



THE DUKE
OF EDINBURGH'S
AWARD

About the DofE

DofE.org

Our mission

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

Our vision

To reach more young people from diverse backgrounds and equip them as individuals to succeed in life.

Our guiding principles

At the DofE we strive to achieve our mission through personal development programmes and the assessment and presentation of Awards.

All our programmes are driven by the following ten guiding principles, which are at the heart of everything we do:

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

Contact details

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INVESTOR IN PEOPLE



The DofE in the UK is proud to be part of The Duke of Edinburgh's International Award, which oversees DofE programmes in over 140 countries worldwide.



DofE programmes

Anyone aged between 14 and 24 can do a programme at one of the three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. There are four sections at Bronze and Silver level and five at Gold.

Below are examples of the type of activities young people can do for each of their sections...

Volunteering (active citizenship)

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment and animals
- Helping a charity or community organisation



Physical (sport and dance)

- Team and individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports and martial arts.



Skills (hobbies and pastimes)

- Creative and performance arts, music
- Care of animals and natural world
- Life skills
- Learning and collecting
- Media and communication
- Science and Technology



Expedition (adventurous journey)

- On foot
- By bicycle
- By boat
- By canoe or kayak
- By wheelchair
- On horseback



Residential (purposeful project)

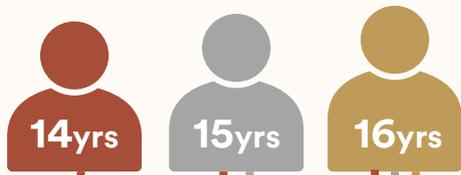
Gold level only

- Service to others
- Environment and conservation
- Learning
- Activity based



How long does a DofE Programme take to complete?

There are three levels of programme participants can do which. Once completed, these lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.



If they're old enough, they can start at any level but most try for Bronze first and work upwards.

Participants complete each level by spending at least **one hour on each section per week** for the minimum durations shown below.



Each Award is made up of four sections (five at Gold level).

	Bronze	Silver	Gold
Volunteering	3 months	6 months	12 months
Physical	3 months	3/6 months	6/12 months
Skills	3 months	3/6 months	6/12 months
Expedition	2 days 1 night	3 days 2 nights	4 days 3 nights
Residential	n/a	n/a	4 nights

If participants haven't achieved their Bronze Award they must undertake a further 6 months in Volunteering or the longer of their Physical or Skills section.

If participants have not achieved their Silver Award they must undertake a further 6 months in Volunteering or the longer of their Physical or Skills section.

Participants have until their 25th birthday to complete the level they're working on and achieve an Award.

Awards started



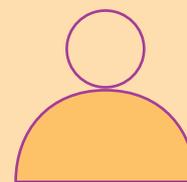
287,937

young people embarked on their DofE journey (up 1.7% on last year)

This includes

68,774

disadvantaged young people



461,563

young people are currently doing their DofE programme



Awards achieved

Awards achieved 2017/18:

153,284

(that's an increase of 7.2%)

Bronze



109,743

Silver



31,073

Gold



12,468

UK Awards achieved since 1956:

3 million+

With over 6.5 million started

55.5%

achievement rate in 2018/19



In numbers...

There are around

40,000

Leaders and volunteers, and

3,504

Licensed Organisations delivering the DofE



New starters globally in 2017:

more than 650,000

Participants globally in 2017:

1.2 million

Countries/territories running DofE programmes: **141**

Awards achieved worldwide in 2017: **around 350,000**

Number of volunteers globally: **over 200,000**

Benefits of the DofE

For the young people

Participation in a DofE programme allows young people to:

- Distinguish themselves in a competitive marketplace with employers, colleges and universities by achieving their Award and acquiring tangible evidence of their determination and commitment.
 - Broaden their school experiences through a range of challenging situations.
 - Gain new skills, explore unfamiliar environments and take part in new activities.
 - Build self-confidence to make decisions themselves.
 - Recognise success in activities not necessarily provided through the curriculum.
 - Enjoy the process of learning and develop a unique programme for personal development.
 - Develop positive relationships with a wide range of adults in their community.
 - Meet others through shared activities, broadening their network of friends both within and beyond the school.
 - Gain access to the LifeZone (DofE.org/lifezone)
 - a unique careers inspiration site designed for DofE participants and Award holders, containing profiles and endorsements from top companies giving employment advice and pledging to support our young people. There are lots of tips on how participants can use their DofE to get ahead.
- Have use of the DofE logo and gain access to the Brand Centre (DofE.org/brandcentre) – a central resource to produce DofE materials promoting the DofE in their area, such as posters and flyers, which can be personalised to their group and activities.
 - Promote a positive image of the school to the wider community through high profile DofE presentation events and other media publicity, as the DofE is nationally recognised and has high credibility.
 - Improve links with the community through supporting opportunities for active citizenship.
 - Empower young people to set realistic goals.
 - Improve the prospects of their young people for the future.
 - Contribute positively to school inspections.
 - Demonstrate their commitment to young people.
 - Act as a vehicle to improve engagement as young people develop the skills and confidence to participate in an alternative form of education.
 - Use DofE programmes as a student retention tool to increase numbers in Year 12 and 13.

For the staff

Through active involvement in delivering DofE programmes, staff are given the opportunity to:

- Work alongside participants in informal settings outside of a structured curriculum-based timetable.
- Improve their working relationships with young people, with scope to reach those who are disengaged from education.
- Enhance their organisational, managerial and professional skills
- Establish links with a variety of agencies, services, organisations and institutions in the community.
- Experience the support of other staff and volunteers working in a team, sharing a common objective.

Watch our short video where we asked teachers how the DofE Difference has benefited their lives inside the classroom and as a volunteer: DofE.org/teachers.

For the school

Operating the DofE, the world's leading youth achievement award, offers a unique opportunity to recognise and accredit extra-curricular activities and allows schools to:

The DofE and mental health

As schools face increasing challenges in dealing with mental health problems in their students, highlight that the DofE can help young people develop the skills, capabilities and attributes they need for their mental, emotional and physical wellbeing now and in the future. For example, when a young person does their DofE programme, they'll develop their approach to a range of situations – becoming more resilient, well-rounded individuals.

Explain to the head teacher or senior leader that they can expect to see participants building confidence and self-esteem, building and enhancing friendships, learning about themselves and their skills, improving their ability to overcome challenges and getting fitter and healthier.



How a DofE programme develops soft skills

Each section of a DofE programme nurtures a different combination of soft skills. For example, to complete the Expedition section young people need to be able to work in a team but also be self-sufficient and organised. See the table below to identify the type of skills young people gain through their DofE programme.

Volunteering

- Reliable
- Time management
- Self-motivation
- Commitment
- Teamwork
- Compassion/caring for others
- Supporting the local community
- Position of responsibility
- Understanding of strengths and weaknesses
- Leadership
- Communication with others

Physical

- Improved physical health and wellbeing
- Working towards a goal
- Having fun
- Developing an interest
- Working with others
- Commitment
- Recognising achievement
- Meeting a challenge
- Skill development and coordination
- Understanding of rules and safety
- Reflecting on progress
- Leadership

Skills

- Development of social and practical skills
- Increased confidence and self-esteem
- Ability to learn new things
- Working with others
- Commitment
- Meet new challenges

Expedition

- Working as a team
- Problem solving, decision making and dealing with the consequences
- Commitment
- Communication with others
- Leadership
- Self-sufficient
- Organised
- Awareness of safety and recognising hazards
- Dealing with unexpected challenges
- Achievement of shared goals

Residential (Gold level only)

- Confidence in an unfamiliar environment
- Ability to meet new people and build new relationships
- Accept responsibility for self and others
- Develop respect and understanding for others
- Develop skills and attitudes to live and work with others



