



**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

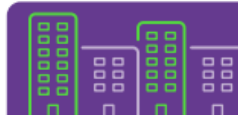


YOUTH WITHOUT LIMITS



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**



Physical section

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



**YOUTH
WITHOUT
LIMITS**



Skills section

Developing existing skills or discovering new things to love.



**YOUTH
WITHOUT
LIMITS**



Expedition

Spending time in the great outdoors and creating lifelong memories.



**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

Programme ideas: VOLUNTEERING SECTION

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.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, please check your activity with your DoFE Leader. They will be able to confirm that it meets the requirements for the Volunteering section.

Programme ideas: Volunteering section

<p>Increase community cohesion</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cyber safety <input type="checkbox"/> Council representation <input type="checkbox"/> Home accident prevention <input type="checkbox"/> Neighbourhood watch <input type="checkbox"/> Personal safety <input type="checkbox"/> Promotion and PR <input type="checkbox"/> Road safety <p>Support community well-being</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beach and coastline conservation <input type="checkbox"/> Community garden <input type="checkbox"/> Helping children to read in libraries <input type="checkbox"/> Environment <input type="checkbox"/> Letter writing scheme <input type="checkbox"/> Litter picking <input type="checkbox"/> Parkrun volunteer <input type="checkbox"/> Preserving waterways <input type="checkbox"/> Rural conservation <input type="checkbox"/> Urban conservation <input type="checkbox"/> Young carer <input type="checkbox"/> Youth work 	<p>Lead change</p> <ul style="list-style-type: none"> <input type="checkbox"/> Campaigning <input type="checkbox"/> Being a volunteer lifeguard <input type="checkbox"/> Event management <input type="checkbox"/> Fundraising <input type="checkbox"/> Mountain rescue <input type="checkbox"/> Organising a demonstration <input type="checkbox"/> Raising awareness about an issue <input type="checkbox"/> Religious education <input type="checkbox"/> Serving a faith community <input type="checkbox"/> Working in a charity shop <p>Supporting a charity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Administration <input type="checkbox"/> Being a charity intern <p>Build empathy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Animal welfare <input type="checkbox"/> Drug and alcohol education <input type="checkbox"/> Food bank <input type="checkbox"/> Helping children <input type="checkbox"/> Helping in medical services e.g. Hospitals <input type="checkbox"/> Helping older people <input type="checkbox"/> Helping people in need <input type="checkbox"/> Helping people with additional needs <input type="checkbox"/> Working at an animal rescue centre <input type="checkbox"/> Zoo/farm/nature reserve work 	<p>Develop teamwork and leadership</p> <ul style="list-style-type: none"> <input type="checkbox"/> DoFE Young Leader <input type="checkbox"/> Group leadership <input type="checkbox"/> Head student <input type="checkbox"/> Prefect <input type="checkbox"/> Mentoring <input type="checkbox"/> Music coaching <input type="checkbox"/> Sports coaching <input type="checkbox"/> Tutoring <p>Leading a voluntary organisation group</p> <ul style="list-style-type: none"> <input type="checkbox"/> Girls' Venture Corps <input type="checkbox"/> Sea Cadets <input type="checkbox"/> Air Cadets <input type="checkbox"/> Jewish Lads' and Girls' Brigade <input type="checkbox"/> St John Ambulance <input type="checkbox"/> Scout Association <input type="checkbox"/> Air Training Corps <input type="checkbox"/> Army Cadet Force <input type="checkbox"/> Boys' Brigade <input type="checkbox"/> CCF <input type="checkbox"/> Church Lads' & Girls' Brigade <input type="checkbox"/> Girlguiding UK <input type="checkbox"/> Girls' Brigade Sports
---	---	--

The Duke of Edinburgh's Award is a registered charity. No. 1072260, and its subsidiary The DofE Foundation, and a Full Charitable Corporation No. 10320000. Registered Office: 10 Wellington Square, Reading, RG1 1HU. 01235 740000

DE **YOUTH WITHOUT LIMITS** DofE.org

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.

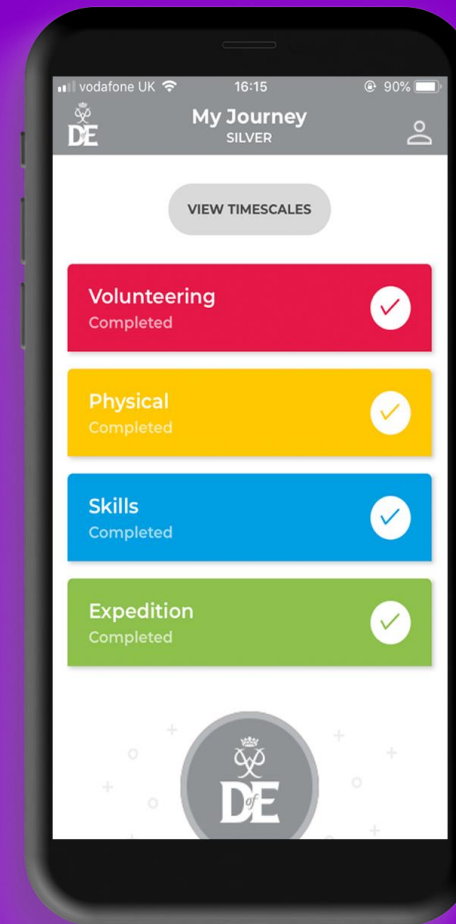
Within six weeks

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

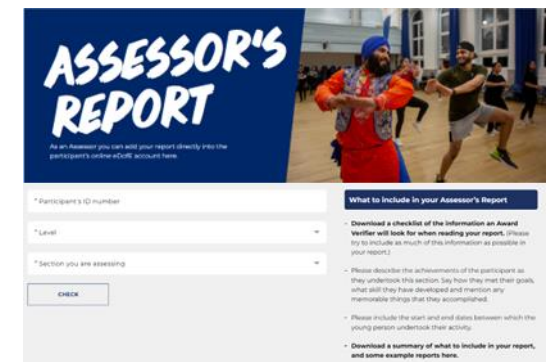
Each section needs a report completed by an adult Assessor. This can be submitted through the Assessor's portal or on the cards that they will receive with your Welcome Pack.

Participants should complete:

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



The form is titled 'ASSESSOR'S REPORT: VOLUNTEERING'. It includes fields for 'Participant: adult ID No.' and 'Level: Bronze'. Below these are sections for 'Description of activity:', 'Date started: / / Completed: / / (months)', and 'Goals set by participant:'. There is a large section for 'Assessor's comments:' with a small text box containing instructions. Below this are sections for '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 eDfE as evidence.'



The digital interface features a blue header with the text 'ASSESSOR'S REPORT' and a photo of a group of people. Below the header, there is a 'CHECK' button. To the right, 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

ASSESSOR'S REPORT

As an Assessor you can add your report directly into the participant's online eDofE account here.

* Participant's ID number

* Level

* Section you are assessing

CHECK

What to include in your Assessor's Report

- 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.
- 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

DE ASSESSOR'S REPORT: SKILLS

Participant: _____

eDofE ID No: _____

Level: **Bronze**

Description of activity: _____

Date started: ___/___/___ Completed: ___/___/___ (___ months)

Goals set by participant: _____

Assessor's comments:

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.

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: _____ Date: ___/___/___

Assessor's first name: _____ Last name: _____

Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

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 – [add own costs]

Deadline – [add deadline date]

*March 2025/ April 2026

Getting started

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

To get started speak to <Insert Name>.



**YOUTH
WITHOUT
LIMITS**



<INSERT NAME>

<Job title>

In this bit goes some words you've written about yourself. Be positive and tell us who you are? What you've done... though don't tell us your A Level results, there's plenty of other forms for that. And what excites you about the DofE. You can go on for quite a bit... well, as long as it fills this box and then suddenly your words will get cut off, even if you're in the middle of

**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



**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**