

What is the DofE?



A group of four male students in school uniforms (blue blazers, white shirts, and dark trousers) are sitting on a green lawn. They are all looking down at a small object, likely a smartphone, which is held by one of the students in the center. The background shows a row of red brick houses under a clear sky. The text 'YOUTH WITHOUT LIMITS' is overlaid in a large, white, stylized font across the middle of the image.

YOUTH WITHOUT LIMITS

Welcome

Parent and Carer Information and Q&A Session

DofE South East Regional Team

Mr Morris, DofE Leader, CGS

Mrs Feetham, DofE Manager, CGS



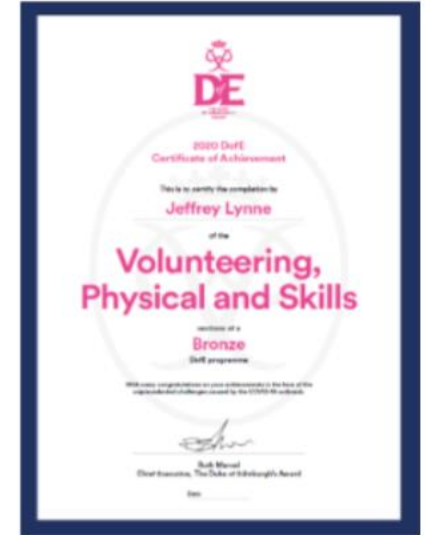
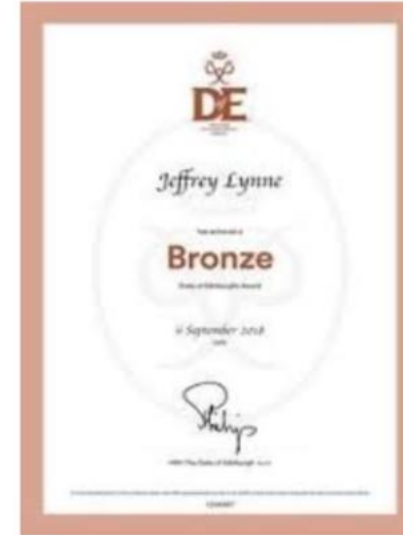
**YOUTH
WITHOUT
LIMITS**



The DofE

Our mission

To inspire, guide and support young people in their self-development and recognise their achievements.



Our Guiding Principles

Non-competitive

Voluntary

Personal development

Personalised

Balanced

Progressive

Achievement focused

Demand Commitment

Enjoyable

Achievable by all

What is involved?

BRONZE AWARD			
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.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 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				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
12 months	12 OR 6 months	12 OR 6 months	4 days 3 nights	5 days 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.				

What is involved?



- There is a **huge choice** of activities that count towards a DofE programme
- Activities could be something they are already doing or completely new
- All activities must be **outside of normal school curriculum**. Lunch and after school clubs & activities can count.
- The activity should be done for **approximately an hour a week**
- **Participants need to have an assessor** for each section of the award who has expertise or knowledge in the activity, but **cannot be a relative**

Volunteering

It's about choosing to give time to something useful, without getting paid.

- Raise money for a local charity
- Opportunities within the local community (local papers/Social media). Is there a community organisation or individual that needs support? e.g. Helping an elderly neighbour / litter picking / community run shop or cafe
- Skype talk / facetime / WhatsApp/ Zoom call to an elderly relative or neighbour to prevent them from feeling isolated
- Helping at school library or clubs

****Unfortunately volunteering at commercial businesses cannot be accepted***



Physical



Being active, anything that requires a sustained level of physical energy and involves doing an activity

- Walking in the local area
- Fitness challenges
- Couch to 5k
- Online Yoga/Pilates
- YouTube fitness video
- Circuit training at home
- Individual or team sports



Skill

To develop practical and social skills and personal interests by developing a new skill or improving an existing one

- Complete an online course
- Learn to play an instrument
- Coding
- Photography
- Cooking
- Sign language
- Studying religious text
- Learning first aid
- Gardening
- Magic tricks
- Research family tree
- Painting, drawing or model making
- Extra-curricular languages
- Coaching



Expedition

Exploring the countryside and camping under the stars in small groups. During the expedition they will be unaccompanied and self-sufficient learning valuable life skills such as teamwork, leadership and resilience.

Level	Training	Duration		Minimum hours of planned activity each day
		Practice	Qualifying	
Bronze	Including.... Camp craft Map Skills, First Aid,	2 days and 1 night	2 days and 1 night	At least 6 hours during the daytime
Silver	Including.... Camp craft Map Skills, First Aid,	Minimum 2 days and 2 night	3 days and 2 night	At least 7 hours during the daytime
Gold	Including.... Camp craft Map Skills, First Aid,	4 days and 3 night	4 days and 3 night	At least 8 hours during the daytime

DofE Expedition Kit

Get prepared for expedition season. The DofE builds great partnerships with expert kit suppliers and manufacturers so we can recommend kit suitable for DofE expeditions.

[DOWNLOAD THE DOFE EXPEDITION KIT LIST](#)

Residential – Gold ONLY

Working, learning and staying away from home for 5 days 4 nights.

It's a great opportunity to build new relationships with people you have not met before, whilst working as part of a team to achieve shared goals, staying in shared accommodation.

- University taster course
- Language course
- Cookery courses
- Outdoor activity centre
- Conservation projects
- Zoo Keeper course
- First Aid course
- Summer Camps

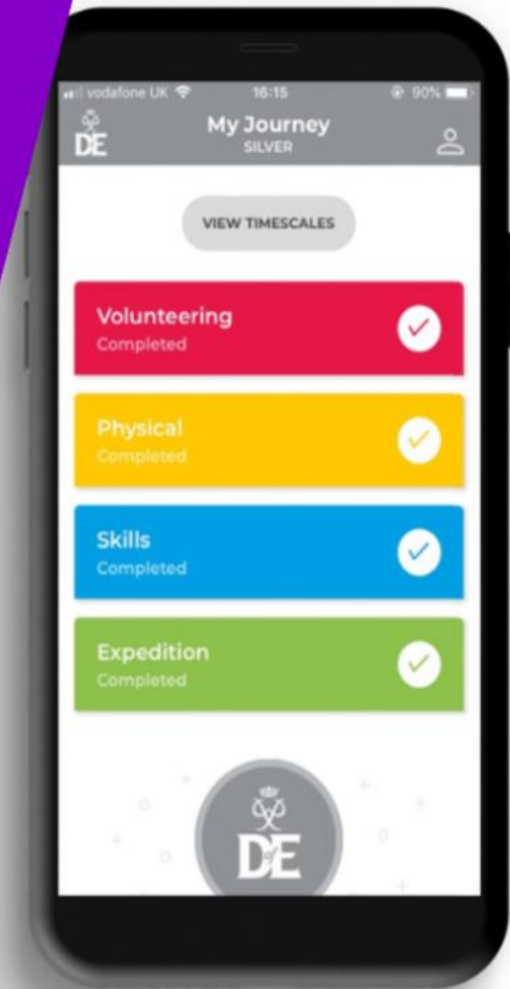


Getting Started

Welcome Packs, eDofE and the DofE Card



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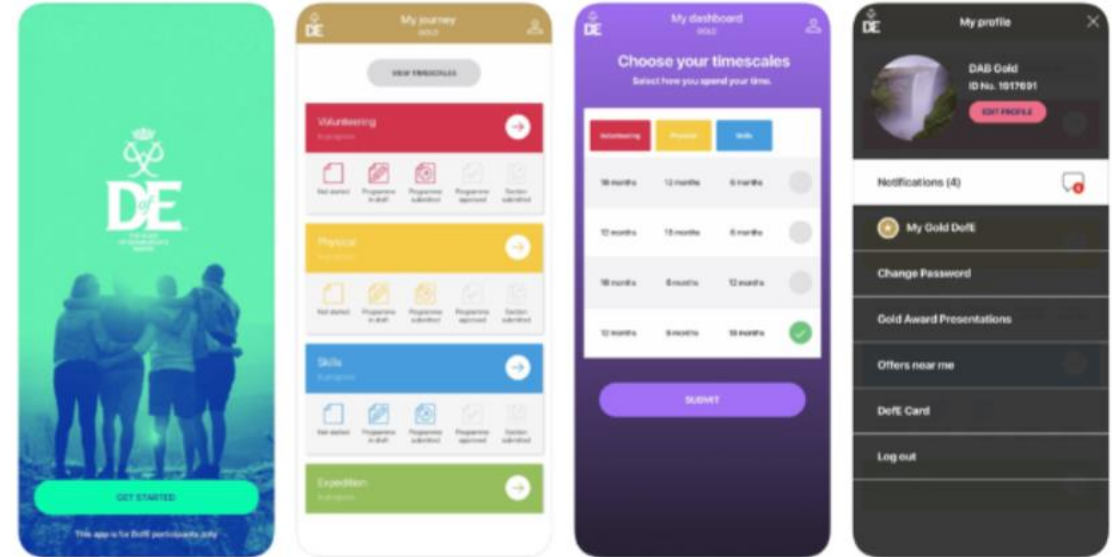
eDofE and the Participant eDofE App

eDofE is our digital system where participants record their DofE programme and activities online, and get each section approved by a DofE Leader.

Participants can check their progress throughout their programme and submit evidence in a variety of formats.

Participants can sign into eDofE by clicking the 'eDofE login' button in the top right of any page of the website, or visit edofe.org

Access eDofE on the web or using the official smartphone app



Welcome Pack

The DofE sends Welcome Packs directly to new participants' homes when they register their address on their eDofE profile.

The Welcome Packs include five main elements:

- Information for participants
- Information for parents and carers
- Participant's DofE Card
- Assessors' cards
- A guide to choosing expedition kit.

You can [download digital copies](https://dofe.org) of the contents of the packs on dofe.org.



DofE Rewards

The DofE Discount Card

DofE participants receive a discount for being part of the DofE network.

It gives a discount at a number of fantastic retailers in-store and online.

Discover all DofE offers on our website www.DofE.org

eDofE Mapping

The OS eDofE Mapping system is accessible via eDofE, allowing participants to create personalised maps

 GOoutdoors.co.uk Extra 10% off the GO Outdoors Discount Card price. Inspiring everyone to get outdoors, for less... and love it as much as we do.	 Blacks.co.uk 15% off the current selling price. Includes reduced price items. Proud to be a part of your outdoor life.	 Millets.co.uk 15% off the current selling price. Includes reduced price items. The destination for family adventure.	 Ultimateoutdoors.com 15% off the current selling price. Includes reduced price items. The number one destination for all things outdoors.	 Tiso.com 15% off the retail price. Scotland's leading specialist retailer for outdoor clothing, camping equipment and climbing gear.
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Always show your DofE Card or Voucher.
You'll get the best savings and help support young people to do their DofE.



Assessor Reports

WHO & HOW



***YOUTH
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Assessor Reports – Who

An Assessor can be anyone who is interested in helping a participant complete a section and achieve their Award, has some knowledge about it (although they don't need to be an expert!) and is available over the time you're doing their activity.

They **cannot be a family member** (to maintain the integrity and value of your Award), but they could be:

- A family friend
- Your DofE Leader
- A DofE volunteer or helper who helps with the group (your DofE Leader can help put you in touch)
- A teacher/tutor from school
- Another youth leader, if they belong to a youth club, Scouts, Cadets etc.
- Must be over 18

Assessor Reports – How

There are two ways to submit Assessor's Reports

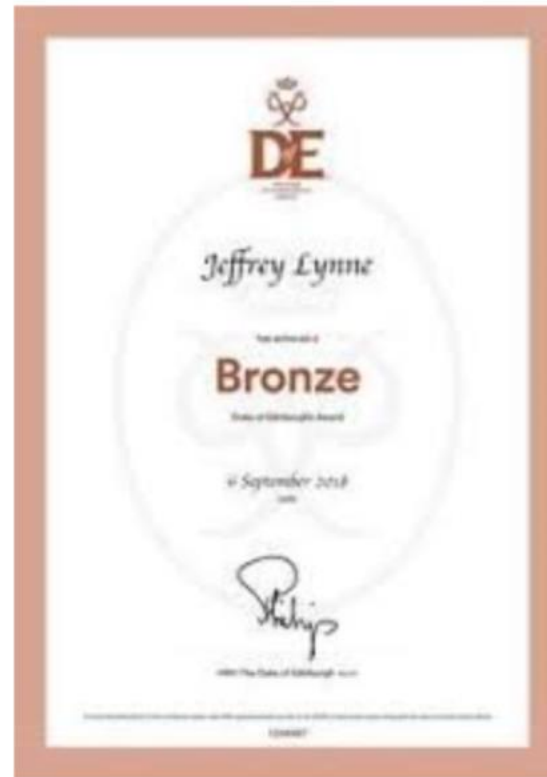
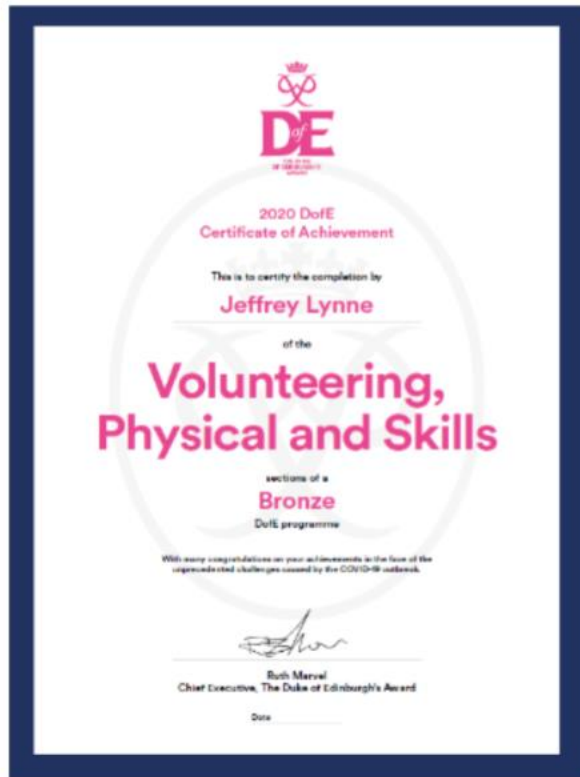
1. The assessor can complete the sectional Assessor's Report Card, found in a participant's Welcome Pack
2. Alternatively an assessor report can be directly uploaded into the participant's online eDofE account via DofE.org/assessor

The assessor will need:

- The participant's eDofE ID number.
- The participant's Award level.
- The section they are assessing them for.

The image displays two versions of the 'Assessor's Report' form. The top form is a physical 'Assessor's Report Card' with a white background and a red header. It includes the DofE logo, the title 'ASSESSOR'S REPORT VOLUNTEERING', and a red-bordered box for participant details: 'Participant: _____', 'eDofE ID No: _____', and 'Level: Bronze'. Below this are fields for 'Description of activity: _____', 'Date started: ____/____/____ Completed: ____/____/____ (____ months)', and 'Goals set by participant: _____'. The bottom form is a digital 'Assessor's Report' form with a white background and a red header. It includes the DofE logo, the title 'Assessor's Report', and a red-bordered box for participant details: 'Participant's ID number: _____', 'Level: _____', and 'Section you are assessing: _____'. Below this are fields for 'Date started: ____/____/____' and 'Date completed: ____/____/____'. The digital form also includes a 'What to include in your Assessor's Report' section 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 met 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.', 'Expedition Assessors: Please include your award expedition number and (if applicable) the team's expedition notification number in your report.', and 'Download a summary of what to include in your report, and some example reports here'. The digital form also features a 'Send a card' button and a 'Print' button.

On completion of their award....



LifeZone

Our careers hub for participants and Award holders – helping you describe the huge variety of skills and experience you've gained from doing your DofE that will make you stand out to employers, colleges and universities and that you'll be able to use in the workplace.

Gold Award Presentations

FAQs

- The school/LO will enrol your son/daughter onto DofE via eDofE and they will receive an email with their log in details
- Participants must complete an hour a week, if they miss a week, that's not a problem, just add it on at the end
- Participants can change activity if needed
- Assessors only need to add one report at the end of the time commitment
- Evidence can be uploaded such as pictures/ blog/recipes etc each week
- The same person can assess for each section if needed (Not a family member)
- All three sections can be run concurrently.



The Duke of Edinburgh's Award in numbers

April 2023 - March 2024



330,984

Young people started their DofE journey



4,725,825

Total volunteering hours given by young people

30.1%

Of 14 year olds in the UK started their Bronze DofE

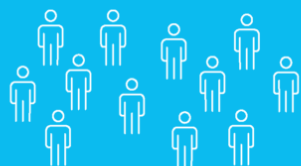
545,910

Young people actively doing their DofE



£24,952,356

Estimated total value of volunteering hours given in support of others



Awards started by young people facing marginalisation



50,277 (15.2%)

Experiencing poverty



88,530 (26.7%)

From minority ethnic backgrounds



25,691 (7.8%)

Have additional needs



39,457

Leaders and volunteers delivering DofE programmes



4,765

Licensed Organisations actively delivering the DofE



155,502

Awards achieved

Awards started



Bronze 230,245



Silver 72,192



Gold 28,547



YOUTH WITHOUT LIMITS



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Thank you

to
The Duke of Edinburgh's Award participants

from

Cox Green School

who spent

1131 Hours

volunteering between
1 April 2024 and 31 March 2025.

We are immensely proud of the dedication, effort and achievement of young people making an impact in their community.

The social value of these hours is

£7238

Ruth Marvel OBE, Chief Executive

June 2025



How does DofE work at Cox Green School?

- **Mr Morris – DofE Leader**
- **Mrs Feetham – DofE Manager**
- **Mrs Warner – DofE Verifier**
- **Miss Stockwell – DofE Bronze Support**
- **Miss Duffin – DofE Bronze Support**
- **Mr Shand - DofE Bronze Support**
- **Other staff volunteer to help on Expeditions**



How does DofE work at Cox Green School?

- Students are able to sign up for the DofE Awards on Sunday 28 September at 7pm via your iPay account on a first come, first served basis (closing: 10pm Wednesday 1 October)
- Regular check in meeting to monitor progress

DofE compulsory training days - 2026

- Bronze Wednesday 20 May
- Silver Wednesday 4 March
- Gold Wednesday 25 February

Pre-expedition Information Meeting - 2026

- Bronze – Wednesday 3 June (6pm)
- Silver – Wednesday 11 March (6pm)
- Gold – Wednesday 4 March (6pm)

Expedition compulsory dates - 2026

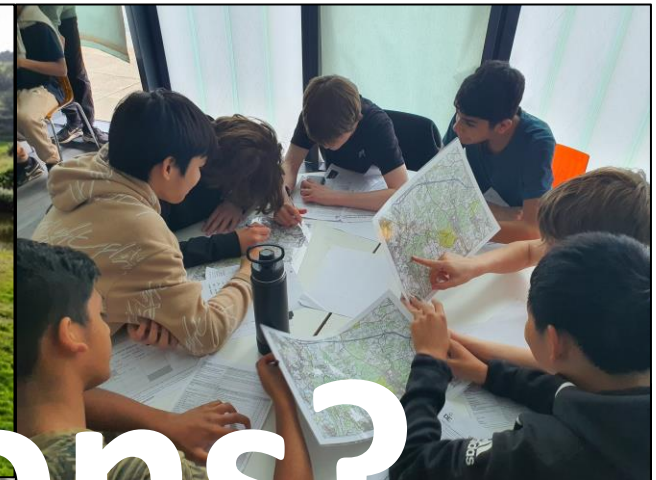
- Bronze
 - Practice Friday 19 – Saturday 20 June
 - Assessed Friday 26 – Saturday 27 June
- Silver
 - Practice Friday 17 – Sunday 19 April
 - Assessed Friday 3 – Monday 7 July
- Gold
 - Practice Friday 20 March - Tuesday 24 March
 - Assessed Friday 10 – Wednesday 15 July



How does DofE work at Cox Green School?

- The monies paid to the school covers the cost of registering for the Award and for undertaking the expeditions. The equipment supplied includes tents, cooking stove, gas and maps.
- Students will require their own personal expedition equipment, for example; waterproofs, suitable footwear, rucksack and a sleeping bag.
- A kit list will be provided nearer the time.





Any questions?

