

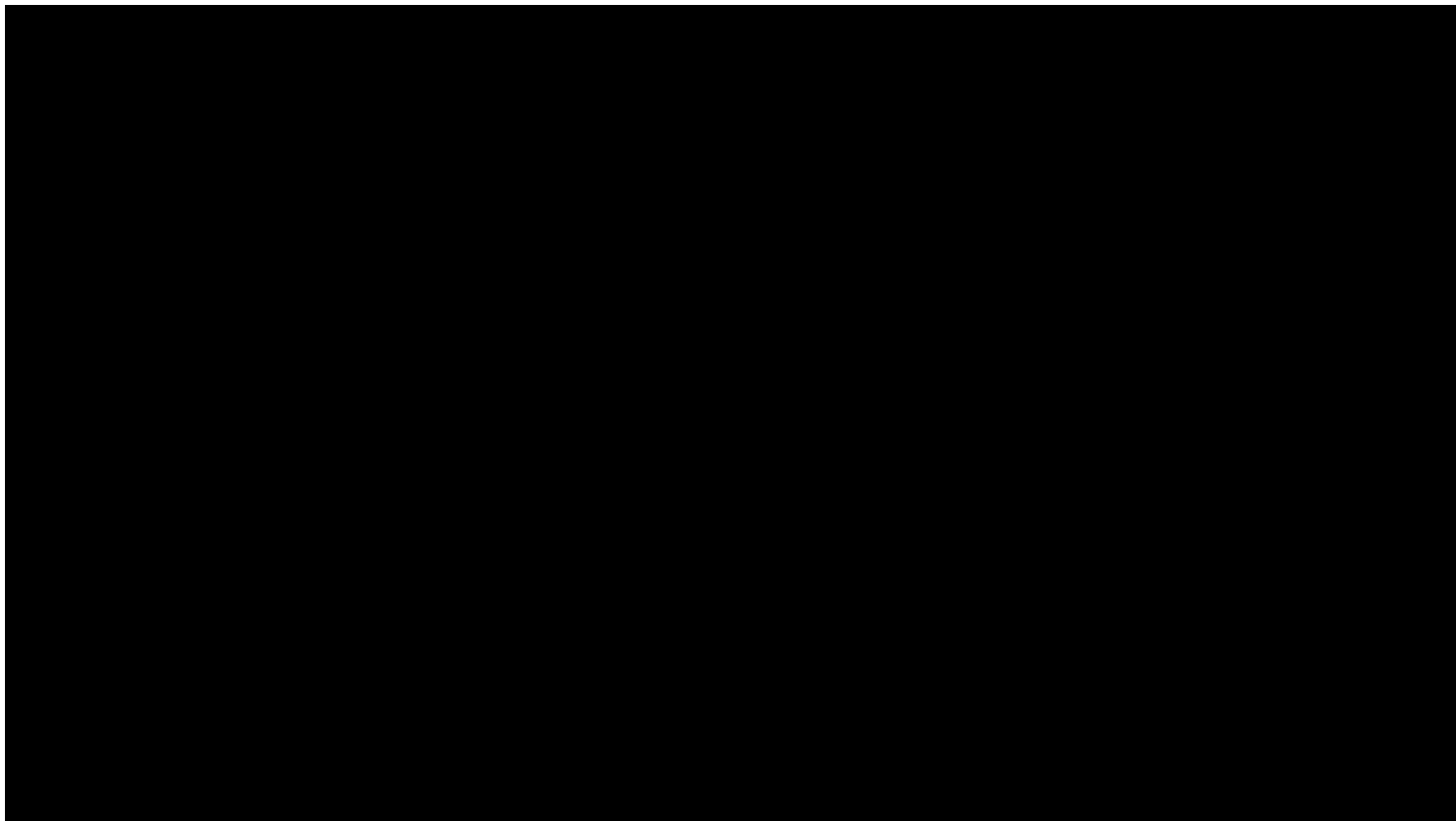


A parent / carer's guide to The Duke of Edinburgh's Award



What is the DofE?





What is the DofE?



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



Bronze 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).

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section				

SILVER

Volunteering **6 months**

Physical

one section for
6 months, the

Skills

other for 3 months

*Plus an extra 6
months in the
Volunteering, or
the longer of the
Physical or Skills
sections if you
haven't got Bronze.*

Expedition **3 days 2 nights**



GOLD

Volunteering **12 months**

Physical

one section for
12 months, the

Skills

other for 6 months

*Plus an extra 6
months in the
Volunteering,
or longer of the
Skills or Physical
sections, if you
haven't got Silver.*

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

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



Bronze

Community action and raising awareness

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

Helping a charity or community organisation

- ☐ 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

Working with the environment or animals

- ☐ 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

Coaching, teaching and leadership

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

Leading a voluntary organisation group

- ☐ Sea Cadets
- ☐ Air Cadets
- ☐ Jewish Lads' and Girls' Brigade
- ☐ St John Ambulance
- ☐ Scout Association
- ☐ Scouting Ireland
- ☐ Air Training Corps
- ☐ Army Cadet Force
- ☐ Boys' Brigade
- ☐ CCF
- ☐ Church Lads' & Girls' Brigade
- ☐ Girlguiding UK
- ☐ Catholic Guides of Ireland
- ☐ Girls' Brigade Sports
- ☐ The Order of Malta



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!



Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/
- ☐ Aquathlon Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Field Gun
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampolining
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Ceroc
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/breakdancing/hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ RacketlonRackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work
- ☐ Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating
- ☐ Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Judo
- ☐ Karate
- ☐ Kendo
- ☐ Kuk Sool Won
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey Kabaddi
- ☐ Korfbal
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby

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.



Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Handbell ringing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies

- ☐ Listening to, analysing & describing music
- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

- ☐ Kite construction & flying
- ☐ Mah Jongg
- ☐ Marksmanship
- ☐ Model construction & racing
- ☐ Motor sports
- ☐ Power boating
- ☐ Snooker, pool & billiards
- ☐ Sports appreciation
- ☐ Sports leadership
- ☐ Sports officiating
- ☐ Table games
- ☐ War games

Life skills

- ☐ Alternative therapies
- ☐ Cookery
- ☐ Democracy in action
- ☐ Digital lifestyle
- ☐ Driving: car maintenance/car road skills
- ☐ Driving: motorcycle maintenance/ road skills
- ☐ Event planning
- ☐ First aid – St John/St Andrew/ BRCS
- ☐ Hair & beauty
- ☐ Learning about the emergency services
- ☐ Learning about the RNLI (Lifeboats)
- ☐ Library & information skills
- ☐ Life skills
- ☐ Massage
- ☐ Money management
- ☐ Navigation
- ☐ Public speaking and debating
- ☐ Skills for employment
- ☐ Young Enterprise

Learning & collecting

- ☐ Aeronautics
- ☐ Aircraft recognition
- ☐ Anthropology
- ☐ Archaeology
- ☐ Astronautics
- ☐ Astronomy

- ☐ Dowsing & divining
- ☐ Fashion
- ☐ Forces insignia
- ☐ Gemstones
- ☐ Genealogy
- ☐ Heraldry
- ☐ History of art
- ☐ Language skills
- ☐ Military history
- ☐ Movie posters
- ☐ Postcards
- ☐ Reading
- ☐ Religious studies
- ☐ Ship recognition
- ☐ Stamp collecting

Media & communication

- ☐ Amateur radio
- ☐ Blogging
- ☐ Communicating with people who are visually impaired
- ☐ Communicating with people who have a hearing impediment
- ☐ Film & video making
- ☐ Journalism
- ☐ Newsletter & magazine production
- ☐ Signalling
- ☐ Vlogging
- ☐ Writing

Creative arts

- ☐ Basket making
- ☐ Boat work
- ☐ Brass rubbing
- ☐ Building catapults & trebuchets
- ☐ Cake decoration
- ☐ Camping gear making
- ☐ Candle-making
- ☐ Canoe building
- ☐ Canvas work
- ☐ Carnival/festival float construction
- ☐ Ceramics
- ☐ Clay modelling
- ☐ Crocheting
- ☐ Cross stitch

- ☐ Feng Shui
- ☐ Floral decoration
- ☐ French polishing
- ☐ Furniture restoration
- ☐ Glass blowing
- ☐ Glass painting
- ☐ Interior design
- ☐ Jewellery making
- ☐ Knitting
- ☐ Lace making
- ☐ Leatherwork
- ☐ Lettering & calligraphy
- ☐ Macramé
- ☐ Marquetry
- ☐ Model construction
- ☐ Mosaic
- ☐ Painting & design
- ☐ Patchwork
- ☐ Photography
- ☐ Pottery
- ☐ Quilting
- ☐ Rope work
- ☐ Rug making
- ☐ Soft toy making
- ☐ Tatting
- ☐ Taxidermy
- ☐ Textiles
- ☐ Weaving and spinning
- ☐ Wine/beer making
- ☐ Woodwork



Evidence

- Keeping a register of your attendance to a club and brief outline of the session. E.G football or netball
- Take a photo of your food.
- Download Strava and screenshot your evidence.
- Record your gym session in a logbook.
- Your evidence must be uploaded weekly to your eDofE account.



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 two days and one night 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.



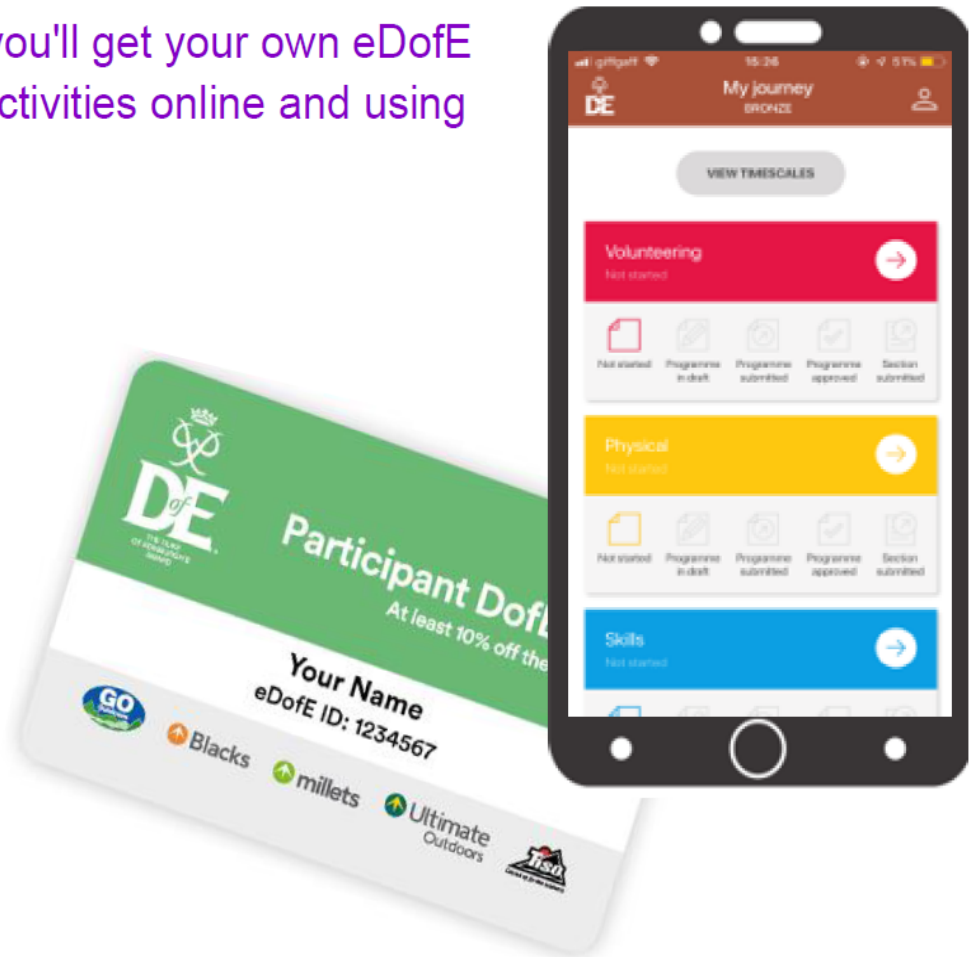
Your Welcome Pack and eDofE



Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

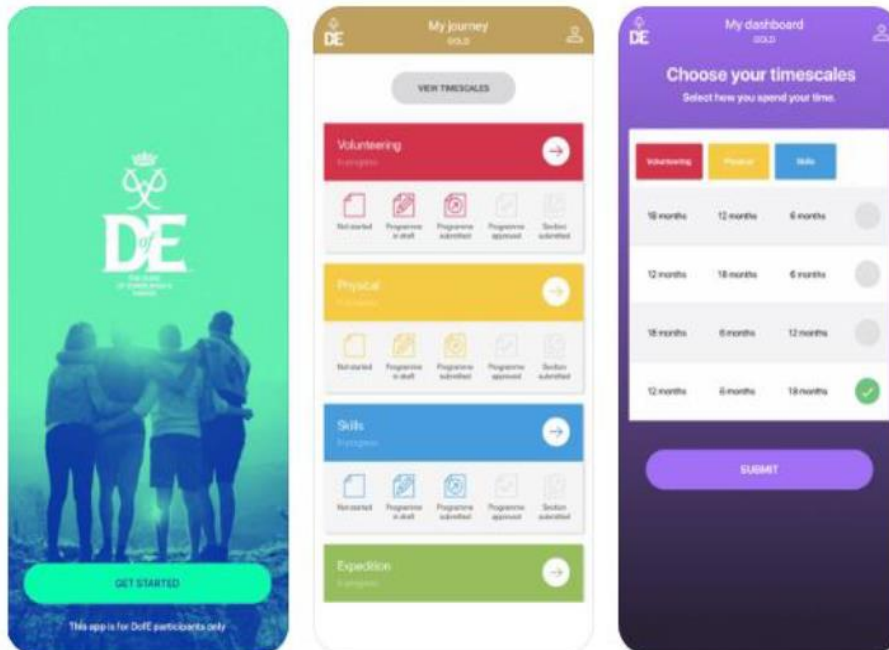
When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.



eDofE 'How to' videos available on the DofE YouTube site

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, so you can 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 form is titled 'ASSESSOR'S REPORT VOLUNTEERING'. It includes fields for Participant details (eDofE ID No., Level: Bronze), Description of activity, Date started, Completed, Goals set by participant, Assessor's comments (with a note to write as much as possible), 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, and Assessor's email. A note at the bottom states: 'Participants should scan or photograph this page and upload to eDofE'.

Assessor portal

The portal interface shows a title 'Assessor's Report' and a note: 'As an Assessor you can add your report directly into the participant's eDofE account here.' It includes instructions: 'All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.' It also states: 'Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.' A 'Thank you for supporting young people with their activities. Please read our Privacy Statement for information on how your personal information is secured.' note is present. A 'Note: If you have a problem with the CAPTCHA code, please use a different device/network/browser and this should solve the issue. If not, please contact edofe@dofe.org.' is included. The form has dropdown menus for 'Participant's ID number', 'Level', and 'Section you are assessing'. A CAPTCHA section with 'I'm not a robot' and a 'CAPTCHA Please type' field is shown. A 'Submit' button is at the bottom right. 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 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.', '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'.

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.



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.

