

Supporting a DofE participant

DofE programmes consist of non-competitive voluntary activities for young people. Anyone aged between 14 and 24 can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a Bronze, Silver or Gold DofE Award.

Young people choose what activities they do for each of their sections. There are four sections (five at Gold) that they may need your help with:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completing a supervised adventurous journey.
- **Residential** (Gold only): staying and working away from home doing a shared activity.

Young people register to do their DofE Award with a local DofE centre like their school or youth club, but they undertake their sectional activities in their own time.

How can I help a young person achieve their DofE?

A DofE participant may ask you to support them through their programme. You would typically do this by becoming their Assessor. A DofE participant needs an Assessor for each section of their DofE Award. An Assessor checks on the young person's progress and agrees the completion of a section of their programme.

An Assessor can be anyone who is interested in helping a young person to achieve, has some knowledge of the activity they are doing and can be available over the time they're doing it.

Assessors can:

- Help a DofE participant set goals in their section.
- Help with advice, training and supervision as needed.
- Support and encourage the participant while doing their activity.
- Be available to monitor progress.
- Do a final assessment at the end – discussing the participant's experiences and how they reached their goals.



"By taking part in my DofE Award I was able to develop as a person and build my skills. Doing my DofE, especially my Physical section, led me to my choice of course at university – sport and exercise.

I would like to be a PE teacher."

Cora, Gold Award holder

Assessor's Report

To achieve an Award, participants need to prove what activities they've been doing, how they've progressed and how they've met the goals they set out for each section.

They must have a report from their Assessor to complete their section.

Online

You can complete the Assessor's Report online at

www.DofE.org/Assessor

You will need the participant's name, their eDofE ID number, their DofE level and the section you have assessed.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account.

Or...

On paper

Please fill in your comments on the Assessor's Report sheet which the participant received in their *Welcome Pack* and will hand you at the end of their activity. Return this to the young person, who will upload it into eDofE, our online system. You can also supply a letter for them to use as their Assessor's Report.

What to include in a report:

Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skills they have developed and mention any memorable things that they accomplished. Please remember to keep your comments personal, positive and encouraging. Please include the activity start and end dates, your name and contact details.

Completion of the section

Young people have met the DofE requirements if they've undertaken regular activity averaging at least one hour per week over the agreed time and have demonstrated effort, perseverance and improvement.

Becoming a volunteer

If you enjoy helping young people develop the skills and attitudes they need to succeed in life, then you'd make a fantastic volunteer for the DofE.

In addition to being an Assessor, there are many different roles for our adult volunteers, with time commitments being from as little as just an hour or so a month.

If you are interested in becoming a volunteer, then we want to hear from you!

- Contact the local DofE Manager via **DofE.org/takepart**
- Email us: Scotland@DofE.org
- Give us a ring: 0131 343 0920



"I wasn't doing the best in school, so I was offered the chance to do my DofE Award to keep me interested in school. Compared to sitting inside in a French class it was great. If I hadn't had the opportunity to do my DofE I probably wouldn't have stayed in school. I was grateful for the experience."

**David,
Gold Award holder**

