail Price £100.00



Peter Storm

Women's Cyclone Jacket

Members Price

£30.00

Retail Price £65.00



Peter Storm

Men's Motion Lite Walking Boots

Members Price

£40.00

Retail Price £120.00



Peter Storm

Women's Dovedale Walking Boots

Members Price

£29.00

Retail Price £70.00

We are not endorsing these products – these are examples to demonstrate that you don't need to spend lots of money to find suitable kit

BRONZE

EXPEDITION – Personal Kit Preparation

As part of your DofE fee, you will also be receiving a good quality microfleece.

This will ensure everyone has at least one warm layer as the weather can be unpredictable.

This will also let the public know that you are from NBHS and completing your DofE award whilst out on expeditions – or whilst completing your section activities.



BRONZE

Support through your Award

It's time to get started!

If I have questions or need some help, where can I go?

- Check your booklets
- Your DofE Welcome Pack
- The DofE website (FAQs and supportive resources)
- For section-related support and questions, students should speak to their DofE Young Leader
- For logistical questions, contact Miss Butterworth or Miss Hickman

BRONZE

Young Leader Support

Every student participating will receive support from one of our Young Leaders.

The Young Leaders will be your ‘go to’ person for support and guidance.

They will check in with you a few times throughout the year to discuss how your sections are going and support you in ensuring your evidence reflects the hard work that will go into achieving your award. You can also meet with them when you have questions or need help with evidencing your activities.

Find your Young Leader below:

Alfie	Bella	Ben	Faith	Katie	Olivia
9B3 Mr Crouch	**9B4** Mrs Sergeant	**9B2** Mr Bird	**9B1** Mr Stanford	**9N1** Mrs Badham	**9H3** Mrs Smith
9N3 Mr Lynch	**9H2** Mrs Orie	**9H1** Mr Forbes	**9H4** Miss Jay	**9N2** Mrs Taylor	**9N4** Mrs Neale

Questions