



The Duke of Edinburgh's Award

# The DofE and the International Baccalaureate

## Developing young people's skills for life and work

Both the International Baccalaureate Diploma (IB) programme and The Duke of Edinburgh's Award (DofE) aim to educate the whole person as responsible, compassionate citizens.

Both programmes recognise that a balanced education neither begins nor ends in the classroom. The DofE provides the ideal structure to support key aspects of an IB programme with the additional recognition of a Duke of Edinburgh's Award.



### The IB Learner Profile

The IB Learner Profile shows the desired outcomes of the International Baccalaureate. This table shows how running DofE programmes can support it.:

IB Learner Profile		How DofE programmes help
Inquirers	They develop their natural curiosity, have the skills to conduct research and actively enjoy learning.	Young people choose their own activities and goals, according to their own interests.
Knowledgeable	They explore a broad range of concepts, ideas and issues that have local and global significance.	Participants have to choose a broad range of activities that they are going to enjoy.
Thinkers	They exercise initiative and make reasoned, ethical decisions.	78% of Gold Award holders say that doing their DofE helped them to make decisions.
Communicators	They express information creatively and work effectively in collaboration with others.	79% of Gold Award holders learnt to work as a team leader.
Principled	They act with integrity and honesty, with a strong sense of justice.	By volunteering young people learn that they have a responsibility to each other.
Open-minded	They evaluate a range of points of view, and are willing to grow from the experience.	83% of Gold Award holders say that they learnt to work with different types of people.
Caring	They have a personal commitment to service, and show compassion towards the needs of others.	The Volunteering section inspires young people to develop compassion and make a difference.
Risk-takers	They approach unfamiliar situations with courage and are articulate in defending their beliefs	85% of Gold Award holders believe that doing their DofE improved their confidence.
Balanced	They understand the importance of intellectual, physical and emotional balance to well-being.	Balanced DofE programmes develop the whole person through social interaction and teamwork.
Reflective	They are able to assess and understand their strengths and limitations	Young people set their own challenges. If they show improvement they will achieve an Award.

**“** Running DofE programmes alongside the IB's Middle Years and Diploma Programmes is an obvious thing to do. The underlying shared philosophy of service, responsibility, enjoyment and participation provides the framework for an extended and enriched curriculum.”

TONY SMITH, EXECUTIVE HEAD OF DARTFORD GRAMMAR SCHOOL,  
CHAIR OF THE INTERNATIONAL BACCALAUREATE SCHOOLS AND COLLEGES ASSOCIATION

## What is the DofE?

DofE programmes consist of non-competitive voluntary activities for young people.

Anyone aged between 14 and 24 can do a DofE programme.

There are three levels of DofE programme which require increasingly more time and commitment from young people:

DofE Level	Age group
Bronze	Start around 14
Silver	Start at 15+
Gold	Start at 16+



With four sections (five at Gold level), there are hundreds of activities that young people can choose to do:

### Volunteering

Giving service to individuals or the community

### Physical

Improving an area of sport, dance or fitness activities

### Skills

Developing practical and social skills and personal interests

### Expedition

Planning, training for and completing an adventurous journey in the UK or abroad

### Residential

Staying and working away from home doing a shared activity



## What is the IB?

It is open to young people aged 16-19 years and provides an internationally recognised qualification.

Through the diploma students can study more subjects than at AS and A Level or Highers. The three core elements are made up of:

- The extended essay (EE) of around 4,000 words on a topic they can analyse in at least two of their subjects
- Theory of knowledge (TOK) course which will help them develop skills to analyse evidence and argue a point
- Creativity, action, service (CAS) activities which supports them to get involved in creative and cultural activities outside of studying, sports and volunteering.



As well as covering these three core elements they study six subjects (three at standard level and three at higher – which have more lessons dedicated to them).

They pick one from each of the following groups:

- A first language (mother tongue)
- A second language
- Sciences
- Maths and computer science
- Individuals and society (e.g. history, psychology, geography)
- The arts (or an additional subject from groups 1-5).

The diploma is assessed over tasks done in school and exams at the end of the programme.

Each subject is marked out of seven and they can also gain up to an extra three points for EE and TOK elements. Anyone who achieves over 24 points passes the diploma and most of the top universities require a young person to achieve between 32 and 40 points for a place. The highest points total that can be achieved is 45.

**“**We find that DofE programmes fully complement the IB’s ethos to promote reflective, creative and active citizens with an emphasis on serving the community. In particular, the Bronze and Silver levels are excellent preparation for the CAS element of the IB Diploma.”

JOHN ATTWATER, DEPUTY HEAD CO-CURRICULUM,  
SEVENOAKS SCHOOL

## The Creativity, Action, Service (CAS) Programme and the DofE

DofE programmes fit closely with the CAS programme. Both programmes promote individual challenge in areas such as physical activities, skills and community service.

The table below shows how the CAS and DofE programmes complement each other:

DofE Section	CAS Programme Section
Volunteering	Service
Physical	Action
Skills	Creativity
Expedition	Action
Residential	Any section*

\*e.g. conservation = service, music = creativity

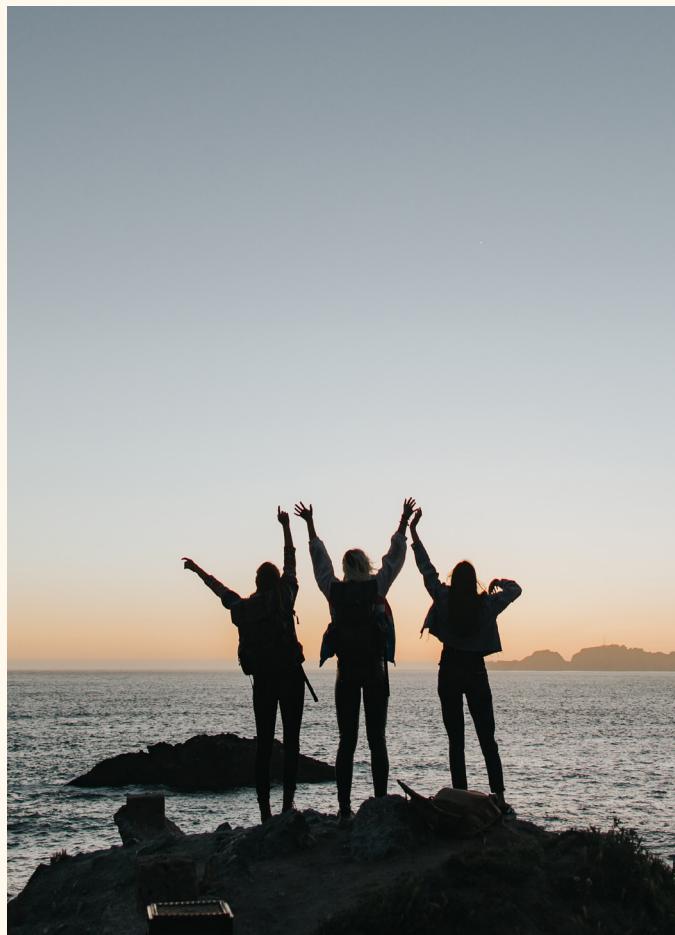
“ Doing my DofE has helped me to interact and connect with a huge mix of people of all ages. It was a definite confidence booster!”

PRASHAN, DofE PARTICIPANT



“ Doing both my DofE and CAS was excellent encouragement; it helped me to push myself further than I thought I could go.”

CATY, GOLD AWARD HOLDER



### Doing more than the minimum

DofE activities can be done either in own personal time or as an option in supported/core time education.

In the CAS pupils choose to do activities outside of their academic work which complements DofE programmes. In fact, by setting DofE activities and targets at the beginning of the year, young people are encouraged to record their work.

Their CAS hours will be easily reached in time, even if they still have some work to do to finish their DofE.

### International transferability

Like the IB, Duke of Edinburgh's Awards are recognised internationally. Many young people also use it as an opportunity to work with a group from another country.

### Time

Although the time requirements of the programmes differ, young people who do both their Bronze and Silver DofE, or just their Gold, will do more than fulfil the CAS requirements.

The table below shows the time commitments necessary for both programmes:

DofE	CAS
130 hours at Bronze	
200 hours at Silver	A total of 150 hours on all sections.
436 hours at Gold	

## St Leonards School

## Success story

Students from St Leonards School, in St Andrews, Scotland, used their Easter holidays to help out at a fledgling reserve.

The sixth formers spent five days drystone dyking, creating a new grass footpath over a stream and building sand martin nesting boxes at Murton Nature Reserve.

The project counted towards their DofE programmes and the CAS component of the IB.

**“ Doing your DofE works really well with the IB. DofE activities encourage you to meet new people and develop responsibility and independence. They develop your communication skills and encourage you to work with others.”**

AMY, GOLD AWARD HOLDER, ST LEONARDS SCHOOL



## About the DofE

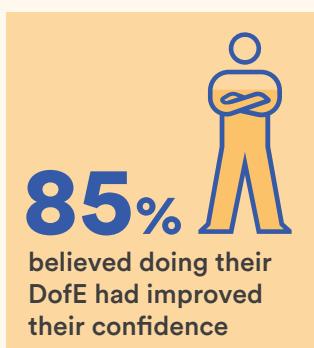
Our mission is to inspire, guide and support young people in their self-development and to recognise their achievements.

The result is the world's leading achievement award for young people, valued by employers and universities alike.

We support over 300,000 young people across the UK and over 99,000 achieve a Duke of Edinburgh's Award each year. Internationally, we work with over 850,000 young people in 140 countries.

## Impact

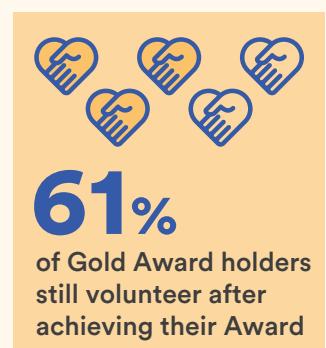
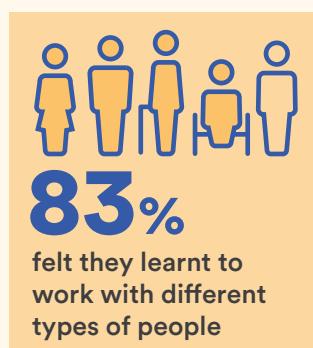
Research undertaken in 2007 with Gold Award holders gives a fascinating insight into the impact of achieving a Duke of Edinburgh's Award.



The key findings were:

- 87% continue with activities taken up as part of their DofE
- 61% continue volunteering in their community
- 93% believe that having a DofE Award would help secure employment or a place at college
- 64% say that having a Duke of Edinburgh's Award helped them gain their current/most recent job
- 83% felt they had a greater understanding of the importance of the environment
- 85% believe it improved their self-confidence
- 79% say they learned how to work as a team leader
- 83% stated that it taught them how to work with different types of people

Find out more: [DofE.org/go/impact](http://DofE.org/go/impact)



## Further information

For further details of delivering DofE programmes alongside the IB please contact:

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