



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



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
- Demands commitment
- Fun



Operating in over
130 countries & territories



 **1.3 million**
participants

51%
Female



49%
Male

1,800+
new participants daily



340,000+

young people gained a Bronze, Silver or Gold Award



200,000+
volunteers

140,000+ participants are from at risk or marginalised backgrounds



DofE
in a year



DofE - skills for the future!



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				

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.

G9 Service in Action lessons could count here.

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 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.



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

Key Dates. What does it cost?

- Sign up opens today (9th August) and **closed at 4pm on the 23rd August.**
- Deposit payment: 4,500,000 (covering student award registration and Da Lat trip deposit) - **deadline 4pm 23rd August.**
- Equipment purchase (students must break in their trekking shoes beforehand). **List** (Walking boots/socks, 65l backpack, water bladder/bottle, torch, first aid kit, food etc...) Tent and cooking equipment is being provided, there is an option of renting a sleeping bag and sleeping mat at an additional cost (or you can purchase).
- Khao Yai, Thailand Adventurous journey practise (Trips week, 9th - 13th December 2024)
- Da Lat Adventurous journey: approximately 12,000,000 (TBC) - **payment deadline October 31st**
- Da Lat final Adventurous journey (14th - 17th February 2024)
- Aim to finish award: 31st May

Next steps



- Sign up information and link to form will be DM on SEQTA out to parents and students on Friday 9th August. **Deadline Friday 23rd August at 4pm.**
- Parents / carers will need to complete the sign up form and payment, you can either do a transfer or pay directly to the secondary school uniform shop.
- Talk to your young person about what activities they might choose for their DofE.

Award journey map



1 Choose your Award Level

- For ages 14+
Bronze - 6 months
- For ages 15+
Silver - 12 months
- For ages 16+
Gold - 18 months



2 Register with an Award Centre And register on the Online Record Book (ORB)



3 Decide what the Award looks like for you Pick out your Skills, Voluntary Service, Adventurous Journey, Physical Recreation, and Gold Residential Project (Gold Level only) with your Award Leader and find an Assessor for each activity.



5 Get your activities approved Assessors sign off the activity they mentored you in



4 Log your activity progress in the ORB App Log hours and keep up to date with your Assessors



6 Submit your Online Record Book Once your ORB has been submitted your Award leader will approve and it will be sent off for the Award Operating Authority sign off.



7 You have finished your Award! You will now receive your badge and certificate but why stop there? Continue your Award Journey with Silver and Gold.

