



Bronze launch and *eDofE* login

Do I want my award certificate
and badge?



Yes!

Why start and don't finish???

How do I get my award and what barriers could stop me?



What to do if my activity stops or I don't like it?....

Although we'd prefer you to stay with the same activity, if you need to change activity please speak with your Leader!

Bronze level requirements

			
Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Prepare, train for and undertake a 2 day and 1 night expedition. At least 6 hours of planned activity each day.
All participants must undertake a further 3 months in either the Volunteering, Skills or Physical section.			

100%

100%

25%

25%

25%

25%

- Is your activity the same throughout your section?
- Is your activity roughly an hour per week?
- Will it be on a regular basis throughout your section?
- Does it meet the sectional criteria on the 'At a Glance'?
- What evidence can I use?

Avoid disappointment! Check activities before you start!

- Is your programme balanced?.... *if you are undertaking activities in a similar environment, please note you can only do this for 2 sections and please ensure you have a clear definition between the separate hours, objectives and preferably Assessor too]*
- Is your **Volunteering** activity for a charitable organisation or the community? *[Tip: RSPCA is great, but a Vet's are not!]*
- If your **Skills** activity is Dance Appreciation or Games and Sports, please make sure this is not participating; more a knowledge/skills based activity, rather than 'doing'.
- Identify an Assessor – **not a family member or fellow participant!**
Family can be support your activity, but not complete your Assessor's report!



THE DUKE OF EDINBURGH'S AWARD



PROGRAMME IDEAS

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

Volunteering section

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.

Helping people:

- Helping children
- Helping older people
- 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

Working with the environment or animals:

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Conservation
- Counselling

DofE Leadership

- Group Leadership
- Leading a voluntary organisation group:
- Girls' Ventures Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- OCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade
- Sports leadership
- Music tuition

Physical section

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.

Individual sports:

- Archery
- Athletics (any field or track event)
- Badminton
- Basketball
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Golf
- Horse riding
- Modern pentathlon
- Orienteering
- Rowing
- Shooting
- Skiing
- Swimming
- Tennis
- Triathlon
- Volleyball
- Water polo
- Wrestling
- Yoga

Team sports:

- American football
- Baseball
- Basketball
- Bocce
- Canoeing
- Cricket
- Curling
- Dodgeball
- Football
- Hockey
- Hurling
- Kabaddi
- Karate
- Lacrosse
- Netball
- Outpitching
- Polo
- Rhythmic gymnastics
- Rounders
- Rugby
- Sledge hockey
- Stoolball
- Table tennis
- Tennis
- Ultimate flying disc
- Underwater rugby
- Water polo

Racquet sports:

- Badminton
- Billiards
- Bowls
- Racketball
- Real tennis
- Squash
- Table tennis
- Tennis

Extreme sports:

- Canyoning
- Climbing
- Free running (parkour)
- Paragliding
- Skydiving
- Surfing
- Triathlon
- Windsurfing

Marital arts:

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Self-defence
- Sumo
- Tai kwon Do
- Tai Chi

Team sports:

- American football
- Baseball
- Basketball
- Bocce
- Canoeing
- Cricket
- Curling
- Dodgeball
- Football
- Hockey
- Hurling
- Kabaddi
- Karate
- Lacrosse
- Netball
- Outpitching
- Polo
- Rhythmic gymnastics
- Rounders
- Rugby
- Sledge hockey
- Stoolball
- Table tennis
- Tennis
- Ultimate flying disc
- Underwater rugby
- Water polo

Racquet sports:

- Badminton
- Billiards
- Bowls
- Racketball
- Real tennis
- Squash
- Table tennis
- Tennis

Extreme sports:

- Canyoning
- Climbing
- Free running (parkour)
- Paragliding
- Skydiving
- Surfing
- Triathlon
- Windsurfing

Extreme sports:

- Canyoning
- Climbing
- Free running (parkour)
- Paragliding
- Skydiving
- Surfing
- Triathlon
- Windsurfing

Science & technology

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

Skills section

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

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Creative writing
- Drama appreciation
- Music appreciation
- Orchestral music
- Puppetry
- Singing
- Stage production
- Storytelling
- Theatre appreciation
- Video production
- Writing

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanhip
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Expedition section

Going on an expedition gives you the chance to have an adventure, work as a team, and set on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are lots of ways you

By canoe or kayak

- Recording the wildlife found on the Strangford Lough canoe trail.
- Taking a series of photos to a section of canal to a section of the systems.
- Making a study of the lakes and lochs on the Caedonien Canal.
- Investigating samples of the river bed on route and comparing them with each other.
- Carrying out a wilderness trip in Canada using the canoe trails used by the original settlers.
- Choosing several points of interest along the route and measuring the width and depth of the river and comparing the

By boat

- Exploring the Norfolk Broads using sailing dinghies.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along the Danube in Germany looking camp sites in advance.
- Planning a cross-channel journey in a yacht.
- Using simple making a techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.
- Planning a Bronze sailing expedition on Lake Ullswater in the Lake District.

On horseback

- Planning an expedition on horseback in the countryside including identifying suitable farm sites and towpaths.
- Exploring accessibility and bridle paths in the Brecon Beacons.
- Planning an expedition with sea views in Devon, taking photos along the way so that you can produce a picture of your favourite scene when you return.
- Creating a series of learn games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horse riding expedition and writing a poem on your return to describe your experiences.

Residential section

Going on a residential gives you the chance to learn how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

Service to others

- Teaching English overseas
- Helping out on an overseas pilgrimage (i.e. to Lourdes or Mecca).
- Being a leader at overseas children's camps that promotes that and exercises.
- Rebuilding a

Learning

- Undertaking a cookery course
- Doing a falconry course.
- Studying traditional dance in Florence.
- Doing a photography course run by a university and exhibiting your work on an intensive course in Scotland.
- Improving your Spanish language skills on a course in Madrid.
- Learning to write and produce music and perform on a show for locals.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.

- Helping disabled young people and adults to enjoy a holiday.
- Being an assistant to support an eco-friendly waste project at an outdoor education centre.
- Assisting at a summer camp for Brownies.
- Helping at an orphanage.

Environment and conservation

- Attending a conference on climate change as a youth representative for your local authority.
- Studying coral bleaching in Australia.
- Joining a tree planting project with the Woodland Trust.
- Monitoring the bat population in the New Forest.
- Doing dry stone walling in the West Tyne Valley in the shadow of Hadrian's Wall.
- Helping the preservation team of a narrow gauge railway in mid Wales.

By wheelchair

- Following the current use track noting the current use of previous railway buildings.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the photographs to gather the expedition and sketches to illustrate the guide.
- Creating an expedition music playlist that reflects the team's experiences.

By bicycle

- Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames cycle path.
- Doing a cycle of remembrance taking in the historic wartime sites in Normandy.
- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route around three of the places that inspired Wordsworth's poems in the Lake District.
- Considering the impact of tourism on the flora and fauna of the French Alps.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Courtyade Code round the Mourne Mountains.

Creative arts

- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Canoe building
- Canoe work
- Carnival/festival float construction
- Ceramics
- Clay modeling
- Crocheting
- Cross stitch
- 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
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snook picking
- Soft toy making
- Taiting
- Textile
- Textiles
- Weaving and spinning
- Winebar making
- Woodwork

who are visually impaired
Communicating with people
who have a hearing
impairment
Film & video making
Synchronised swimming
Journalism & magazine
production
Signaling
Writing

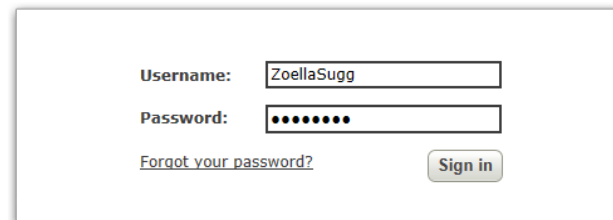
- You have received a Welcome email via your school email account. Click on the link or visit www.edofe.org
- Enter your username and password; remember these are case sensitive.
- 3 incorrect entries will lock you out for 24 hours, so be careful!



Welcome to eDofE!

The Duke of Edinburgh's Award is a voluntary, non-competitive programme of activities for anyone aged 14-24. eDofE enables them to record their intended aims, track their progress and upload evidence of their achievements.

[For assistance click here](#)



Username:

Password:

[Forgot your password?](#)

Operating systems

The current version of eDofE application can be accessed on browsers running in either Windows or Mac computers. Mobile devices and tablet operating systems can employ native browsers to access the web site.

Browsers and versions

eDofE has been evolving over the years supporting most of the modern browsers and versions. Current version of eDofE supports Internet Explorer versions 8 and above; Safari versions 5.1 and later; Firefox versions 19.0 and 20.0; Chrome 25 and 26; Android browser versions 533 and 534; Opera version 12.14.

Non Supported browser versions

Old browsers including Internet Explorer versions 6 and 7 are not currently supported by the eDofE application. Upcoming and latest browsers like Internet explorer version 10 are not supported as well.

Welcome to the DofE!



"I hope that in doing your DofE you will discover fresh interests, make new friends and find satisfaction in giving service to others."

"There are many worthwhile activities from which you can make a choice and I hope that those which you decide to do will give you pleasure and increase your knowledge of the world and yourself."

HRH The Prince Philip, The Duke of Edinburgh KG KT

Welcome! We're delighted that you've chosen to do your DofE and use eDofE to record your progress along the way.

You're in for a real adventure as you decide what you want to do for each section. Remember, you can choose activities which are completely new to you or build on something that you're already doing. Whatever you do, make sure you choose activities that you will find fun and interesting – they will make it easier for you to stay involved and achieve your Award.

What next?

On the next page we'll ask you for some basic information about you – it'll only take a couple of minutes to complete. At any stage you can amend or add to your profile info.

As soon as that's done, you can start setting up your DofE programme – selecting your activities, timescales and goals so your Leader can approve what you're going to do.

Then the fun really starts – doing your DofE! Don't forget to collect lots of evidence along the way and upload it to eDofE – this can be anything from photos, certificates and thank you letters to Assessor's comments and notes you type into eDofE.

When you've achieved your Award you'll be able to use this evidence to create a great *Achievement Pack* – a lasting memory of all your hard work!

Have fun and we look forward to congratulating you when you achieve your Award!

The DofE Team

Continue



Fill in all the q's with a *

Contact details

Address

Enter your house number / name and postcode and click 'Find address'.

* House no/name:

* Postcode:

Find address

* Street name:

Address line 2:

Address line 3:

* Town:

County:

* Country:

* Email: ?

* Confirm email:

Phone (landline):

Phone (mobile):

*Enter house number
and postcode and
click find address*



* Email: ?
Required

* Confirm email:
Required

Phone (landline):

Phone (mobile):

Emergency contact

Who should we contact in an emergency?

* First name: ?

* Last name:

* Relationship to you: ▼

* Contact number:

(If you are under 18 this must be someone who is responsible for you - usually your parent / guardian?)

Account details

Security question

Your security question is used if you ever forget your password. Please select one and give an answer.

* Security question: ▼

* Security answer:



Account details

Security question

Your security question is used if you ever forget your password. Please select one and give an answer.

* Security question:

* Security answer:

Password

Keep your password safe and don't share it.

Choose something memorable. Your password will have to meet the four security requirements below, so check your Caps Lock key.

* Old password:

* New password:

* Confirm password:



Uppercase



Lowercase



Number



6 or more
characters



Personal details

To help us make sure the DofE is an equal opportunities charity, please select your ethnicity, language, disability and personal circumstances. This information is only used for statistical purposes.

* Ethnicity:

* Primary language:

* Disability:

- I do not have a disability
- I have a disability (as defined by the disability discrimination act)
- Prefer not to say

Details:

0/250 characters used

* Personal circumstances:

- In receipt of free school meals
- At risk of exclusion from education
- Not working and not in full time education or training
- Looked after or accommodated young person
- Responsible for caring for someone else
- Parent under 18
- First language is not English
- Asylum seeker
- In custody
- None
- Prefer not to say



Communication Preference

Keeping in touch

DofE e-newsletters are essential parts of our core DofE programme, containing vital updates and useful programme information, so all participants will receive these.

From time to time we may also have promotional offers, prize draws and privilege discounts from our partners to tell you about. If you would rather NOT receive these, please tick the box :

Please note that we NEVER pass on your details to others to market directly to you. Your information will only be used by DofE, your Licenced Organisation and Centre.

For your information, when you register for an Achievement Pack, your information goes to DG3 who will then send you your pack. DG3 do not keep your details.

Keep up to date with the DofE on  and  (*opens in a new window*)

Activate your account

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 Policy](#)

I have read and agree to the above terms of use and privacy policy

Continue



My Bronze DofE programme



Home

LifeZone

Resources

Shop

Sign out

You are here > [Home](#)



Zoella Sugg

ID No: 1104193

Enrolment date:
01/09/2015

[View/edit my profile](#)

- DofE Information
- My Bronze DofE
- Resources
- Keep Safe
- My Settings
- Help



Home

My sections and progress



Information! ✕

Welcome to your eDofE, to get started on your programme please select your timescales [here](#).

OK

Latest news



Hello Opportunity

Click here for great opp([read more](#))

Communications

Messages: None

[News](#)

[Contacts](#)

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.



Driving

Save on young driver lessons and learner insurance

You are here > [My Bronze DofE](#)



Zoella Sugg
 ID No: 1104193
 Enrolment date: 01/09/2015
[View/edit my profile](#)

DofE Information

My Bronze DofE

- Volunteering
- Physical
- Skills
- Expedition

- Resources
- Keep Safe
- My Settings
- Help




My Bronze DofE

Programme overview

Overall timescales (show)

Choose your timescales for your Volunteering, Physical and Skills sections. They can be changed later.

Direct Entrant : Yes 

Earliest completion date: 10/05/2016

Select a timescale option (in months) 

	Volunteering	Physical	Skills	
	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 6	Option 1
	<input type="radio"/> 3	<input type="radio"/> 6	<input type="radio"/> 3	Option 2
	<input type="radio"/> 6	<input type="radio"/> 3	<input type="radio"/> 3	Option 3

Save

Communications

Messages: None

[News](#)

[Contacts](#)

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.



Driving
 Save on young driver lessons and learner insurance



The LifeZone
 Your first stop for support on careers, study & life decisions

Hover over your preferred timescales and save your selection

Click to edit each
section with your
programme planner

Volunteering



Timescale: *3 months*
Start date: *Not set*
Earliest completion date: *Not set*
Type of activity: *Not yet decided*
Detailed activity: *Not yet decided*

Edit section

Physical



Timescale: *3 months*
Start date: *Not set*
Earliest completion date: *Not set*
Type of activity: *Not yet decided*
Detailed activity: *Not yet decided*

Edit section

Skills



Timescale: *6 months*
Start date: *Not set*
Earliest completion date: *Not set*
Type of activity: *Not yet decided*
Detailed activity: *Not yet decided*

Edit section


01/09/2015

[View/edit my profile](#)

-  DofE Information
-  My Bronze DofE
 -  Volunteering
 -  Add evidence
 -  View evidence
 -  Physical
 -  Skills
 -  Expedition
-  Resources
-  Keep Safe
-  My Settings
-  Help





Where possible, please click **Submit for approval** rather than Save as draft


Timescale: *3 Months* 


* Start date:


Earliest completion date:

* Type/category of activity: 

* Detailed activity chosen: 

* Where are you going to do it? 
24/140 characters used


* What are your goals? What do you want to achieve? 
45/140 characters used

* Assessor's name: 

* Assessor's position:

Assessor's email:

Assessor's telephone no:

* Select your Leader: 

This information will appear in your Achievement Pack, so check your spelling!

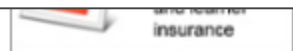
[Save as draft](#)

Contacts

Expedition kit advice

Get the DofE kit list, kit guide and expert hints

When selecting the Type/Category correctly, eDofE offers a list – if your activity isn't shown, add text instead



Continue to submit your
sectional programme planners
***AND remember to wait for
your Leader's approval
before starting your activities***

***– don't submit your
Assessors report and
planners at the same time!***

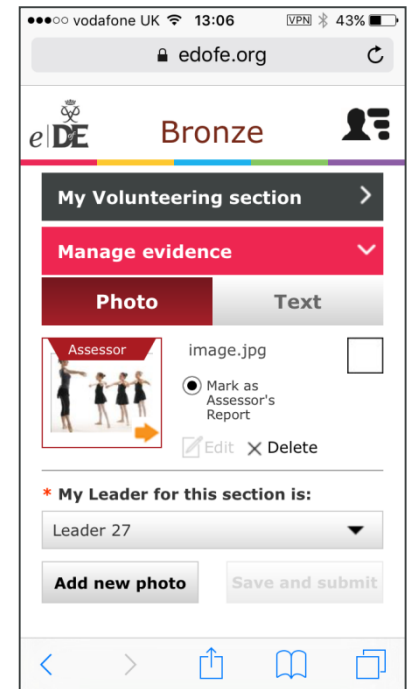
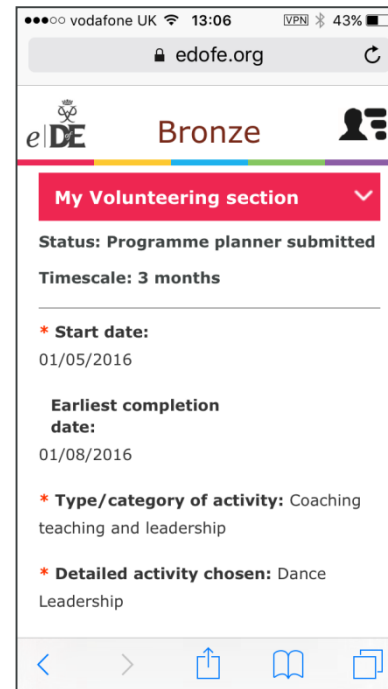
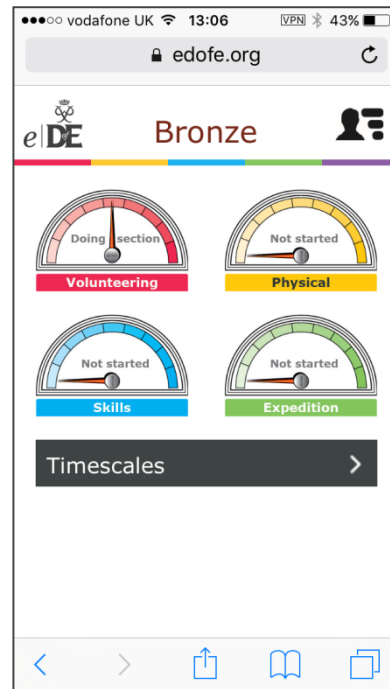
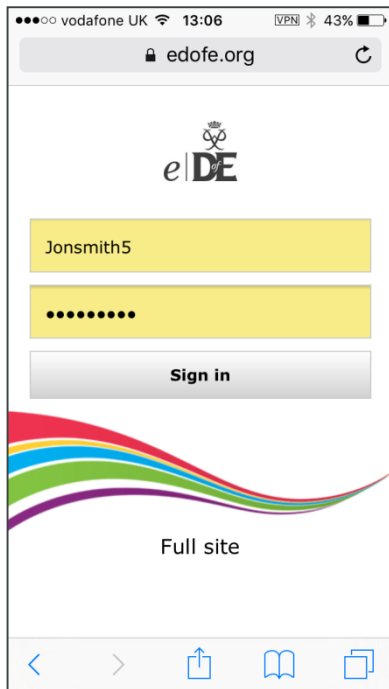


For easy eDofE access, once you have entered all of your mandatory information in the main site, you can log in to our mobile platform and upload all your programme planners and evidence

<https://m.edofe.org/>



<https://m.edofe.org/>




Choose your format of evidence and upload

Assessors can also upload via:
www.dofe.org/assessor


Add evidence

What evidence would you like to add?




Photos

[.jpg, .jpeg, .jpe, .gif, .bmp, .png]




Video

[.mpg, .mpeg, .mp4, .avi, .mov, .wmv, .flv]



Text



Other




[.doc, .docx, .xls, .xlsx, .pdf, .txt, .rtf, .ppt, .pptx, .pps, .ppsx]

Things to look out for

[Hide](#)

- ✓ You can upload multiple files, the maximum size per file is 10mb
- ✓ Please give your evidence a sensible name
- ✓ Ensure your photo files are really good quality (minimum 1mb)
- ✓ You need 2 portrait and 8 landscape photos for this section of your [Achievement Pack](#)

You can also select one piece of evidence to be the Assessor's report for this section.

Title	Assessor's report	Edit	Remove
 VolunteeringAssessor	<input checked="" type="radio"/>		
None of these are the Assessor's report:		<input type="radio"/>	

* Select your Leader:

Is it an Assessor's report?

Select your preferred Leader from the drop down box

Example evidence



Skill Evidence Booklet

Section 1

Week:	14 th January 2013 - 20 th January 2013						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Up to 15 minutes				10 Minutes			
Up to 30 minutes	20 Minutes (Lesson)						
Up to 45 minutes			35 Minutes				
Up to an hour							
More than an hour							

Week:	14 th January 2013 - 20 th January 2013	
Monday	During my lesson, I played Coranto by Sulistroke White Locke which was the piece I worked on over Christmas for grade 4. It went well but I was still having trouble with the triplets in bars 21, 22 & 23. We then looked briefly at the Wicked Music Christmas Book I got for Christmas.	
Tuesday	I repeated bars 21, 22 & 23	
Wednesday	I repeated bars 21, 22 & 23 on the different timings using Hickory Dickory for a steady rhythm along with bars 37 & 38 as they are very rhythmic requiring pressing hard on the pedal to produce a good quality sound. I enjoyed looking at Grib's reaction so well and practised B minor scale for grade 4.	
Thursday	I practised B minor again by repeating it and focusing on the fingering pattern. I began slowly and then sped up each time I played it. If I made a mistake even I would slow down and build up the speed. I also repeated G major & F major from previous grades.	
Friday		
Saturday		
Sunday		

Example evidence

Week 12: Rosemary Focaccia

Skills: building on dough skills from pizza to make a specialist Italian bread which requires more kneading and then proving dough. As well as combining flavours to enhance olive based bread with additions of rock salt and rosemary

Date Cooked : 18th October **Time :** 3 hours **Assessor :** Claire Taylor

Ingredients: olive oil , yeast , rosemary sprigs ,sea salt , strong white bread flour, warm water



My ingredients.

I measured out the flour ,yeast and sea salt and mixed in a bowl.


I gradually added in olive oil and warm water to form a dough.



I then kneaded my dough till soft and springy. I then let it prove for 1 hour.

Once proved I spread it evenly around a baking tray. Then added olive oil and rosemary sprigs as well as salt and put in oven to cook for 30 minutes.

The finished dish



PHYSICAL SECTION ACTIVITY LOG

NAME: Cameron Tait LEVEL: Bronze TIMESCALE (No. of months for this section): 3

Notes:

- If extra space is needed, use an additional log.
- The Activity Log is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (as high resolution as possible) as evidence into aDoE to ensure that your Achievement Pack will be a real reflection of your DoE activities.
- Download extra copies of this Activity Log, plus logs for the other sections, from www.DofE.org/downloads
- For Expedition/Residential records, please refer to the Keeping Track booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials
11.9.16	We were taught the basics e.g. how to do our harness and	1hr 30m	AS
18.9.16	Revised basics and started some walls.	4hr	AS
25.9.16	Started some more difficult walls. Focused on how to belay	3hr 30m	AS
2.10.16	Climbing in the pit (ing walls), climbing techniques, complex belaying and knots	3hr 30m	AS
9.10.16	climbing on indoford, realistic and very complex walls.	1hr 30m	AS
16.10.16	Belaying, very complex, climbing with overhang	1hr 30m	AS
6.11.16	revised basics seeing what walls we could do	1hr 30m	AS
13.11.16	Pushing ourselves to do difficult walls, belaying, overhang	1hr 30m	AS
20.11.16	seeing if we can tick off our NCA's level 1	1hr 30m	JS
28.11.16	difficult walls to push up	1hr 30m	AS
4.12.16	difficult walls, struggled a lot, struggled	1hr 30m	AS
11.12.16	difficult walls and attempting belaying	1hr 30m	LT
13.1.17	going over difficult climb	1hr 30m	LT
14.1.17	Trying to get NCA's level 2 complete	1hr 30m	LT

Either go straight to the webpage:

www.edofe.org

or visit the main DofE website and click on the

eDofE button: www.dofe.org

Let's get started!

Open a browser and type in

www.edofe.org