



**YOUTH
WITHOUT
LIMITS**



**START
YOUR GOLD
DOFE**

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.



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Introducing the DofE



What will I do?

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
12 months	12 OR 6 months	12 OR 6 months	4 days 3 nights	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.

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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Physical section

Take part in
whatever dance, sport or
fitness activity you
would like

Get fitter and have
fun along the way!



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Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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Expedition

Explore the great outdoors and spend three nights away from home

Create memories that will last a lifetime



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Residential

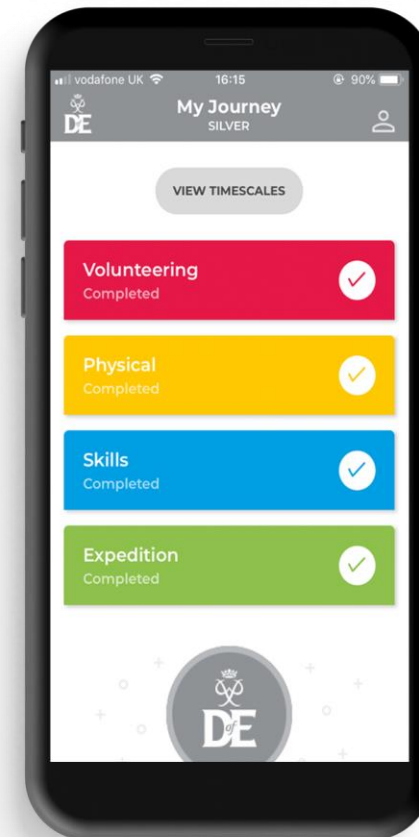
Spend five days and four nights away from home

Share experiences and create new connections



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Your Welcome Pack and eDofE



Getting started

**Are you ready to start
an adventure you'll
never forget?**

**To get started with your DofE,
please visit the DofE
page of the school
website under the
wellbeing section.**



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**The DofE is a charity.
Visit DofE.org for more information.**