

Costs

To take part in the DofE, participants pay a nominal fee for a *Welcome Pack*, which includes their DofE Participation Place. This fee is their contribution towards the charity's costs in running their DofE programme.

The fee represents only a proportion of the overall cost of participation/running the DofE, which is supported by the funds raised by the DofE charity. The current charge for participation can be found at [DofE.org/cost](https://www.dofe.org/cost).

Your Licensed Organisation and/or centre may add a small administration fee to this amount and they must explain this clearly to you. There will also be costs for the activities and expedition, depending on what is chosen.

Supervision

DofE Leaders and Expedition Supervisors undergo safeguarding and other checks and training through their Licensed Organisation to ensure young people have access to a high quality programme.

Local contact

For more detailed information visit: [DofE.org](https://www.dofe.org) or ask for the Parent's guide

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I love the core principles of the DofE... 'access and achievement for all'. We all grow, develop and mature at different stages... the DofE recognises this – allowing young people to achieve without competitive pressures.”

Jenny St. John, parent



@DofE



theDofE



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Can you help?

Whatever activities your child has chosen to pursue for their DofE programme, they will need your support and guidance to help them through. You may also need to encourage them to keep their eDofE pages up-to-date.

You will receive our parents newsletter which contains useful information to help you support your child through their DofE programme. You can unsubscribe from this at any time.

Volunteer

You may feel that you have other skills to offer. In which case, why not volunteer with your local DofE group?

- Talk to your local DofE Leader/ Co-ordinator
- Contact a Licensed Organisation via [DofE.org](https://www.dofe.org)
- Visit our website: [DofE.org](https://www.dofe.org)
- Email us: info@dofe.org



Developing young people
for life and work



A guide for parents and carers

[DofE.org](https://www.dofe.org)

A life-long adventure...

The Duke of Edinburgh's Award (DofE) develops young people for life and work. It helps them to fulfil their potential and have a brighter future. For many young people, the impact can be life-changing.

What is the DofE?

Anyone aged 14 to 24 can take part in three progressive levels of programmes leading to a Bronze, Silver or Gold DofE Award.

Whatever they choose to do for their DofE, they'll make friends for life, have amazing experiences and enhance their CV and college or university applications.

- **Bronze** start in year 9 (13/14yrs)
- **Silver** start in year 10 (14/15yrs)
- **Gold** start at 16+ years old

To achieve their Bronze DofE Award, young people need to complete their own programme of activities in these four sections:

Volunteering

From helping at an after-school kids' club or running an awareness campaign to raising money for a charity or working on a recycling project, young people can get out and help others.

Physical

From football to yoga, swimming to skateboarding, participants get active as they take part in a sport, dance or fitness activity and show improvement over time.

Skills

Participants learn a new skill or develop existing talents. From DJ'ing and science to drama and zoology, the sky's the limit!



Expedition

Through planning, training for and completing an adventurous journey in the UK or abroad, young people develop initiative and a spirit of adventure and discovery.

Residential (Gold level only)

Participants take part in a shared activity away from home with people they don't know. For example: a conservation holiday, a language course or helping on a kids' activity camp...

Participants keep track of their progress and get their Awards approved by their Leaders through our online record keeping system, eDofE.

Where to do the DofE

DofE programmes are delivered under licence by our partners (Licensed Organisations) who offer it through DofE centres from youth clubs, schools and colleges, voluntary organisations, to young offender institutions and businesses.

What will my child gain?

There's not enough space here to list all the benefits so here's a quick snapshot:

- Help to make their community a better place to live.
- Get healthier and happier.
- Become more confident and motivated to succeed at school and beyond.
- Learn how to overcome challenges and be more self-sufficient and resilient.
- Develop positive relationships with teachers outside of the classroom.
- Improve their social skills and make new friends.
- Open doors to further education or employment.

The DofE has already helped millions of young people to learn, grow and stand out from the crowd in college, university and job applications – now it's your child's turn.

Watch our short video to see the DofE from a parent's perspective: [DofE.org/Bronze-parent](https://www.dofe.org/Bronze-parent).

How long does it take?

You can expect each activity to take around one hour a week over a set period of time. It's easy for your child to fit them in around their studies and social life. They'll need to participate regularly and be committed to their DofE during this time.

Find out more about timescales at [DofE.org/timescales](https://www.dofe.org/timescales).

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

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Work-ready attributes are all about communication skills, the ability to work with other people, continuous learning, and giving something back into society.”

Paula Stannett

Paula Stannett
Chief People Officer, Heathrow Airport Ltd.
and DofE supporter

To find out where the DofE is run near you, ask your child's teacher or youth leader, or go to [DofE.org](https://www.dofe.org).