

# The impact of DofE programmes on young people

## The Research

We recently asked Gold Award holders about their DofE experiences.

The research was carried out through a time-limited online survey to 324 Gold Award holders. 58% of respondents were female and 41% male. 69% were aged 26-35.

The research revealed the long-lasting impact that doing a DofE programme has on young people and their lives.

It also demonstrated how the DofE develops the important 'soft skills' vital in today's society.

These benefits are immense - and this is on top of the young people currently doing their DofE, who contribute volunteering work worth over £13.5 million to their community every year.

## Personal development

### Confidence:

85% of young people believed the Duke of Edinburgh's Award had improved their confidence.

### Leadership:

79% stated they had learned how to work as a team leader and developed greater leadership ability.

### Teamworking:

83% stated that taking part in a DofE programme taught them how to work with different types of people.

### Decision making:

78% of young people said doing their DofE had taught them to make decisions for themselves.

*"Doing my DofE improved my self-esteem and motivation."*

*"I learned to aim high and believe in myself."*

## Employability

93% felt that by including their Award on an application form it would help to secure employment or places at preferred colleges.

58% believed that having achieved an Award had helped them in their job/career - the most helpful section was Volunteering.

64% believed that having an Award helped them gain their most recent/current job.

*"My DofE led me to my degree choice and current career."*

## Other Benefits

83% felt they had a greater understanding of the importance of the environment as a result of doing their DofE.

87% still participate in the activities they took up for their DofE programme.

61% stated that they still volunteer with their community after achieving their Award. 25% were now volunteering as DofE Leaders.

67% claimed that they had used The Duke of Edinburgh's Award as a benchmark.

## Other feedback from young people on their experience

*"I discovered my emotional and physical limits are much higher than I thought. I learned to stay calm regardless of the situation and that very rarely is anything as bad as it first seems."*

*"I learned that however hard something is you can still finish it."*

*"I felt a sense of pride."*

