



**YOUTH
WITHOUT
LIMITS**



A parent and carer's guide to DofE



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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.



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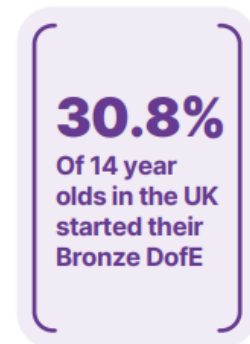
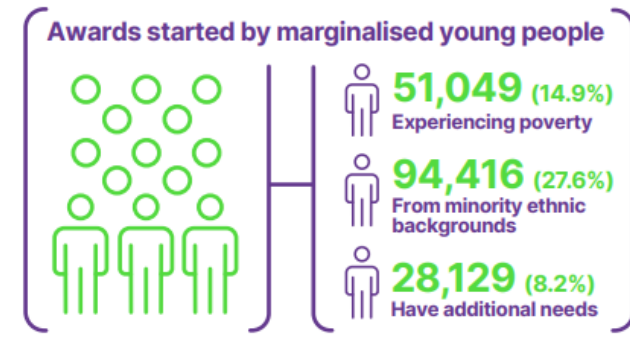
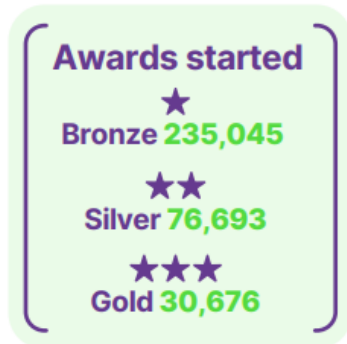
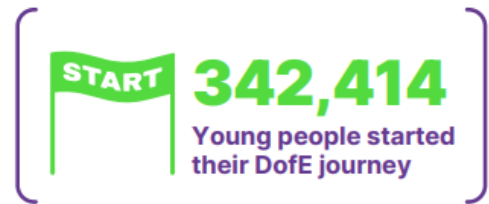


The Duke of Edinburgh's Award in numbers

April 2024 - March 2025



572,802





 Young people actively doing their DofE

YOUTH WITHOUT LIMITS







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.



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Physical section

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



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Skills section

Developing existing skills or discovering new things to love.



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Expedition

Spending time in the great outdoors and creating lifelong memories.



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Residential (Gold Award only)

Five days and four nights
away from home.

Sharing experiences
and creating new
connections.



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DofE.org

Visit our website for the most up-to-date information and guidance.



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Programme ideas

Programme ideas:
VOLUNTEERING SECTION

Help with planning

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.

Programme ideas: Volunteering section

Increase community cohesion

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

Support community well-being

- 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

Lead change

- 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

Build empathy

- 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 rescue centre
- Zoo/farm/nature reserve work

Develop teamwork and leadership

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

Leading a voluntary organisation group

- Girls' Venture Corps
- Sea Cadets
- Air Cadets
- Jewish Lads' and Girls' Brigade
- St John Ambulance
- Scout Association
- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- CCF
- Church Lads' & Girls' Brigade
- Girlguiding UK
- Girls' Brigade Sports

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.

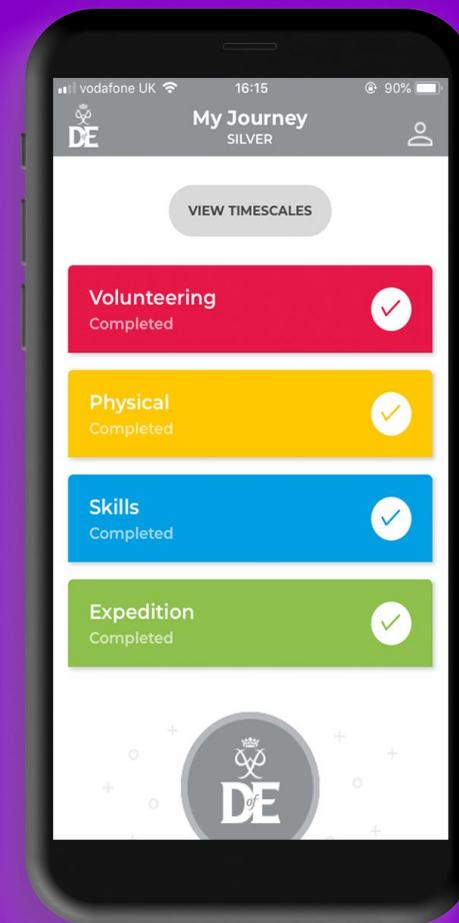
Within six weeks

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:

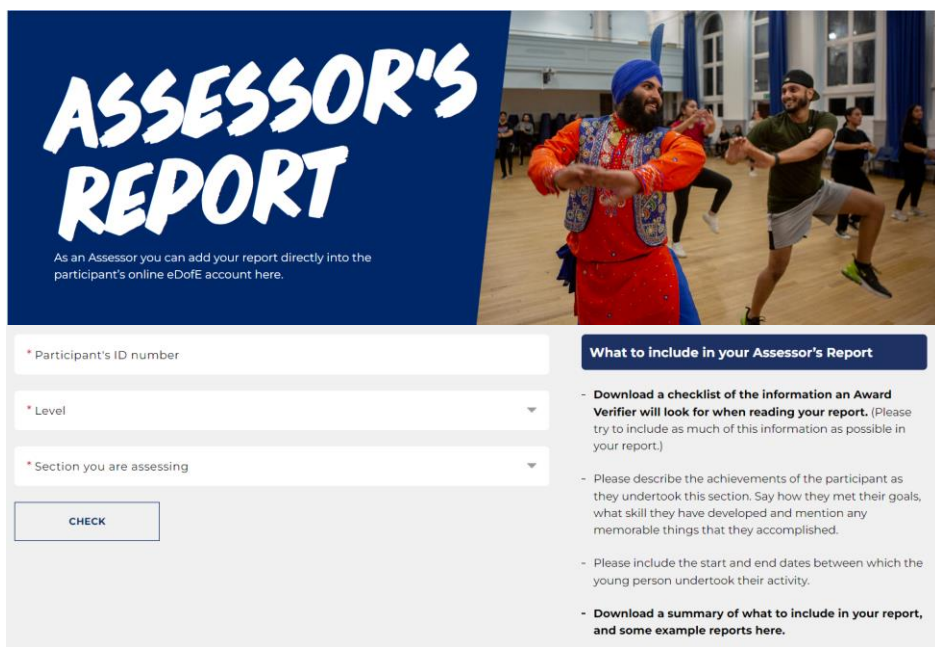
- Name; ID number; Award Level
- Description of activity
- Start and end date
- Timeframe chosen for section
- Goals

The image shows a printed form titled 'ASSESSOR'S REPORT: VOLUNTEERING'. It includes fields for 'Participant: adult ID No.' and 'Level: Bronze'. The form contains sections for 'Description of activity', 'Date started', 'Completed', 'Goals set by participant', 'Assessor's comments', '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 eCVfE as evidence.'

The image shows a screenshot of the 'ASSESSOR'S REPORT' online portal. The header features the title 'ASSESSOR'S REPORT' in large white letters on a blue background, with a photo of a group of people. Below the header, there is a form with a 'CHECK' button. To the right of the form, 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



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

Expedition Costs – £181.56

*March 2025/ April 2026

Getting started

- **Deadline for registering – Friday 10th July 2026**
- **Registration fee due by Friday 4th September 2026 (£30.50)**
- **Expedition fees due by Friday 21st May 2027 (£181.56) funding will be secured to assist.**
- **All fees to be paid through MCAS**
- **Expectation to attend Period 6 DofE every 2 weeks – start date TBC once registrations are complete**



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For more information, contact
Sarah Coyle
Teacher of Science
enquiries@tscacademy.org.uk

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



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We're looking for a Young Leader
to help support delivery of The
Duke of Edinburgh's Award.



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SAMWORTH
CHURCH
ACADEMY



*An unforgettable experience encompassing breath taking and challenging terrain within
the UKs National Parks*

Duke of Edinburgh Award 2027



Premier Expeditions



L121327 / R2676



Quality Badge awarded by



The First Aid Industry Body



Guiding Principles of DofE

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Enjoyable



The Sections



Volunteering: undertaking service to individuals or the community



Physical: improving in an area of sport, dance or fitness activities



Skills: developing practical and social skills and personal interests



Expedition: planning, training for and completion of an adventurous journey in the UK or abroad

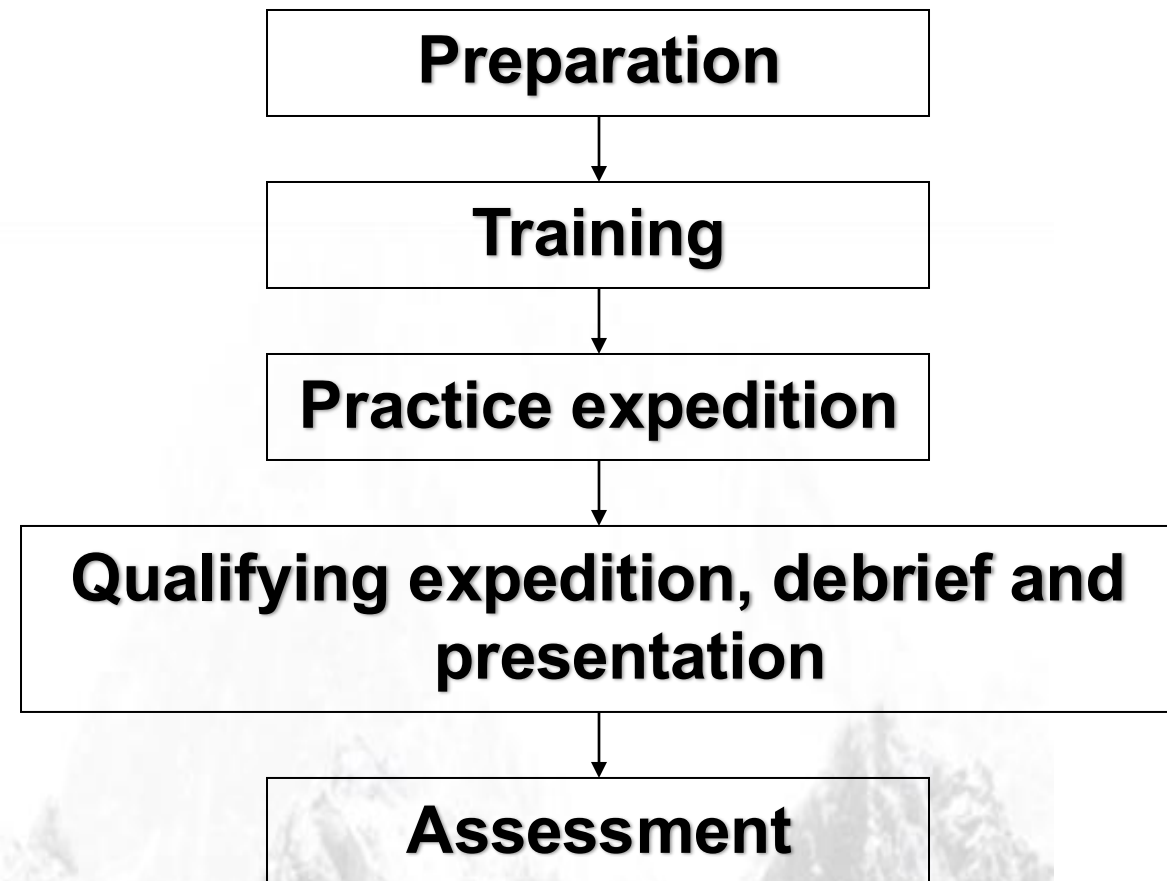


At Gold level, participants must do an additional fifth **Residential** section, which involves working and staying away from home doing a shared activity

Expedition

Aim

“To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team”



Bronze Award



BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night



PLUS a further 3 months in the Volunteering, Physical or Skills section.

Bronze Expedition Section Structure

Training & Navigation Practice

(2 Days) Robin Hood Activity Centre

Saturday 19th – Sunday 20th June 2027

Qualifying

(2 Days 1 nights Walesby Scout Camp)

Saturday 3rd – Sunday 4th July 2027

To Complete the expedition section of the award ALL elements must be completed

What does the training include?

Students attending the training will be undertaking the common training framework. The sessions which are included in this are:

- Camp craft skills
- Cooking & hygiene
- Basic map skills
- First Aid for D of E including emergency procedures, Safe Airway & CPR
- Team Building throughout each session
- In the field navigation training
- A willingness to learn & make mistakes



What to expect on the Qualifying Expedition

Candidates will be expected to:

- Carry full kit including tents & stoves
- Complete a minimum of 6 hours activity away from the campsite
- Routes will be between 12 – 15km per day
- Teams will operate independently without direct adult supervision
- Teams will operate in undulating terrain
- Adhere to the Countryside Code
- Abide by all School & Premier Expeditions policies

Who will be looking after your Child?

AAP Technical Staff

Pastoral Staff



Who will be looking after your Child?

International Mountain Leader (IML) MLT

Winter Mountain Leader (WML) MLT

Summer Mountain Leader (SML) MLT

Hill & Moorland Leader MLT

Lowland Leader Level 3 Sports Leaders UK / MLT

Assistant Lowland Leader Level 2 Sports Leaders UK / Lowland Leader MLT



**Mountain
Training**
England

How many staff are on Expedition?

The amount of staff on expeditions are influenced by factors including:

- Minimum guidance ratios as set out in the DLC's Policies & Procedures
- Specific needs which have been risk assessed
- The type of terrain (Countryside, Moreland or Mountainous)
- The number of candidates
- The group make up (male vs female)
- The stage of the award (training or qualifying expedition)

About our Expedition Leaders

Our expedition leaders are:

- Fully qualified with NGB Awards
- Have in date DBS / Safeguarding training / First Aid
- Over 50% have worked within education
- Many lead on overseas expeditions



Levels of Supervision

There are 3 different levels of supervision which are employed over the awards:

DIRECT SUPERVISION

During the training phase when teaching
During cooking at the practice phase
In areas of high Risk

IN - DIRECT SUPERVISION

During the Practice phase
During the Qualifying Phase



REMOTE SUPERVISION

During the Qualifying Phase

Medication & PMH

- It is important that we are aware of all medical issues
- We also need to know about current medications
- We need to know about any allergies
- Medication needs to be available on all expeditions



Expedition Kit

What do candidates need to provide?

All candidate need to provide personal equipment. Before you panic consider:

- ✓ What kit do you already have?
- ✓ Have you got any brother / sisters who have already done the award?
- ✓ Have you got any friends who have done the award?

Kit & Equipment needs to be fit for purpose. Candidates without adequate kit may not be able to take part

The main items which you need to provide are:

3 Season Rated Sleeping Bag



Waterproof Jacket & Trousers



Walking Boots with Ankle support



Food for each expedition



A full information is available on our website & via School

Expedition Kit & Food

Students will need all of the following clothing & personal kit for the Qualifying.

Got it	Packed it	Item needed	Specific tested items we recommend
		1 pair of walking boots WITH ANKLE SUPPORT (broken in)	Berghaus: Expedito Trek, Expedito Ridge and Explorer Trek and Explorer Ridge boots
		2 pairs of walking socks	Bridgedale: WoolFusion Trekker, Woolfusion Trail
		2 pairs of sock liners (optional)	Bridgedale: Coolmax Liner
		2-3 t-shirts	Craghoppers: Fusion and Vitalise Base T-shirt
		Thermal t-shirt (optional)	Craghoppers: Fusion and Vitalise Base T-shirt
		2 fleece tops or similar	Craghoppers: Fleece: Vector and Ionic Hooded Jackets, Vector and Ionic Half Zip Tops
		2 walking trousers (warm, NOT jeans)	Craghoppers: Traverse Trousers
		Underwear	
		Nightwear	
		Flipflops/trainers/sandals etc (optional for camp site use)	
		Warm hat &/or sunhat (as appropriate)	
		1 pair gloves	
		1 pair shorts (if appropriate)	
		Waterproof over-trousers	Craghoppers: Ascent Overtrousers
		Jacket/coat (waterproof & windproof)	Craghoppers: Waterproof Shell: Reaction Lite and Apex Jackets
		1 pair gaiters (optional)	

Personal Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		Rucksack (65 – 70L)	Vango: Contour, Sherpa, Pinnacle rucksacks
		Rucksack liner	Lifefuture: Dry Bags (2/5/10/15/25/35/55/70 litres)
		Sleeping bag (Minimum 3 Season)	Vango: Nitestar, Latitude, Venom, Ultralite, Ultralite Pro and Stratos (Cotswold Outdoor exclusive) sleeping bags
		Sleeping mat	Vango: Single Adventure and Trek mats
		Waterproof bag	Lifefuture: Dry Bags and Compression Bags
		Sleeping bag liner (optional)	Lifefuture: Polycotton sleeping bag liner
		Survival bag	Lifefuture: Light and Dry Survival Bivi
		Whistle	Lifefuture: Survival whistle, Safety whistle



Web: www.premierexpeditions.co.uk

Email: info@premierexpeditions.co.uk

Premier Expeditions is owned and managed by Premier Ski & Snowboard Ltd. Company No. 07314474

Expedition Kit & Food

		Torch (head torch and spare batteries)	Lifefuture: Intensity 220 torch, Intensity 220 head torch
		Personal first aid kit	Lifefuture: Camping first aid kit, Trek first aid kit, Blister first aid kit Visit DofEShopping.org/safety for more information
		Expedition food	Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at DofEShopping.org/food
		Water bottle (2 x 1L)	Lifefuture: Tritan Flask (1000ml), Tritan Bottle (650ml)
		Knife, fork, spoon	Lifefuture: Basic knife fork and spoon set, Folding knife fork and spoon set; Ellipse knife, fork and spoon set
		Plate/bowl	Lifefuture: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		Mug	Lifefuture: Stainless steel camping mug, Titanium mug, Ellipse mug
		Box of matches (in waterproof container)	Lifefuture: Windproof matches
		Wash kit/personal hygiene items (some items could be shared as a group)	Lifefuture: Wash bag (small), All-purpose soap, Dry wash gel
		Sunblock (if appropriate)	Lifefuture: Mountain Formula SPF50, Mountain Combi Stick SPF50
		Towel	Lifefuture: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		Small quantity of money (optional)	
		Notebook and pen/pencil	
		Watch	
		Gas Canister Self Sealing C100 / C250	

Group Kit

Got it	Packed it	Item needed	Specific tested items we recommend
		Tent(s)	Provided by Premier
		Camping stove	Provided by Premier
		Scourers	(for cleaning stoves)
		Tea towels	
		Food (lightweight and including snacks)	Get advice at DofEShopping.org/food
		Plastic bags (for rubbish etc.)	
		Toilet paper	
		Maps (1:25 000/1:50 000)	Provided by Premier
		Compass	Provided by Premier
		Map cases	Provided by School



Web: www.premierexpeditions.co.uk

Email: info@premierexpeditions.co.uk

Premier Expeditions is owned and managed by Premier Ski & Snowboard Ltd. Company No. 07314474

What equipment do we provide

- Tents
- Stoves
- Gas
- Maps
- Compasses
- 1 Group 1st Aid Kit
- Bag Covers



It is the groups responsibility to look after the equipment which handed out and it should be treated appropriately with the same level of respect as you would treat your own.

Breakages due to maliciousness / careless use will be charged to the team / individual

Where should I purchase the kit?

- ✓ As part of the award registration process you get a Rewards Card
- ✓ Go Outdoors offer a 10 – 15% discount with the card in store



I've done my sections, now what?

- ✓ Assessor's Reports with correct date and duration are the minimum required
- ✓ Paper copy, scanned and uploaded
- ✓ Electronic submission also OK, links are all in eDofE!
- ✓ School deal with the expedition section except the presentation



Assessor's Report

Assessor's Reports

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

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.

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.

Please remember to keep your comments positive and encouraging. Thank you for supporting young people with their activities.

All fields marked * are mandatory.

* **Participant's ID number:**

* **Level:**

* **Section you are assessing:**



Assessor's Report
VOLUNTEERING

Participant: [REDACTED]
eDofE ID No: [REDACTED]
Level: **Bronze**

Activity: Brownies

Date started: 20/4/17 Completed: 20/7/17 (3 months)

Goals set by participant: Learn how to lead an activity, help young children and work

Assessor's comments: as part of a team.

Please enter as much as possible, taking about timing, teamwork if applicable and achievement. If not you will describe the achievement of the young person and will form part of their permanent record of their DofE programme.

Carli has attended brownies for 3 months she has lead small group activities and has helped girls on a one to one basis when they need a bit of additional support with sewing and cutting out. She is a clear communicator & will do anything when she is asked to.

Signature: [Signature] Date: 20/8/17

Assessor's first name: NEZCEA Last name: SMITH

Assessor's position/qualification: LEADER

Assessor's phone number: [REDACTED]



























Assessor's email: [REDACTED]

Participants should scan or photograph the page and upload to eDofE as evidence. Please ensure it is saved the right way up.



What happens when I complete my award?

- ✓ Award approval issued
- ✓ Badge and certificate
- ✓ Can start next level without having to do extra!

 1462918	Emily	Bronze 2017	B	 30/03/2017	 06/12/2016	 25/03/2017	 View	n/a	<input type="checkbox"/>
 1462920	Lily	Bronze 2017	B	 Award completed on 20/09/2017				n/a	<input type="checkbox"/>
 1463140	Samuel	Bronze 2017	B	 Award completed on 20/09/2017				n/a	<input type="checkbox"/>
 1462922	Milly	Bronze 2017	B	 06/03/2017	 06/03/2017	 06/03/2017	 View	n/a	<input type="checkbox"/>
 1463134	Oliver	Bronze 2017	B	 16/03/2017	 05/01/2017	 04/02/2017	 View	n/a	<input type="checkbox"/>
 1462924	Joe	Bronze 2017	B		 03/04/2017	 01/12/2016	 View	n/a	<input type="checkbox"/>
 1462926	Chloe	Bronze 2017	B	 Award submitted to LO on 26/09/2017				n/a	<input type="checkbox"/>



Questions