

A photograph of three young men outdoors. The man on the left has dark curly hair and wears glasses. The man in the middle has blonde hair and is smiling broadly. The man on the right has dark curly hair and is looking down at a basketball. They are all wearing black t-shirts. The background shows a cloudy sky and some greenery.

YOUTH WITHOUT LIMITS



A parent and carer's guide to DofE



**YOUTH
WITHOUT
LIMITS**



What is DofE?

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

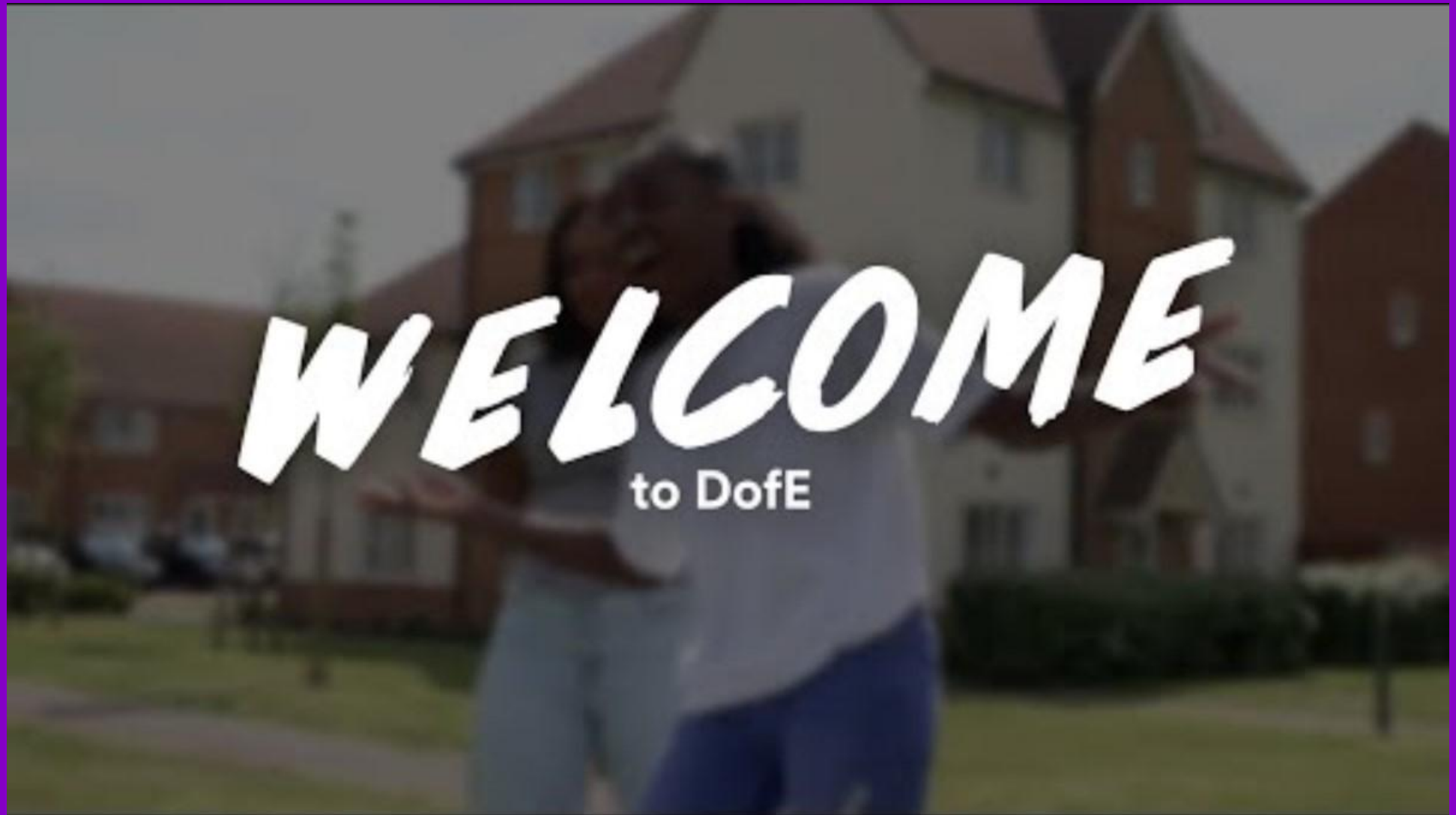
It empowers young people to build essential life and work skills. It encourages personal growth, resilience, and confidence.



**YOUTH
WITHOUT
LIMITS**



Introducing DofE



The Duke of Edinburgh's Award in numbers

April 2024 - March 2025



572,802

Young people actively doing their DofE



342,414

Young people started their DofE journey



Over

5 million

volunteering hours given by young people



£33.4m

Estimated total value of volunteering hours given in support of others

Awards started



Bronze **235,045**



Silver **76,693**



Gold **30,676**



166,592

Awards were achieved

Awards started by marginalised young people



51,049 (14.9%)
Experiencing poverty



94,416 (27.6%)
From minority ethnic backgrounds



28,129 (8.2%)
Have additional needs

30.8%

Of 14 year olds in the UK started their Bronze DofE



**YOUTH
WITHOUT
LIMITS**



38,744

Leaders and volunteers delivering DofE programmes



4,950

Licensed Organisations delivering the DofE

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.



**YOUTH
WITHOUT
LIMITS**



Local Volunteering Opportunities

Caversham Litter Pick-

keepcavershamtidy@gmail.com <https://www.met.reading.ac.uk/~sgs02rpa/KCT/>

Sonning Common Library:

juliet.legg@oxfordshire.gov.uk

Local Guides and Cubs: [Girlguiding Oxfordshire - We help all girls know they can do anything](#)



**YOUTH
WITHOUT
LIMITS**

Local Volunteering Opportunities from 2024-2025 Group

- Sports Leaders- helping local sports team.
- Reading and mentoring in school
- Litter picking
- Animal welfare
- Supporting elderly neighbours
- Charity shop assistant
- Scouts/Girl Guides
- Support different Faith organisations

Physical section

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

programme-ideas-
Physical-1.pdf



**YOUTH
WITHOUT
LIMITS**



Skills section

Developing existing skills or discovering new things to love.

IBM Course Packages - The Duke of Edinburgh's Award



**YOUTH
WITHOUT
LIMITS**



Aron M



VOLUNTEERING

Cleaning up the campus! For 3 months, Aron took direct community action by litter picking around the school grounds. His dedication helped protect the local environment and kept the school clean, green, and tidy for everyone.



SKILLS

Hitting the high notes! Aron dedicated 6 months to mastering the piano at his teacher's studio. He leveled up his musical talents by learning complex new riffs, patterns, and pieces while working hard to crush his Grade 5 practical musicianship exam.

PHYSICAL

Smashing goals in the pool! Aron spent 3 months diving into regular swimming sessions to level up his speed and endurance. Her hard work paid off as he pushed her physical limits to successfully achieve his Stage 6 Learn to Swim award.

MAIDEN ERLEGH
CHILTERN EDGE



Hi, my name is
Hollie M



VOLUNTEERING

A natural leader and mentor! Hollie showed incredible patience and dedication by helping children learn new skills and smash their goals. By adapting her approach to support every child, she grew massively in her own communication, teamwork, and leadership confidence! Hollie spent her time at Kennylands Gymnastics!

SKILLS

Mastering the kitchen! Hollie cooked up a storm by preparing 2 to 3 family meals, savoury snacks, and sweet treats every single week. She completely nailed meal prep, recipe following, and time management—even delivering fresh bakes to her assessor's door!

EXPEDITION

Pushing through the challenge! Hollie showed fantastic resilience on the trail, digging deep to smash the walks and working brilliantly with her teammates. She was a natural in camp, successfully setting up and packing away her tent like a pro.

MAIDEN ERLEGH
CHILTERN EDGE



Expedition

Spending time in the great outdoors and creating lifelong memories.



**YOUTH
WITHOUT
LIMITS**



Expedition

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

Training April TBC.

Practice expedition-
Bronze assessment-



**YOUTH
WITHOUT
LIMITS**



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.

We have SOME sleeping bags, rucksacks, waterproofs



**YOUTH
WITHOUT
LIMITS**



Residential (Gold Award only)

Five days and four nights
away from home.

Sharing experiences
and creating new
connections.



**YOUTH
WITHOUT
LIMITS**



DofE.org

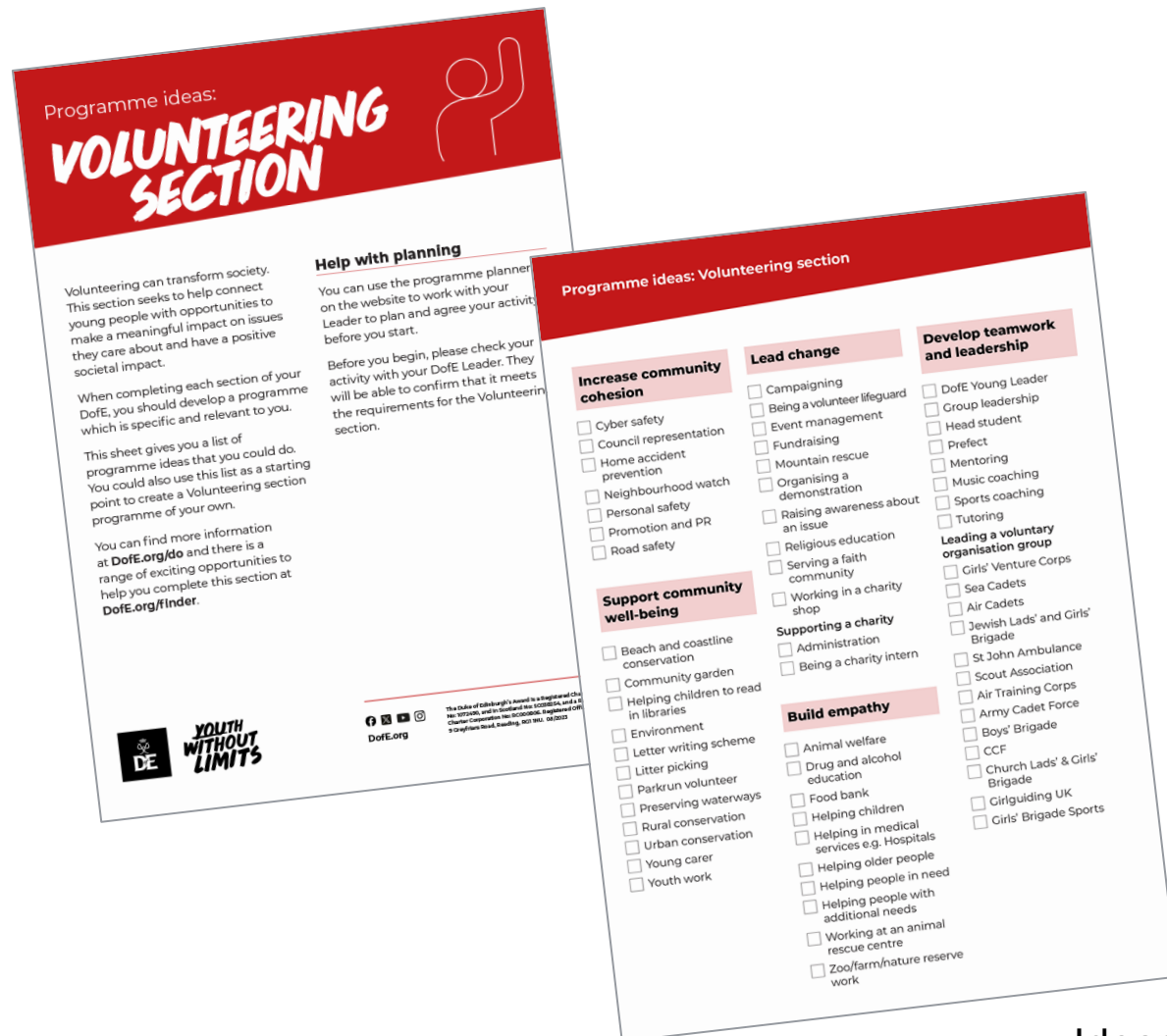
Visit our website for the
most up-to-date information
and guidance.



**YOUTH
WITHOUT
LIMITS**



Programme ideas



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



Ideas for Activities - The Duke of Edinburgh's Award

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

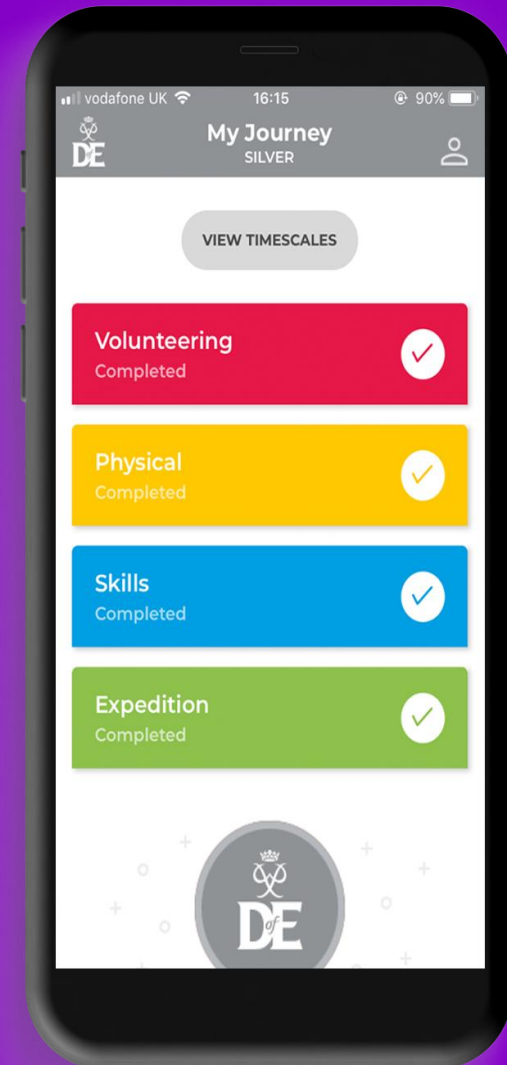
Choose activities for at least one section and submit to the leader.

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.



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

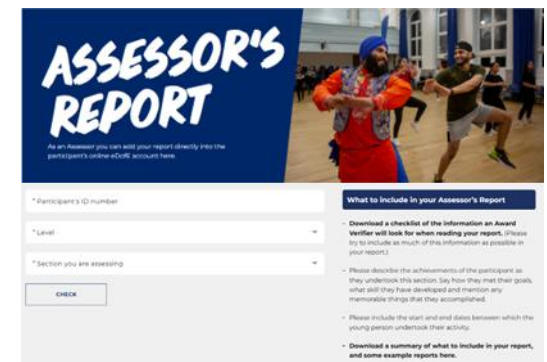
Each section needs a report completed by an adult Assessor. This can be submitted through the Assessor's portal or on the cards that they will receive with your Welcome Pack.

Participants should complete:

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



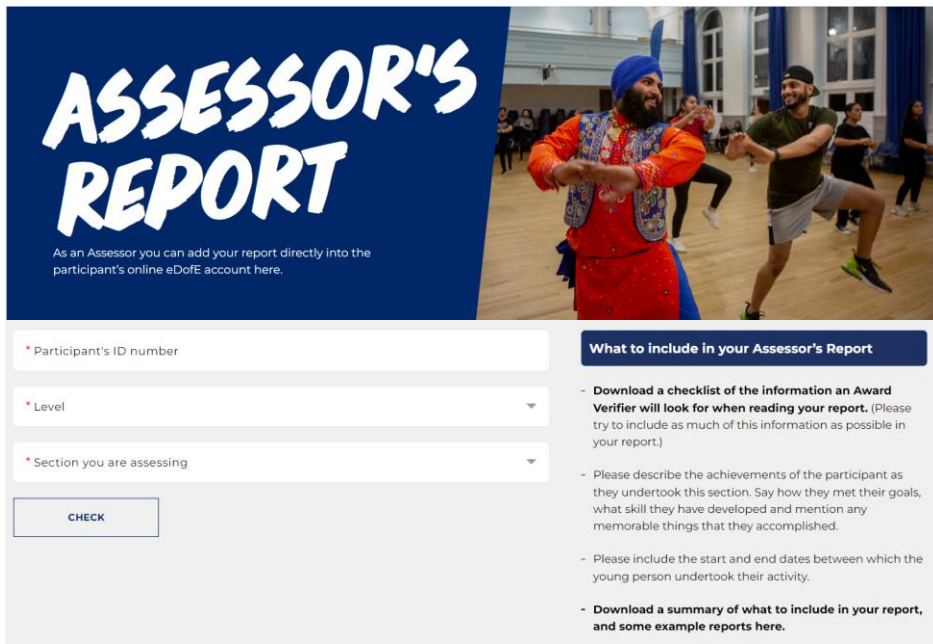
Assessor's Report form. Fields include: Participant name, ID No., Level (Bronze), Description of activity, Date started, Completed, Goals set by participant, Assessor's comments, What progress did they make towards their goals?, What did they achieve? What skills did they learn?, How frequently did they take part in this activity?, Any other comments?, Signature, Assessor's first name, Last name, Assessor's position/qualification, Assessor's phone number, Assessor's email. A note at the bottom states: Participants should scan or photograph this page and upload to eDfE as evidence.



Assessor's Report portal. Header: ASSESSOR'S REPORT. Sub-header: As an Assessor you can add your report directly into the participant's online eDfE account here. Fields include: Participant's ID number, Level, Section you are assessing, CHECK button. A sidebar titled 'What to include in your Assessor's Report' lists: Download a checklist of the information an Award Verifier will look for when reading your report, Please describe the achievements of the participant as they undertake this section, Please include the start and end dates between which the young person undertook their activity, Download a summary of what to include in your report, and some example reports here.

Assessor Reports

Assessor's portal



The screenshot shows the 'Assessor's portal' interface. On the left, a large blue banner reads 'ASSESSOR'S REPORT' in white, bold, stylized letters. Below it, smaller text says: 'As an Assessor you can add your report directly into the participant's online eDofE account here.' To the right of the banner is a photo of a man in a red and blue traditional Indian outfit (possibly a Bollywood dancer) and a man in a green t-shirt and grey shorts performing a dance move in a gymnasium. Below the banner, there are three input fields: '* Participant's ID number', '* Level' (with a dropdown arrow), and '* Section you are assessing' (with a dropdown arrow). A 'CHECK' button is below these fields. To the right of the input fields 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 undertook this section. Say how they met their goals, what skill 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.'

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



The screenshot shows the 'Assessor's card' form. At the top left is the DofE logo. To its right is the text 'ASSESSOR'S REPORT: SKILLS'. To the right of this is a box containing 'Participant: _____', 'eDofE ID No: _____', and 'Level: **Bronze**'. Below this is a section for 'Description of activity: _____', 'Date started: ____/____/____ Completed: ____/____/____ (____ months)', and 'Goals set by participant: _____'. Below this is a section titled 'Assessor's comments:' with a paragraph of instructions: 'Please write as much as possible, talking about training, teamwork (if applicable) and achievements. What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. Please note: the information you have provided in this report will be scanned and stored by the DofE as part of its record of the participant's achievement. The DofE will not share your personal data with third parties.' Below this is a section titled 'What progress did they make towards their goals?' with a line for writing. Below this is a section titled 'What did they achieve? What skills did they learn?' with a line for writing. Below this is a section titled 'How frequently did they take part in this activity?' with a line for writing. Below this is a section titled 'Any other comments?' with a line for writing. Below this is a section for 'Signature: _____ Date: ____/____/____'. Below this is a section for 'Assessor's first name: _____ Last name: _____'. Below this is a section for 'Assessor's position/qualification: _____'. Below this is a section for 'Assessor's phone number: _____'. Below this is a section for 'Assessor's email: _____'. At the bottom is a small blue text: 'Participants should scan or photograph this page and upload to eDofE as evidence.'

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



**YOUTH
WITHOUT
LIMITS**



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](https://www.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



**YOUTH
WITHOUT
LIMITS**

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



**YOUTH
WITHOUT
LIMITS**



***YOUTH
WITHOUT
LIMITS***