



**YOUTH
WITHOUT
LIMITS**

A PARENT AND CARER'S GUIDE TO THE DOFE AWARD

Duke of Edinburgh

2026-2027





What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

Millions of young people in the UK have already done their DofE.

Now it's your turn.



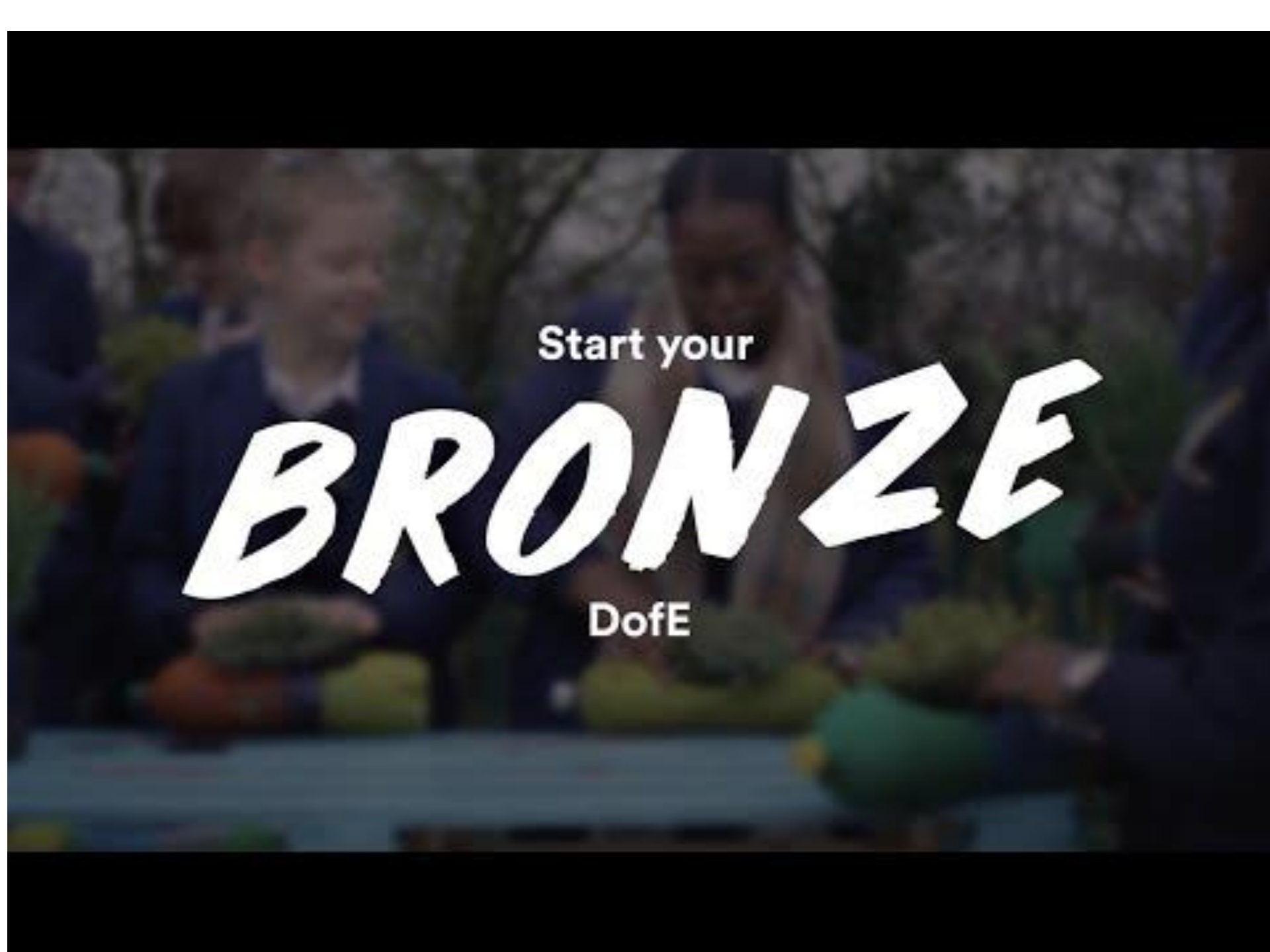
**YOUTH
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What can D of E do for you?

- Teamwork
- Life Skills
- Independence
- Pushing your boundaries
- Confidence
- New experiences



A blurred background image showing a group of students in school uniforms sitting on the ground in a garden, surrounded by various potted plants and flowers. The image is dark and serves as a backdrop for the text.

Start your

BRONZE

DofE

BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

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

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



VOLUNTEERING

Helping people

- ☐ Helping children
- ☐ Helping children to read in libraries
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need
- ☐ Helping people with special needs
- ☐ Tutoring
- ☐ Young carer
- ☐ Youth work

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Peer education
- ☐ Personal safety
- ☐ Promotion & PR
- ☐ Road safety

Working with the environment or animals

- ☐ Animal welfare
- ☐ Environment
- ☐ Rural conservation
- ☐ Preserving waterways
- ☐ Working at an animal rescue centre
- ☐ Litter picking
- ☐ Urban conservation
- ☐ Beach and coastline conservation
- ☐ Zoo/farm/nature reserve work

Helping a charity or community organisation

- ☐ Administration
- ☐ Being a charity intern
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Supporting a charity
- ☐ Working in a charity shop

Coaching, teaching and leadership

- ☐ Dance leadership
- ☐ DofE Leadership
- ☐ Group leadership
- ☐ Head student
- ☐ 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 leadership
- ☐ Music tuition

PHYSICAL

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/Aquathon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampolining
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ CeroC
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/breakdancing/hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ RacketlonRackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Cheerleading
- ☐ Fitness classes
- ☐ Gym work
- ☐ Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating
- ☐ Mountain biking
- ☐ Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Judo
- ☐ Karate
- ☐ Kendo
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfball
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quidditch
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby

SKILLS

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies
- ☐ Listening to, analysing & describing music

- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

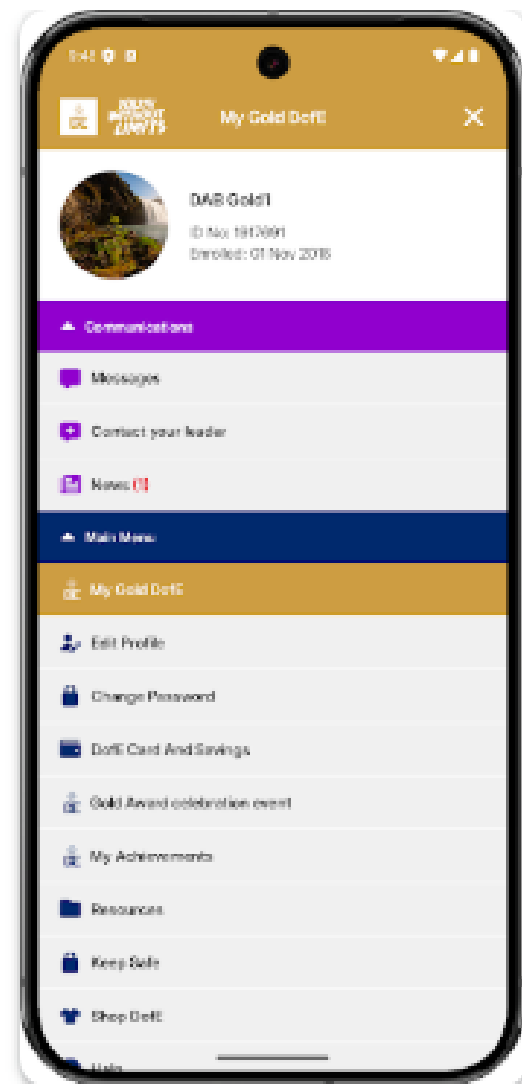
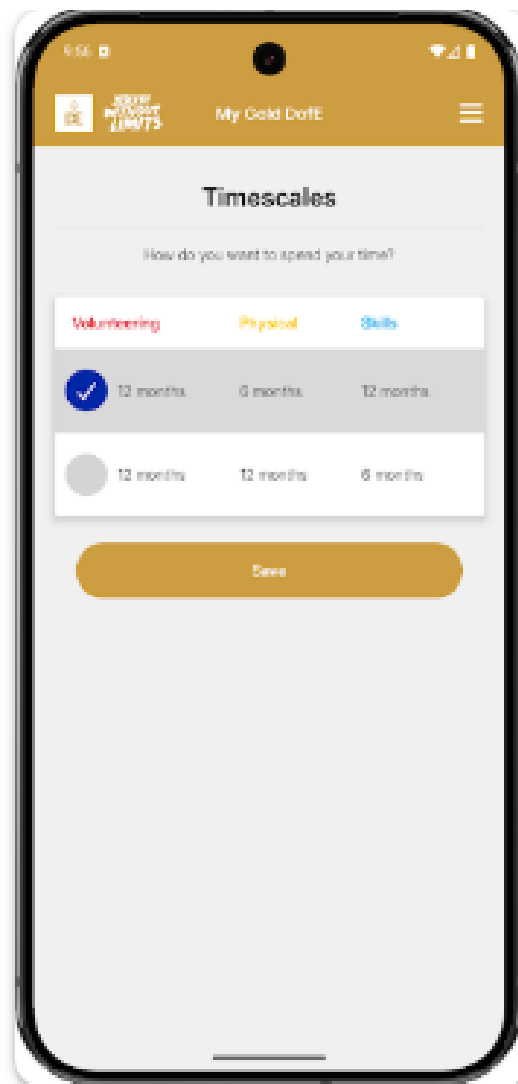
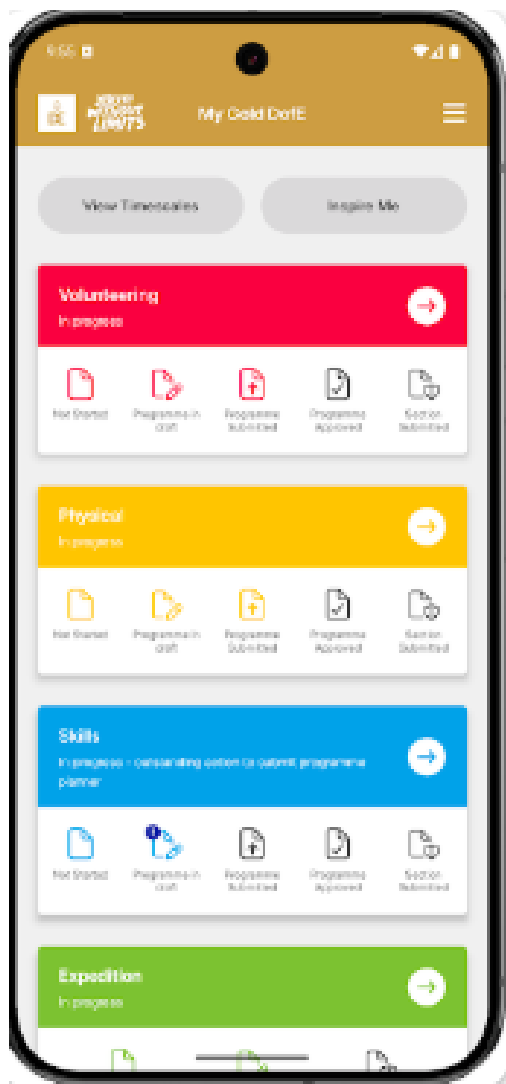
- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

Typical combinations

- V= help with younger yr group in a team game
 - P= team sport (eg regular football training)
 - S= Cooking /musical instrument
-
- V= park run or charity
 - P= download an app for running/walking or gym training
 - S= drama club/ learn a language

Assessors

- PARENTS cannot be the assessor... but they can supervise (cooking /running together etc)
- Myself or Miss Cullen can be your assessor if you have difficulty finding an assessor but you should use someone who is in charge of the activity you are doing.
- Evidence is always the key



 **YOUTH WITHOUT LIMITS**

My Bronze DofE



Edinburgh Zoo

What are your goals? What do you want to achieve?

To assist with the daily care needs of the animals.

Assessor's name

Margaret Henderson

Assessor's position

Zookeeper

Assessor's email

N/A

Assessor's telephone no

N/A

My Leader is

Dan Neil

Manage Evidence

Revert to Draft

 **YOUTH WITHOUT LIMITS**

My Bronze DofE



Volunteering Section

 Add Text Evidence

 Add Photo or File Evidence

You can upload a maximum of 20 images as evidence

[Back to Volunteering Section](#)

Penguins.jpg

[Rename](#) [Delete](#)

 Submitted



☐ Select for Assessor's Report

Unsubmit

Ashley Long

[Rename](#) [Delete](#)

 Submitted



 **YOUTH WITHOUT LIMITS**

My Bronze DofE



Add Photo or File Evidence



Upload File *

(The maximum size per file is 10 mb)

 Upload



File name *

Penguins

My Leader is *

Dan Neil



Save and Submit



ASSESSOR'S REPORT: SKILLS

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 that you think will contribute to 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: _____

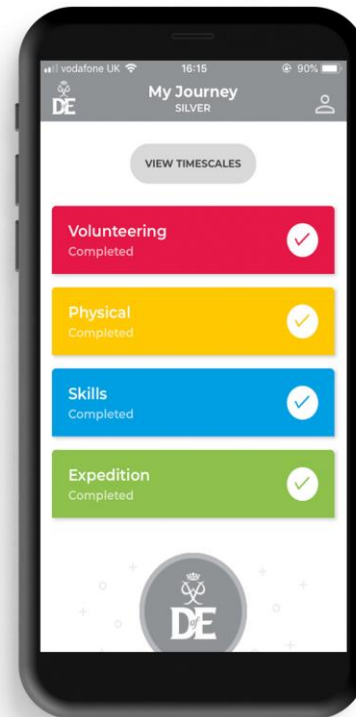
Assessor's position/qualification: _____

Assessor's phone number: _____

Assessor's email: _____

Participants should scan or photograph this page and upload to eDofE as evidence

Your Welcome Pack and eDofE



SILVER

Volunteering 6 months

Physical

one section for
6 months, the

Skills

other for 3 months

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition 3 days 2 nights



Key Information-Dates

Bronze

Training - 10th February 2027 (in School)

Practice - 11th February 2027 (Training Walk)

Assessment – 28th April-30th April 2027 (Local Area)

Silver

Training - 9th February 2027 (in School)

Practice - 27th-29th May 2027 (Cotswolds)

Assessment – 28th-30th June 2027 (The Peaks)

The Expedition section

All the expeditions are run by an external APP provider called 'BXM Expeditions'.

Tents and cooking equipment are provided by BXM for all participants

Roll mats and Rucksacks can be borrowed from the school



<https://www.bxmoutdoors.com/>





Key Information-Cost

Bronze

(Local)

£260

Payment Schedule

£50-23rd October (half term)

£70-30th November

£70-31st December

£70-31st January

This includes the DofE registration fee, expedition costs, transport, staffing and insurance.

What happens next

Name/ Do
B

Once you have paid the Deposit payment your child will be enrolled. Information needed : Full name/ DoB / email address.

Download

Download the Dofe App

Be

A username and password will be sent by email

Use

Use these to log in account and complete the info needed

enrolment

Parent mail will be sent to the next 2 weeks

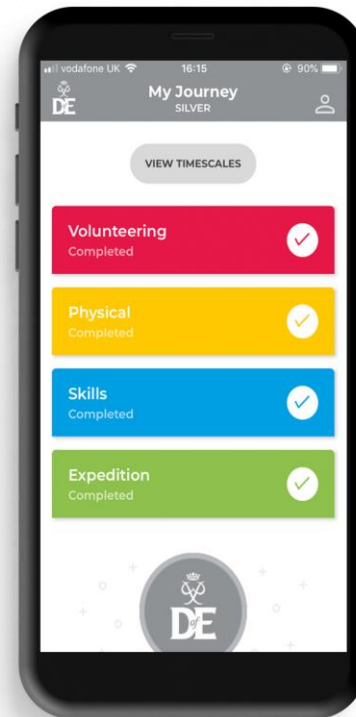
This will have the information that I need to enroll your child on the Dofe program

You will be asked to pay a £50 deposit. £30 is none returnable once you have enrolled as this goes to the Dofe HQ

You will then receive an email from the Dofe with your childs username and password

Download the app and enter details and start.

Your Welcome Pack and eDofE



Key Information-Cost

Silver

(The Cotswolds and the Peaks)

£320

Payment schedule

£50 - 31st October

£100- 30th November

£100- 31st December

£80 -31st January

This includes the DofE registration fee, expedition costs, transport(if not local), staffing and insurance.

If you are not able to attend those dates.....

These are the only dates that we are offering to attend with Ousedale school staff alongside BXM assessors. However, this does not mean that your Child will not be able to participate.

You have the following option:

You pay the DofE registration fee to the school and we will register your child and enrol them on the scheme. However, you will need to make arrangements, independently, for them to complete the expedition section of the award. This includes any training, the practice and the qualifying expedition.

BXM outdoors offers open expeditions, so we would recommend to book directly through BXM but this would be independent from the school.

Useful links

<https://www.dofe.org/do/parents/>

<https://www.dofe.org/do/activities/>

<https://www.dofe.org/do/activitylogs/>

<https://www.dofe.org/do/basicinformation/>

<https://www.dofe.org/resourcescentre>

<https://www.dofe.org/assessor/>