

Covid-19 information for Duke of Edinburgh candidates

It is important to remember that Students enrolled on the DofE Award can continue to complete their sections at home. To do this, we have some quick tips based on some of the questions we have already received, and participants can change their chosen activities in eDofE to reflect what they are doing at home. Please see the information below.

*****Please remember to use the activity logs (diary) to track all these activities*****

1. Change of Activity Ideas

Volunteering

Consider something that can be based from home:

- keeping in touch with members of the community via social platforms,
- raising awareness for causes close to them or other ways to give their time to others without direct contact.
- Vlogging or creating a community-based forum is a great way to achieve this.

Skill

- St John's Ambulance has a great self-directed skill plan (<https://www.sja.org.uk/globalassets/documents/dofe/dofeselfteachworkbook.pdf>)
- iDEA is a free award and platform centred around developing digital, Enterprise and Employability Skills. This is a great Skill section. (<https://idea.org.uk/faqs/organisers/learner-management/173%7Cidea-and-the-duke-of-edinburghs-award>)

Physical

- Switching physical activities to something based at home may also be a good option.
- There are plenty of apps around that could help facilitate this e.g. Army Fit, the 100 press up challenge or home work outs.

2. How to change your activities on EDofE

Participants can change their chosen activities in eDofE to reflect what they are doing at home:

In an eDofE section participants should click **Revert to Draft** -> change their chosen activity -> click **Submit** to their Leader for approval

3. Other useful ideas for changing your sections

| Volunteering | Physical | Skill |
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| Helping others at home | PE with Joe Wicks | English with David Walliams (WorldofDavidWalliams.com) https://www.worldofdavidwalliams.com/elevenses/ |
| Missing Maps https://www.missingmaps.org/ | Trampolining | Music Lessons with Myleene Class https://www.youtube.com/watch?v=8XXmBlTadys |

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| Keeping in touch with vulnerable neighbours | Jogging (e.g. Strava) | DuoLingo |
| Raising cause awareness | Army Fit | First Aid – St John’s https://www.sja.org.uk/globalassets/documents/dofe/dofeselfteachworkbook.pdf |
| Leonard Cheshire https://www.leonardcheshire.org/get-involved/volunteer-us/social-action?fbclid=IwAR1fEbg_QoV-zVzu5SY38yuh7wr29xOs5bjd8UHb0HdI57t7pvMp5eAQThE | Cycling | iDEA online https://idea.org.uk/faqs/organisers/learner-management/173%7Cidea-and-the-duke-of-edinburghs-award |
| Volunteer for BeMyEyes | Home workouts – Search YouTube e.g. 10 min workout each day | Playing an instrument |
| Community Care | Wii Fit | Vlogging |
| Help with providing meals for the community | Online Zumba lessons | DIY |
| Become an age UK digital buddy https://www.ageuk.org.uk/get-involved/volunteer/become-an-age-uk-digital-buddy/ | Yoga (Youtube – Yoga with Adrian) | Tabletop Gaming / Board Games / Gaming |
| Loving Hands http://www.lovinghands.org.uk/ | Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge) | Painting |
| Volunteer to translate https://translatorswithoutborders.org/ | Learn a martial art | Learn sign language https://www.british-sign.co.uk/ |
| Gardening and the Environment | Walking | Reading and book reviews |
| Knitting / Crochet hats for premature born babies | Dance with Oti Mabuse https://www.youtube.com/user/mosetsanagape | Science and Nature with Maddie Moate and Gregg https://www.youtube.com/watch?v=b7bi3xOZpaM |

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| Peer Education | Sport skills e.g. keepy uppy, dribbling, Basketball, Netball, Volleyball skills... | Maths with Carol Vorderman (mathsfactor.com) |
| Animal Welfare | Skipping | Cooking, Baking or Food Tech with Jamie Oliver https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on |
| Communication - Teaching and using social media positively to contact your vulnerable friends and family. Writing letters | Table Tennis | Performing Arts – Singing, Drama, Puppetry, Circus Skills |
| Sports Leadership – Design and run sports classes (online or for your family) | Improve fitness - doing many difference activities | Science and Technology, STEM |