



# Activities Log Book

Name:

Class:

Date of Birth:

Address:

Level: Gold



**You MUST be 16 years of age before you can start your GOLD DofE.**

A Gold DofE programme has 5 sections:  
Volunteering, Physical, Skills, Expedition & Residential.

Have a look at the website [www.dofe.org](http://www.dofe.org) for ideas and to check your planned activity is definitely on the list. The **Volunteering** section is 12 months. For **Physical** and **Skills** you must spend 12 months on one and six months on the other. The big difference at Gold is you'll also do a Residential, staying away from home for five days and four nights doing a shared activity with people you don't know. You must do **each activity for at least 1 hour / week**.

You'll need an assessor for each activity, someone who can help and advise you. They'll also need to write some comments and sign to say that you completed your activity at the end. Your parents cannot be your assessor.

The expedition section involves planning, training for and doing a 4 day / 3 night expedition. Expedition places will be awarded to the pupils who have shown the greatest commitment in the other 4 sections. This logbook will help us decide who gets an expedition place. You should complete it as much as possible and hand it in to G26 before the end of February.

### **The Gold Award**

**I will be doing my Volunteer activity for \_\_\_\_\_ months (12)**

**I will be doing my Skill activity for \_\_\_\_\_ months (6 or 12)**

**I will be doing my Physical activity for \_\_\_\_\_ months (6 or 12)**

*All of the above must be for 1 hour minimum per week for the 6, 12 or 18 months.*

For further information log on to

[www.dofe.org](http://www.dofe.org)



# Volunteer Section Activity Log

Chosen Activity \_\_\_\_\_

Date	What you did	Hours	Initials

**Assessor comments:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_







# Physical Section Activity Log

Chosen Activity \_\_\_\_\_

Date	What you did	Hours	Initials

**Assessor comment:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



# Residential Section Activity Log

**Project Chosen** \_\_\_\_\_

**Start Date** \_\_\_\_\_ **Finish Date** \_\_\_\_\_

**Partici-  
pant's  
Comment**

**Assessor's  
Comment**

**Signature:**

**Date:**