



# The Duke of Edinburgh's Award Logging activities in eDofE

eDofE allows you to add evidence for each activity. You can do this once a month, see examples below. Alternatively, you can produce a log on one document (see here for an example).

## week beginning 20/02/2017

### Great week of training

78 miles logged - biggest ever mileage week. Two good training sessions on the meadows. Nationals XC race at Falkirk, had an ok race in tough muddy & hilly conditions. Sunday Long run at 14 hilly miles. Legs shattered!



### Easy out, Fartlek back

Distance

19.59mi

Average Pace

7:05/mi

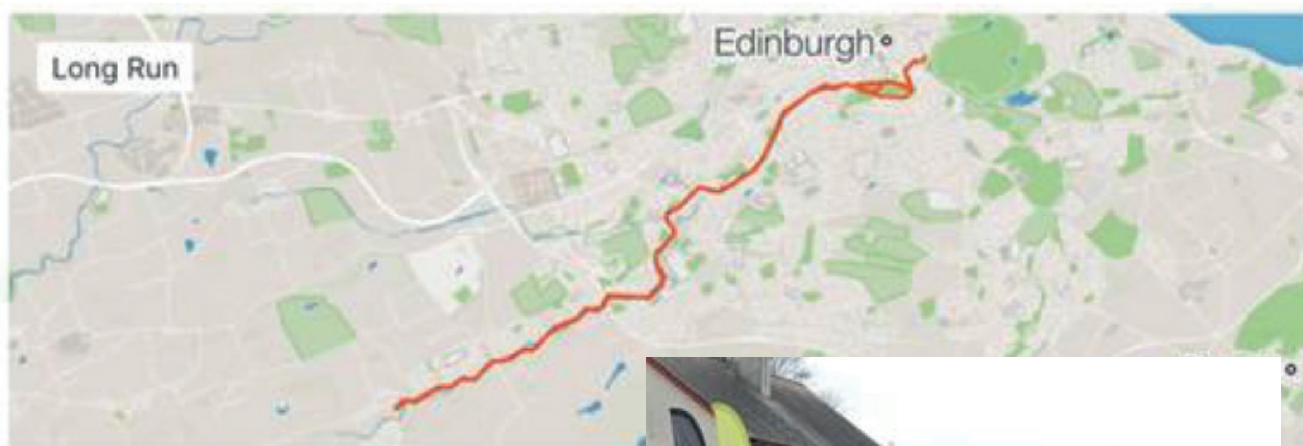
Achievements



Ben accomplished his 70mi weekly running goal.

Lavregdirb5 PR (2:47)

Meggetland to Leamington bridge PR (8:52)



**Residential** 12 Months Status: Section completed. Approved on 25/01/2018 by Kelly Coffill-Walker, id 1557046

\* Start Date: 02/02/2017 End date: 22/08/2017 Assessor's report  
Activity start: 07/08/2017 Activity end: 11/08/2017

\* Type: Conservation/Environmental  
\* Detail: Conservation volunteering with African Impact  
\* Location: Livingstone town and surrounding area, Zambia  
\* Goals: To gain insight into community volunteering initiatives related to sustainability and environmental responsibility. To experience Zambia!  
\* Assessor: Jessica Palmer  
\* Position: Volunteer coordinator

Tel: Email: [REDACTED]

Show or hide evidence

**Progress in French- 23/03/2019**

\*French learning began on 17/12/2018\*

I am currently learning how to utilise verbs in the perfect, imperfect and future tense. The past month I have been focusing on 'etre' (be), 'avoir' (have), 'mettre' (put), 'trouver' (find), 'venir' (come), 'aller' (go), 'pouvoir' (can/may) and 'vouloir' (want).

I have always aspired to learn French. Summer 2017 I spent 2 months working in the South of France, in a small town called 'Bauduen'. I made many friends and progressed my French, so much so, that I have chosen to dedicate my Skill section of DofE to improving my basic abilities.

Rina is a fluent French Speaker. She is bilingual, also speaking Malagasy and English. When she is in Mahanoro, we have daily conversations and weekly lessons with homework. When she is in Antananarivo, we converse through email and text.

apple La pomme F  
Tree L'arbre M  
candle La bougie F  
glass Le verre M  
window La fenêtre (building) La vitre (car) F  
door La porte F  
kitchen La cuisine F  
pan Le stylo M  
pencil Le crayon M

e.g. Une vitrine = shop window ?  
↳ Une fenêtre ou le magasin ?

e.g. Un couteau de cuisine  
M kitchen knife  
Une cuisine aménagée  
F kitchen fitted

\* de = of des = of the mes = my = plural?  
past ?

kitten Le chaton M  
Lady La dame F  
Lake Le lac M  
Sea La mer F  
seaside Le bord de la mer M  
sausage La saucisse F  
Le saucisson M  
Sandwich Le sandwich M  
restaurant Le restaurant M  
bacapasher Le routard (e) M/F  
bar M

You can also use the activity logs for each section:

- Volunteering Activity Log
- Physical Activity Log
- Skills Activity Log