



**YOUTH
WITHOUT
LIMITS**



A parent and carer's guide to DofE



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What is DofE?

DofE is a life-changing adventure for young people aged 14*-24.

It empowers young people to build essential life and work skills. It encourages personal growth, resilience, and confidence.



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Introducing DofE

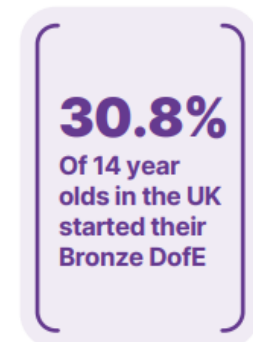
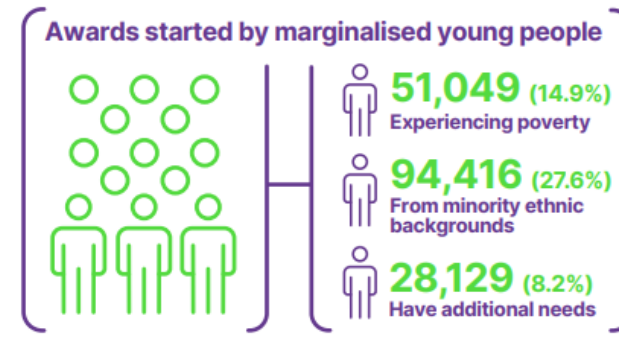
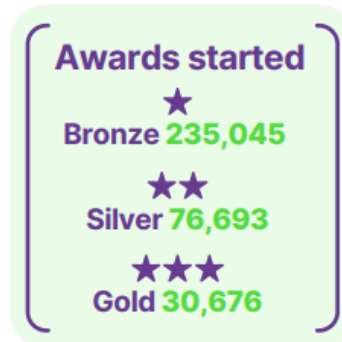


The Duke of Edinburgh's Award in numbers

April 2024 - March 2025



572,802





 Young people actively doing their DofE

YOUTH WITHOUT LIMITS







What is involved?






BRONZE AWARD

What will I do?			
 Volunteering 3 months	 Physical 3 months	 Skills 3 months	 Expedition 2 days and 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD

What will I do?			
 Volunteering 6 months	 Physical 3 or 6 months	 Skills 3 or 6 months	 Expedition 3 days and 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months .			
If you didn't do Bronze, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD

What will I do?				
 Volunteering 12 months	 Physical 12 or 6 months	 Skills 12 or 6 months	 Expedition 4 days and 3 nights	 Residential 5 days and 4 nights
Physical and Skills sections: one section for 12 months and the other section for 6 months .				
If you didn't do Silver, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

Choosing activities

Choosing an activity

- Make sure the activity is something they enjoy! There are lots of different activity ideas for each section.

Preparation

- Ensure you and your young person complete the relevant research and agree their activity with their Leader.
- Ensure the activity is **safe**. You may need to ask the provider of the activity what safety measures they have in place.

Where can I do an activity?

- Activities can be completed at their organisation or in their local area.
- Their DofE activities must be complete outside of their mandatory lessons or paid employment – they must be completed in their own time which is why it is important to find things they enjoy!

Check the activity

Remember to check if what they are planning to do is permitted for the section with their Leader.



Volunteering section

Helping others and
making a difference
to the causes they
care about.



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Physical section

Improving their health
and fitness and having
fun along the way!



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Skills section

Developing existing skills or discovering new things to love.

IBM Course Packages - The Duke of Edinburgh's Award



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Expedition

Spending time in the great outdoors and creating lifelong memories.



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Expedition

Commitment to Training- campcraft, cooking, navigation, mapping, teamwork.

Training April TBC.

Practice expedition- Fri 8th- 9th May

Bronze assessment- Fri 12th – 13th June



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Expedition Kit

Ruck sack- 60 litre minimum

Suitable walking shoes- trail trainers

Waterproofs- jacket, trousers

Head torch

Sleeping bag and mat

Food/drinks for expedition

We provide- stoves, tents, 1st aid, compass, maps.



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Residential (Gold Award only)

Five days and four nights
away from home.

Sharing experiences
and creating new
connections.



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DofE.org

Visit our website for the most up-to-date information and guidance.



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Programme ideas

Programme ideas:
VOLUNTEERING SECTION

Help with planning

Volunteering can transform society. This section seeks to help connect young people with opportunities to make a meaningful impact on issues they care about and have a positive societal impact.

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. You could also use this list as a starting point to create a Volunteering section programme of your own.

You can find more information at DofE.org/do and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

The Duke of Edinburgh's Award is a registered charity. No. 1072204, and is affiliated to the SCDFCA, and a Full Charitable Corporation No. SC200606. Registered Office: 10 Wemyss Place, Edinburgh, Scotland, EC1 1JH. 0131 222 2222

Programme ideas: Volunteering section

Increase community cohesion

- Cyber safety
- Council representation
- Home accident prevention
- Neighbourhood watch
- Personal safety
- Promotion and PR
- Road safety

Support community well-being

- Beach and coastline conservation
- Community garden
- Helping children to read in libraries
- Environment
- Letter writing scheme
- Litter picking
- Parkrun volunteer
- Preserving waterways
- Rural conservation
- Urban conservation
- Young carer
- Youth work

Lead change

- Campaigning
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Organising a demonstration
- Raising awareness about an issue
- Religious education
- Serving a faith community
- Working in a charity shop

Supporting a charity

- Administration
- Being a charity intern

Build empathy

- Animal welfare
- Drug and alcohol education
- Food bank
- Helping children
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with additional needs
- Working at an animal rescue centre
- Zoo/farm/nature reserve work

Develop teamwork and leadership

- DoFE Young Leader
- Group leadership
- Head student
- Prefect
- Mentoring
- Music coaching
- Sports coaching
- Tutoring

Leading a voluntary organisation group

- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade Sports

For more ideas, use our **Programme Ideas** sheets or head to the **Opportunity Finder** for local approved opportunities.



Your role

- Guidance
- Encouragement
- Practical support
- Recognise achievement

All expeditions are inclusive and if you need any adjustments please reach out to your organisation's DofE Manager.



Key milestones



Enrolled to eDofE

The Leader will add the young person to eDofE and they will receive their username and password.

Within two weeks

Login to eDofE within two weeks of being enrolled.

Within four weeks

Choose activities for at least one section and submit to the leader.

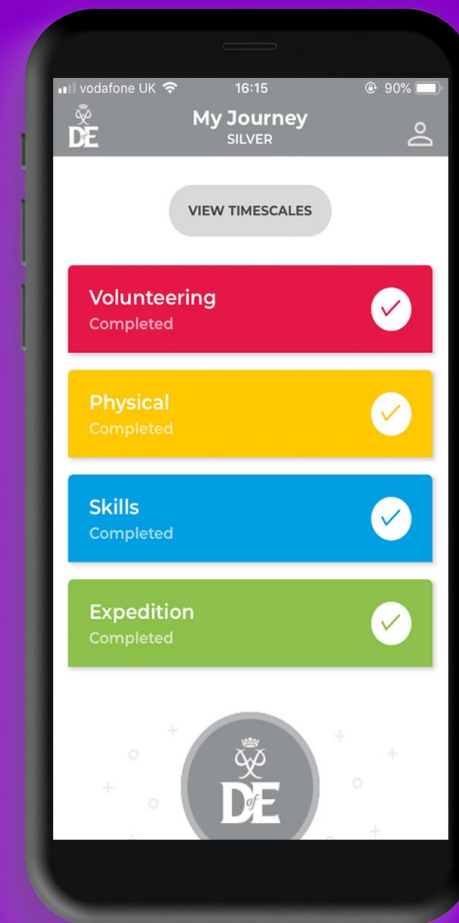
Within six weeks

The Leader will let them know if there are any problems with the activities and help them.

Within eight weeks

At eight weeks after they were enrolled, they should have started at least one of their activities and keep track using the App.

Your Welcome Pack and eDofE



Assessors

Each activity requires an Assessor to confirm the activity. On completion of the section, the assessor will complete an Assessor's Report to confirm the activity was carried out for full timescale, showing commitment and effort.

Who is suitable to be an Assessor?

Any adult who has a good understanding of the activity they are doing and has witnessed them take part. However, they cannot be anyone related to the participant.

Assessor Reports

Each section needs a report completed by an adult Assessor. This can be submitted through the Assessor's portal or on the cards that they will receive with your Welcome Pack.

Participants should complete:

- Name; ID number; Award Level
- Description of activity
- Start and end date
- Timeframe chosen for section
- Goals

The image shows a printed form titled 'ASSESSOR'S REPORT VOLUNTEERING'. It includes fields for 'Participant: adult ID No.' and 'Level: Bronze'. The form contains sections for 'Description of activity', 'Date started', 'Completed', 'Goals set by participant', 'Assessor's comments', 'What progress did they make towards their goals?', 'What did they achieve? What skills did they learn?', 'How frequently did they take part in this activity?', and 'Any other comments?'. At the bottom, there are fields for 'Signature', 'Date', 'Assessor's first name', 'Last name', 'Assessor's position/qualification', 'Assessor's phone number', and 'Assessor's email'. A small note at the bottom states: 'Participants should scan or photograph this page and upload to eCVfE as evidence.'

The image shows a screenshot of the 'ASSESSOR'S REPORT' online portal. The header features the title 'ASSESSOR'S REPORT' in large white letters on a blue background, with a photo of a group of people. Below the header, there is a form with a 'CHECK' button. To the right of the form, there is a section titled 'What to include in your Assessor's Report' with a list of instructions: 'Download a checklist of the information an Award Verifier will look for when reading your report. (Please try to include as much of this information as possible in your report)', 'Please describe the achievements of the participant as they undertake this section. Say how they meet their goals, what skills they have developed and mention any memorable things that they accomplished', 'Please include the start and end dates between which the young person undertook their activity', and 'Download a summary of what to include in your report, and some example reports here.'

Assessor Reports

Assessor's portal

www.dofe.org/assessor

Their Assessor will need to know:

- The participant's eDofE number
- The level they are doing
- Which section they are assessing

This will go directly onto your eDofE record!

Assessor's card

Participants will receive this in their Welcome Pack through the post

Costs

Welcome Packs* – Bronze £30.50, Silver £30.50, Gold £38.50

Expedition Costs – £140

Deadline – Friday 23rd January sign up

Getting started

Are you ready to support your young person to start an adventure they'll never forget?

To get started speak to Mr. Caldwell



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Mr Caldwell

DofE Leader

DofE is about students taking ownership for their own personal development, building a resilience to take on new challenges, and build new friendships from working in teams to achieve their goal on expedition.

These skills- communication, leadership, problem solving, resilience, aiming high, working together, will help them in school, in the work place and with friends/relationships of the future.

The DofE is a charity.

Visit DofE.org for more information.

DEVELOP LEADERSHIP SKILLS AS A DOFE YOUNG LEADER

“Becoming a Young Leader
has helped increase my
confidence and feel as though
I’m part of a community”

Shehbaaz, Young Leader



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We're looking for a Young Leader
to help support delivery of The
Duke of Edinburgh's Award.



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