

## Costs

To take part in the DofE, participants pay a nominal fee for a *Welcome Pack*, which includes their DofE Participation Place. This fee is their contribution towards the charity's administration costs.

The fee represents only a proportion of the overall cost of participation/running the DofE, which is supported by the funds raised by the DofE charity. The current charge for participation can be found at [DofE.org/costs](https://www.dofe.org/costs).

Your Licensed Organisation and/or centre may add a small administration fee to this amount and they must explain this clearly to you. There will also be costs for the activities and expedition, depending on what is chosen.

## Supervision

DofE Leaders and Expedition Supervisors undergo safeguarding and other checks and training through their Licensed Organisation to ensure young people have access to a high quality programme.

### Local contact

For more detailed information visit: [DofE.org/parents](https://www.dofe.org/parents).

“

I love the core principles of the DofE... 'access and achievement for all'. We all grow, develop and mature at different stages... the DofE recognises this – allowing young people to achieve without competitive pressures.”

Jenny St. John, parent



@DofE



theDofE



theDofEUK



DofEUK

The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No: RC000806. Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU 14/11/18 DW

[DofE.org](https://www.dofe.org)

## Can you help?

Whatever activities your child has chosen to pursue for their DofE programme, they will need your support and guidance to help them through.

You may also need to encourage them to keep their eDofE pages up-to-date.

Sign up to our parents newsletter via [DofE.org/parents/signup](https://www.dofe.org/parents/signup) to receive useful information to help you support your child through their DofE programme.

## Volunteer

You may feel that you have other skills to offer. In which case, why not volunteer with your local DofE group?

- Talk to your local DofE Leader/ Co-ordinator
- Contact a Licensed Organisation via [DofE.org/takepart](https://www.dofe.org/takepart)
- Visit our website: [DofE.org](https://www.dofe.org)
- Email us: [info@DofE.org](mailto:info@DofE.org)



Developing young people  
for life and work

A guide for  
parents  
and carers

[DofE.org](https://www.dofe.org)

# A life-long adventure...

The Duke of Edinburgh's Award (DofE) develops young people for life and work. It helps them to fulfil their potential and have a brighter future. For many young people, the impact can be life-changing.

## What is the DofE?

Anyone within the age range below can take part in three progressive levels of programmes leading to a Bronze, Silver or Gold DofE Award. Whatever they choose to do for their DofE, they'll make friends for life, have amazing experiences and enhance their CV and college or university applications.

■ **Bronze** start the school year in which they turn 14  
 ■ **Silver** start the school year in which they turn 15  
 ■ **Gold** start at 16+ years old  
 To achieve their DofE Award, young people complete their own programme of activities in these sections:

### Volunteering

From helping at an after-school kids' club or running an awareness campaign to raising money for a charity or working on a recycling project, young people can get out and help others.

### Physical

From football to yoga, swimming to skateboarding, participants get active as they take part in a sport, dance or fitness activity and show improvement over time.

### Skills

Participants learn a new skill or develop existing talents. From DJ'ing and science to drama and zoology, the sky's the limit!

## Where to do the DofE

DofE programmes are delivered under licence by our partners (Licensed Organisations) who offer them through DofE centres, from youth clubs, schools and colleges, voluntary organisations, to young offender institutions and businesses.



### Expedition

Through planning, training for and completing an adventurous journey in the UK or abroad, young people develop initiative and a spirit of adventure and discovery.

### Residential (Gold level only)

Participants take part in a shared activity away from home with people they don't know. For example: a conservation holiday, a language course or helping on a kids' activity camp...

Participants keep track of their progress and get their Awards approved by their Leaders through our online record keeping system, eDofE.

## What will my child gain?

There's not enough space here to list all the benefits so here's a quick snapshot:

- Help to make their community a better place to live.
- Get healthier and happier.
- Become more confident and motivated to succeed at school and beyond.
- Learn how to overcome challenges and be more self-sufficient and resilient.
- Develop positive relationships with teachers outside of the classroom.
- Improve their social skills and make new friends.
- Open doors to further education or employment.

## How long does it take?

You can expect each activity to take around one hour a week over a set period of time. Activities can be fitted in around your child's studies and social life. They'll need to participate regularly and be committed to their DofE during this time. Find out more about timescales at [DofE.org/timescales](https://DofE.org/timescales).

The DofE has already helped millions of young people to learn, grow and stand out from the crowd in college, university and job applications – now it's your child's turn.

See what top UK employers say about the DofE and its value to young people at [DofE.org/skillsforwork](https://DofE.org/skillsforwork).

Bronze (Year 9+)				Silver (Year 10+)				Gold (age 16+)			
Volunteering	3 months	Physical	3 months	Skills	3 months	2 days 1 night	Expedition	Volunteering	6 months	Physical	6 or 3 months
Volunteering	6 months	Physical	6 or 3 months	Skills	6 or 3 months	3 days 2 nights	Expedition	Volunteering	12 months	Physical	12 or 6 months
Volunteering	12 months	Physical	12 or 6 months	Skills	12 or 6 months	4 days 3 nights	Expedition	Volunteering	12 months	Physical	12 or 6 months
Volunteering	12 months	Physical	12 or 6 months	Skills	12 or 6 months	5 days 4 nights	Residential	Volunteering	12 months	Physical	12 or 6 months
Plus a further 3 months in either the Volunteering, Physical or Skills section				Physical and Skills sections: one section for 6 months and the other section for 3 months				Physical and Skills sections: one section for 12 months and the other section for 6 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.				Physical and Skills sections: one section for 12 months and the other section for 6 months				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.				Physical and Skills sections: one section for 12 months and the other section for 6 months				Physical and Skills sections: one section for 12 months and the other section for 6 months			
If you didn't do Gold, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				Physical and Skills sections: one section for 12 months and the other section for 6 months				Physical and Skills sections: one section for 12 months and the other section for 6 months			