



AT-A-GLANCE GUIDELINES

Programme activities

Volunteering

Must **not** be for commercial organisations or for a member of your family. Up to 25% of time can be spent in training.

Physical

Is it in the Olympics? Do you get hot and sweaty? Example: Archery is a physical, darts is not.

Skills

Training and learning is a skill... Do not count physical activity development as a Skill.

Expedition

Plan > prepare > training > practice expedition > assessed expedition > presentation. Remember your aim and planned activity.

Residential

No work experience, B&Bs or school trips. Minimum of five in shared activity in an unknown environment. No Leaders and friends. You mustn't receive payment.

www.DofE.org



AT-A-GLANCE GUIDELINES

Programme activities

Volunteering

Must **not** be for commercial organisations or for a member of your family. Up to 25% of time can be spent in training.

Physical

Is it in the Olympics? Do you get hot and sweaty? Example: Archery is a physical, darts is not.

Skills

Training and learning is a skill... Do not count physical activity development as a Skill.

Expedition

Plan > prepare > training > practice expedition > assessed expedition > presentation. Remember your aim and planned activity.

Residential

No work experience, B&Bs or school trips. Minimum of five in shared activity in an unknown environment. No Leaders and friends. You mustn't receive payment.

www.DofE.org



AT-A-GLANCE GUIDELINES

Programme activities

Volunteering

Must **not** be for commercial organisations or for a member of your family. Up to 25% of time can be spent in training.

Physical

Is it in the Olympics? Do you get hot and sweaty? Example: Archery is a physical, darts is not.

Skills

Training and learning is a skill... Do not count physical activity development as a Skill.

Expedition

Plan > prepare > training > practice expedition > assessed expedition > presentation. Remember your aim and planned activity.

Residential

No work experience, B&Bs or school trips. Minimum of five in shared activity in an unknown environment. No Leaders and friends. You mustn't receive payment.

www.DofE.org



AT-A-GLANCE GUIDELINES

Programme activities

Volunteering

Must **not** be for commercial organisations or for a member of your family. Up to 25% of time can be spent in training.

Physical

Is it in the Olympics? Do you get hot and sweaty? Example: Archery is a physical, darts is not.

Skills

Training and learning is a skill... Do not count physical activity development as a Skill.

Expedition

Plan > prepare > training > practice expedition > assessed expedition > presentation. Remember your aim and planned activity.

Residential

No work experience, B&Bs or school trips. Minimum of five in shared activity in an unknown environment. No Leaders and friends. You mustn't receive payment.

www.DofE.org



AT-A-GLANCE GUIDELINES **eDofE evidence**

- An **Assessor** is the person who has supported you with each of your sectional activities, but remember, **they cannot be a family member.**
- Have you included your sectional activity dates which match your chosen **timescale**? Did you know weekly activity logs are excellent supporting evidence?
- Has your Assessor signed and dated your activity evidence **AFTER** completing the whole section?
- **Expedition only:** Do you have... your Assessor's ID number, an expedition number (excluding. Bronze and Silver local areas) and team aim?
- **Pictures are great**, but they don't count as Assessors' evidence. Don't forget to add lots of good photos to get your *Achievement Pack!*

www.DofE.org



AT-A-GLANCE GUIDELINES **eDofE evidence**

- An **Assessor** is the person who has supported you with each of your sectional activities, but remember, **they cannot be a family member.**
- Have you included your sectional activity dates which match your chosen **timescale**? Did you know weekly activity logs are excellent supporting evidence?
- Has your Assessor signed and dated your activity evidence **AFTER** completing the whole section?
- **Expedition only:** Do you have... your Assessor's ID number, an expedition number (excluding. Bronze and Silver local areas) and team aim?
- **Pictures are great**, but they don't count as Assessors' evidence. Don't forget to add lots of good photos to get your *Achievement Pack!*

www.DofE.org



AT-A-GLANCE GUIDELINES **eDofE evidence**

- An **Assessor** is the person who has supported you with each of your sectional activities, but remember, **they cannot be a family member.**
- Have you included your sectional activity dates which match your chosen **timescale**? Did you know weekly activity logs are excellent supporting evidence?
- Has your Assessor signed and dated your activity evidence **AFTER** completing the whole section?
- **Expedition only:** Do you have... your Assessor's ID number, an expedition number (excluding. Bronze and Silver local areas) and team aim?
- **Pictures are great**, but they don't count as Assessors' evidence. Don't forget to add lots of good photos to get your *Achievement Pack!*

www.DofE.org



AT-A-GLANCE GUIDELINES **eDofE evidence**

- An **Assessor** is the person who has supported you with each of your sectional activities, but remember, **they cannot be a family member.**
- Have you included your sectional activity dates which match your chosen **timescale**? Did you know weekly activity logs are excellent supporting evidence?
- Has your Assessor signed and dated your activity evidence **AFTER** completing the whole section?
- **Expedition only:** Do you have... your Assessor's ID number, an expedition number (excluding. Bronze and Silver local areas) and team aim?
- **Pictures are great**, but they don't count as Assessors' evidence. Don't forget to add lots of good photos to get your *Achievement Pack!*

www.DofE.org