



A parent / carer's guide to The Duke of Edinburgh's Award



What is the DofE?



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The DofE is the world's leading achievement award for young people.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Fun



Do you want to do GOLD?

Next Steps



1. Complete Silver

- Complete at least 2 Silver sections in order to be able to be signed up for GOLD.
- Assessor reports must be labelled as assessor reports.
- Evidence must have start and end date (full calendar months).

Register for Gold

- Letters to participants will be sent this half term. Once submitted and paid, this will be your registration date. You are able to start your GOLD sections from this date.

Gold Award

There's **loads of activities** to choose from — most activities can count towards a DofE programme. Take a look at our website for ideas: DofE.org/do/activities.

- Activities could be something that young people are **already doing** or something **completely new** – and there are lots of possibilities that can be done from home or under social distancing.
- **Weekend, lunch and after school** clubs and activities will count.
- Minimum **one hour a week** per section. A whole programme will take a minimum of **six months** to complete.
- A chosen Assessor will need to **write a short statement when they've finished each section**. This could be a family friend, neighbour, coach or teacher (not a relative).

Gold (age 16+)	Volunteering	Physical	Skills	Expedition	Residential
	12 months	12 or 6 months	12 or 6 months	4 days 3 nights	5 days 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.					

Volunteering

Volunteering's all about taking action and making a difference to other people's lives.

From coaching a local football team or collecting for a foodbank to starting a campaign, young people will give up their time to help others and change things for the better.

It's extremely rewarding, grows confidence and independence — and can enable a young person to experience the world of work too.

Young people must not be replacing paid labour i.e. they cannot volunteer for commercial organisations.

Over

3/4

Feel happier
because volunteering
gave them more
confidence

88%

Believe volunteering
helps them feel more
satisfied in life

96%

Say volunteering
gave them a sense
of achievement



Physical

The Physical section is a chance for young people to focus on their health and fitness and have fun along the way.



This might be the push needed for a young person to try something completely different or concentrate and improve on something they are already doing.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can help support mental health.

Young people can join a team or do it on their own — it's up to them!



Skills

From coding to cookery, the Skills section lets young people learn a new talent, develop existing skills and discover new things to love.

By developing practical and social skills and gaining interests and talents, young people will enjoy themselves and get a real sense of achievement.

If they're interested in a specific field, this could be the perfect chance to do something related to it.

They'll grow their confidence and show they're committed, motivated and can rise to a challenge.



Expedition

Getting into the great outdoors and spending a night away with friends – a DofE expedition will give young people lifelong memories.

As part of a small team, they will plan their aim, choose their location, do some training to make sure they're prepared and know what they are doing — then spend four days and three nights away.

The expedition will improve resilience, communication, teamwork and leadership skills.

They might come home with a rucksack full of washing — and experiences they won't forget.



Residential

To achieve the Gold Award, there is an extra section – the Residential.

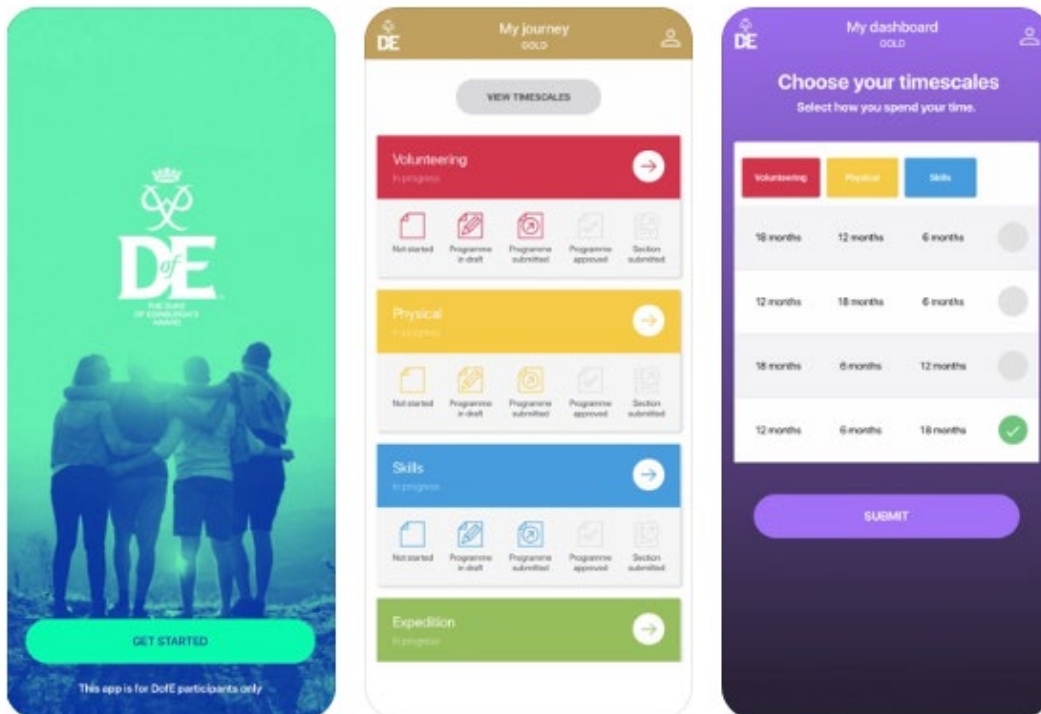
It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people they've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities to get involved with — both in the UK and abroad.

Learning how to work with people from different backgrounds and build confidence staying in new environments.



The DofE app



The DofE app is available for free from the App Store on iPhones and Google Play on Android phones.

Participants can use the DofE app to plan activities, get approval from Leaders, record evidence, submit programmes for completion and more.

Plus, it can sync important dates to your phone calendar and add the personalised DofE Card to the digital wallet, to make the most of the exclusive discounts.

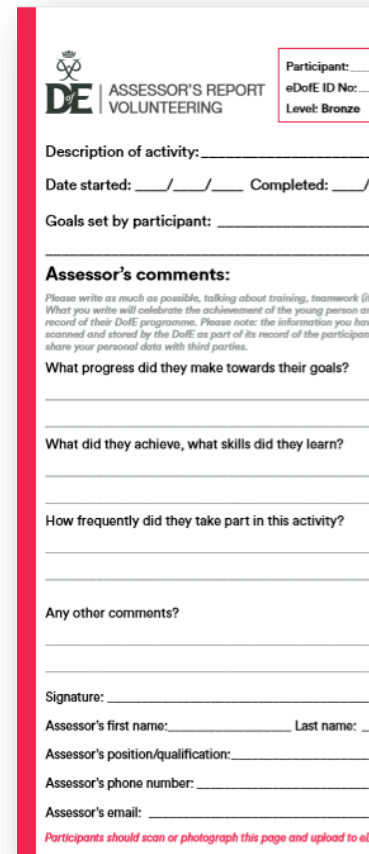
Assessor's Reports

Once a young person has completed their time requirement for a section, they need to obtain an Assessor's Report.

The Assessor's Report needs to be completed by the Assessor (e.g. Leader, teacher, coach etc.).

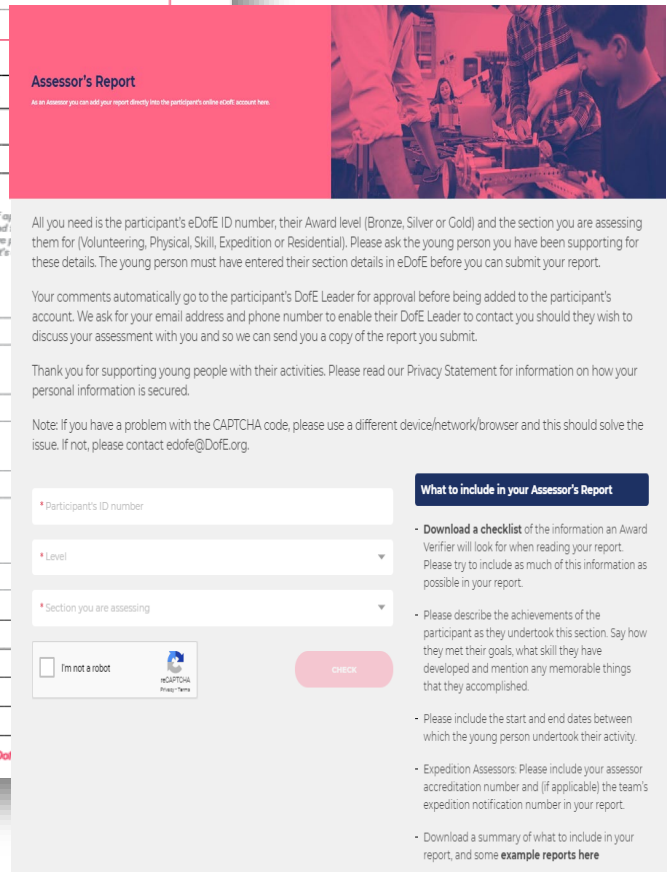
It can be written by hand using the report card in the young person's Welcome Pack (which they will receive in the post when they first enrol), or via the DofE Assessor portal at DofE.org/Assessor.

Welcome Pack



The image shows a printed 'Assessor's Report' form. At the top left is the DofE logo. The title is 'ASSESSOR'S REPORT VOLUNTEERING'. There are fields for 'Participant:', 'eDofE ID No:', and 'Level: Bronze'. Below these are sections for 'Description of activity:', 'Date started: ___/___/___ Completed: ___/___/___', and 'Goals set by participant:'. A large section for 'Assessor's comments:' follows, with a small note about writing for the record. Below this are three specific questions: 'What progress did they make towards their goals?', 'What did they achieve, what skills did they learn?', and 'How frequently did they take part in this activity?'. There is also a section for 'Any other comments:'. At the bottom, there are fields for 'Signature:', 'Assessor's first name:', 'Last name:', 'Assessor's position/qualification:', 'Assessor's phone number:', and 'Assessor's email:'. A red note at the bottom says 'Participants should scan or photograph this page and upload to eDofE'.

Assessor portal



The image shows the 'Assessor's Report' web portal. It has a header with the DofE logo and the title 'Assessor's Report'. Below the header is a red banner with the text '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 young people working. The main content area has a heading 'Assessor's Report' and a paragraph explaining that the assessor needs the participant's eDofE ID number, award level, and section. It also states that comments go to the participant's DofE Leader for approval. Below this is a 'Thank you' message and a note about CAPTCHA. On the right side, there is a section titled 'What to include in your Assessor's Report' with a checklist: '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 undertook this section.', 'Please include the start and end dates between which the young person undertook their activity.', 'Expedition Assessors: Please include your assessor accreditation number and (if applicable) the team's expedition notification number in your report.', and 'Download a summary of what to include in your report, and some example reports here.' At the bottom, there are input fields for 'Participant's ID number', 'Level', and 'Section you are assessing', along with a CAPTCHA and a 'CHECK' button.

DofE Ambassador

This is an additional opportunity for young people who would like to develop their leadership and mentoring skills further.

Once a young person has completed a level and are working towards their Silver or Gold, they could help support their school or organisation with DofE.

This opportunity can be used as their Volunteering section activity.

If your young person is interested, please ask them to contact their DofE Manager.



**4.44/5 rating
for their experience
being a
DofE Ambassador**

Parental role

Guidance

- Provide guidance and support on activities, kit and Assessor choices.

Encouragement

- It can be challenging to keep the motivation going, especially over some of the longer timeframes.

Expedition support

- You may be required to drop off/collect from expeditions... and also wash the kit when it comes home!

Reminders

- Keep them on track with their activities, particularly those which are being done from home.

Recognise their achievements

- We hope all organisations will recognise the amazing achievement, and it is just as important to receive that recognition from family members.



2022 Gold Expeditions



Y13

Gold Actual

- Wild camp practice walk (Snowdonia)
Fri 12 Apr – Sat 13 Apr 2024

- Expedition
Sat 29 Jun – Thu 4 Jul 2024

External Assessor

- Training (Mr Hobbs)
Lunchtime sessions – day TBC
Compulsory Attendance

Continue other sections (deadline age 25)
Residential – approval needed by Mr Hobbs.

Y12

Gold Practice

To register, 2 sections of silver **MUST** be complete. See Mr Hobbs to get signed off.

- Expedition
Sat 29 Jun – Thu 4 Jul 2024

- Training (Mr Ravenscroft)
After school sessions – day TBC
Compulsory Attendance

Deadline for all sections – age 25.

Why do the DofE?



So why should your son/daughter do their DofE?

It's hard to list all the benefits of achieving a DofE Award, so here's a quick snapshot. They'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know they had
- Gain skills that employers' value, which they can reference on their CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."

Benedict Cumberbatch, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through."

Deborah Meaden, entrepreneur and Dragons' Den investor

Next steps

- Check the school / organisation's process for signing up to DofE.
- Parents / carers will need to complete and return some paperwork and payment.
- Talk to your young person about what activities they might choose for their DofE.
- Discuss who their Assessors could be, especially for any home-based activities.



Expedition Expectations

Expectations – 20 Conditions

Respect the environment and the general public.

Exceptional conduct

Team work



The 20 Conditions of the Expedition section

DofE qualifying expedition conditions			
Planning the expedition	1	The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.	
	2	The expedition must have an aim. The aim can be set by the Leader at Bronze level only.	
	3	All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).	
	4	There must be between four and seven participants in a team (eight for modes of travel which have tandem)	
	5	The expedition should take place in the recommended environment.	
	6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).	
	7	The expedition must be of the correct duration and meet the minimum hours of planned activity.	
	8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.	
	9	Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.	
	10	Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.	
Training and practice	11	Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating.	
		<div>Bronze: Teams must complete the required training.</div> <div>Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.</div> <div>Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights</div>	
During the expedition	12	All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.	
	13	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.	
	14	Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.	
	15	Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.	
	16	Participants must behave responsibly with respect for their team members, Leaders, the public and animals.	
	17	Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).	
	18	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.	
Post expedition	19	Participants must actively participate in a debrief with their Assessor at the end of the expedition.	
	20	At Silver and Gold level, a presentation must be prepared and delivered after the expedition.	