

Developing young people for life and work

By following our ten guiding principles, we aim to give every young person the opportunity to do their DofE, regardless of any barriers.

The value of a DofE Award to a young person cannot be underestimated. The personal and non-competitive nature of a DofE programme enables participants from different and diverse starting points to be equally proud of achieving their Award based on their personal challenge and journey.

Every section of a DofE programme gives young people an opportunity to be independent, to grow in confidence and to be challenged as an individual.

Individual programmes for individual people

A DofE programme is a personal challenge which is tailor-made to suit personal circumstances. This will reflect a young person's individual starting point, abilities and interests. Young people design their programme to suit their personal circumstances, choices and local provision.



Principles of all DofE programmes

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

Time

Whilst DofE timescales are expressed in months, participants need to give a regular commitment averaging at least an hour a week during this time. This hour can be broken down throughout the week, for example in two half-hour sessions if it is better suited to the individual participant.

When and how?

Participants can do their DofE activities during their personal time or during school hours if permitted. The self-development nature of DofE can fit in perfectly with an alternative curriculum or education programme.



"The DofE has given some of our students a focus in life and for the past couple of months they have been doing their volunteering work after school at different places. The dedication our type of students has shown is a credit to them."

Andy Butler,
DofE Manager,
The Tutorial Foundation



“Melrose School is a special school for students with social, emotional and behavioural difficulties. Participation in the DofE has been an invaluable experience for all involved. The students worked cohesively, demonstrating leadership qualities, endurance, independence, teamwork and co-operation. They have gained life skills which have impacted positively on their outlook and behaviour at school. The DofE has become an integral part of our school curriculum and it is essential that the students are offered the same opportunities as others.”

Kevin Blythen,
DofE Co-ordinator, Melrose School

DofE programmes

There are four sections at Bronze and Silver level and five at Gold.

Bronze **Silver** **Gold**

With assistance from adult Leaders, participants select and set objectives in each of the following areas:

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 completing an adventurous journey in the UK or abroad.

Gold programme participants must also do an additional fifth **Residential** section which involves staying and working away from home doing a shared activity.



The benefits

When a young person does their DofE programme they'll develop the skills and attitudes they need to become more rounded, confident adults.

You'll see all kinds of new talents develop in your participants as they progress, including:

- self-belief
- self-confidence
- a sense of identity
- initiative
- a sense of responsibility
- an awareness of their strengths
- new talents and abilities
- the ability to plan and use time effectively
- the ability to learn from and give back to others in the community
- building new friendships
- problem solving, presentation and communication skills
- leadership and team working skills.

