

The Duke of Edinburgh's Award
Participants' Guide

**YOUR JOURNEY
STARTS HERE**



**YOUTH
WITHOUT
LIMITS**

DofE.org

MAKING YOUR MARK

Doing your Duke of Edinburgh's Award (DofE) means investing in your community, yourself, and your future.

The DofE Award is an achievement programme that you design for yourself. As well as the expedition that you might have heard of, you'll do volunteering, physical and skills activities. You pick the activities. You choose your goals. Your DofE is what you make it.



HOW WILL IT HELP ME?

Looking for your first job? Working alongside studying? When it comes to applications and interviews, employers want to hear about the experiences outside of your studies that you can bring to the role – and DofE is perfect for this.

You'll develop soft skills that all employers value. Think **commitment, resilience, organisation; time management, communication, teamwork, leadership, and effective problem-solving.**

Even better, the DofE Award is recognised all around the globe. Whether you're looking for a job in the UK or abroad in teaching, construction, health, business or any other field, your DofE Award is designed to be one of your greatest assets.

And employers love it.

“We understand that young people with a DofE Award will have experiences and will have faced challenges which will set them up for life. At RSM, we strongly believe the DofE will help young people potentially become our business leaders of the future.”

Rob Donaldson, CEO at RSM



DOYIN Gold Award holder

“How did I get my first job at 18 without any professional experience? The Duke of Edinburgh's Award. All the answers in my CV and interview were related to work I had previously done with the Award. Give an example of where you have shown teamwork skills – my expedition in Wales. Give an example of where you have taken initiative – I had to fundraise for my volunteering trip to The Gambia. It all linked back to the Award which links back to the golden word – opportunity.”





BUT THE BENEFITS DON'T END THERE

DofE means lifelong friendships and endless networking opportunities. It's a chance to meet like-minded people and work together to achieve common goals. It's an opportunity to be heard and to initiate positive change by tackling social issues most important to you. It means choosing the path of adventure, fun, discovery, challenge, development, and growth!



The DofE Award consists of three levels: **Bronze**, **Silver**, and **Gold**, and four activity sections – with a fifth if you're doing Gold.

You'll do each activity for an average of an hour a week over this time, but you decide when and for how long that will be. You can complete sections and levels at the pace that works for you. Some people only do one section a year; others work towards all sections at the same time. You have until your 25th birthday to achieve your DofE Awards.

Min. learning hours required for DofE activities

Level	Direct (not completed previous level)	Indirect (has completed previous level)
Bronze	66	n/a
Silver	119	95
Gold	252	228

How to keep track

It couldn't be easier to keep track of your progress with the eDofE app. Just upload your evidence online at a time that suits you and be proud of all your successes!



Volunteering

This is your chance to spread positive change for any cause you care about.



Physical

Prioritise your health and wellbeing. Choose any sport or fitness activity that best fits you, your interests, goals, and abilities.



Skills

You could try something new or develop something you've enjoyed for as long as you can remember.



Expedition

Highs, challenges, laughs, memories. You'll experience it all. Planning, training for and completing your expedition will be the adventure you'll never forget.



Residential (Gold only)

Are you up for stepping outside your comfort zone? You'll spend five days away from home building new friendships, new memories, and new skills.



Six out of ten Gold Award holders believe that achieving their DofE Award helped them to be hired for their recent or current job.

Fitting the Award in

Feeling overwhelmed by your busy schedule? With classes, part-time work, applications, family commitments, and socialising, it can be a lot to juggle. The DofE is designed to be flexible and personalised, fitting seamlessly into your life.

Instead of adding more to your plate, DofE helps you make the most of your existing activities and commitments. Your current hobbies can count towards your Award. By tailoring your programme to suit your needs, you can enhance your CV, expand your social and professional networks, and improve your organisational and time management skills — all while working with what you already have.

DofE isn't about working harder; it's about working smarter.

How do I sign up?

Talk to your college or university to see if they have a DofE group or check **DofE.org/takepart**.

Your DofE Leader will help you plan your activities, help you get started, and support you at every step of your DofE journey!

If cost is a barrier, there may be funding available. Talk to your Leader if financial support is something you might need.

ANY QUESTIONS?

Email us at **info@DofE.org**



WHAT ARE YOU WAITING FOR?

Don't miss out!

You'll be joining over 545,000 people across the UK who are currently working towards a DofE Award.

Visit DofE.org to find out more or get in touch: info@DofE.org



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