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Gold

Parents & carers

Welcome

Gold DofE – a life-changing adventure. At a pivotal stage approaching adulthood, it helps young people become more independent, confident and resilient, prepping them with the skills and attributes to get ahead in work and life. If they've done their Bronze or Silver they'll know much of what's in store, but Gold is a big step up requiring more commitment, and there's an additional section to complete.

The pay-off will be making friends for life, having amazing experiences and achieving an Award that enhances their CV, college or university applications.

Your child is a young adult, but you can still play a vital support role in their DofE journey. So, here, you'll find out how the Award levels work, why they are important and what you can do to help your child make the most of this fantastic opportunity.

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My DofE has instilled a new-found confidence in me. I love meeting people, taking on challenges and pushing my boundaries. I have the attitude now that I can do almost anything if I put my mind to it.”

Louise

Gold Award holder

What's involved

Anyone aged 14 to 24 can take part in three progressive levels of programmes leading to a Bronze, Silver or Gold DofE Award. To achieve their Gold DofE Award, participants will need to complete their own programme of activities in these five sections:

Volunteering

Supporting individuals or giving back to the community.

Physical

Improving in an area of sport, dance or fitness.

Skills

Developing practical and social skills and personal interests.

Expedition

Planning, training for and completing an adventurous journey.

Residential

Doing a shared activity away from home.

Maybe they want to try something new? Or get better at something they already do? The DofE can be whatever each young person wants it to be.

Whether it's gymnastics, DJing, fundraising for a charity or mentoring a sports team, it's a good idea to choose activities they enjoy so they stick at it and get more out of the experience. They can check out our website at [DofE.org/do](https://www.dofe.org/do) for inspiration on what to do.



How long does it take?

You can expect each activity to take one hour a week over a set period of time so it's easy for young people 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/do/timescales.

Volunteering	12 months
Physical	12 or 6 months
Skills	12 or 6 months
Expedition	4 days 3 nights
Residential	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.

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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

Chief People Officer, Heathrow Airport Ltd. and DofE supporter

What are the benefits?

There's not enough space to list them all, so here's a quick snapshot:

- Open doors to further education or employment.
- Help to make their community a better place to live.
- Get healthier and happier.
- Become more confident and motivated to succeed.
- Learn how to overcome challenges and be more self-sufficient and resilient.
- Improve their communication and social skills and make new friends.

The DofE has already helped millions of young people to learn, grow and stand out from the crowd in college, university and job applications. Your son or daughter will be able to highlight DofE activities related to their studies or future career in their UCAS statement or on their CV.

Admissions officers and employers highly value the skills and attributes of young people who have achieved an Award.

See what top UK employers say about the DofE at DofE.org/lifezone.

Gold Award achievers will also be invited to attend a Gold Award Presentation at a Royal Palace where they'll receive their certificate and meet a member of the Royal Family. It's the perfect way to celebrate such a great achievement. Find out what happens at a Gold Award Presentation at DofE.org/do/GAPs.

Who better to tell you about the DofE than other parents and young people who are already involved? Watch Gold Award holder Jess and her dad chat about her DofE journey at DofE.org/Gold-parent.

How can I help?

Young people still benefit from the support of their parent/carer at Gold. Here's some ways you can help them on their DofE journey.

1. Keep it personal

Help them to choose activities that excite them, are available locally and suit your budget. You might need to help with transport and buying kit and equipment. Go to [DofE.org/shopping](https://www.dofe.org/shopping) to see how your DofE Card can save you money at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

2. Check it

Advise them to talk to their DofE Leader about their plans so they don't waste time on activities that won't count or don't fit the right section. If your child is under 18, you are responsible for ensuring that proper safeguarding checks and procedures are in place wherever your child is doing their DofE activities, particularly if you have directly arranged the activities yourself.

3. Prove it

Remind them to gather photos and other evidence of their achievements and to regularly update their eDofE pages online or through the free eDofE app.

4. Get it assessed

Help them find an Assessor to sign off sections, such as a sports coach, art teacher or activity leader (not a family member). As their Gold DofE comes to an end, prompt them to ensure their Assessors write their reports so they can get their Award signed off by their 25th birthday. If they leave their group, they can complete their DofE elsewhere. Help them find a local provider or go to [DofE.org/DofE-direct](https://www.dofe.org/DofE-direct) where 18-23 year-olds can achieve their Gold Award online.

5. Use it

Encourage them to visit the LifeZone at [DofE.org/lifezone](https://www.dofe.org/lifezone) for advice about including their DofE Award in their CV or personal statement.

6. Carry on with it

The DofE doesn't end when an Award is achieved. Award holders make great DofE volunteers – they can find a group to help at [DofE.org/where](https://www.dofe.org/where).

How do I stay in the loop?

It's easy to keep on top of everything thanks to our regular e-newsletter, which is full of tips, helpful resources and recommended kit and expedition advice. Plus, you'll get access to exclusive discounts, events and prize draws. Sign up to the newsletter at [DofE.org/preferences](https://www.dofe.org/preferences) and get more information and advice at [DofE.org/do/parents](https://www.dofe.org/do/parents).

So, there you have it. The DofE in a nutshell. Fun, sociable, challenging, active and rewarding.

Let's get this adventure started...



@DofE



theDofE



theDofEUK



DofEUK

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