



**YOUTH  
WITHOUT  
LIMITS**

**A PARENT  
AND CARER'S  
GUIDE TO THE  
DOFE AWARD**



# What is the DofE?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work



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# Introducing the DofE



It's definitely made me a  
more confident person.

# What is involved?

BRONZE AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>3</b> months	<b>3</b> months	<b>3</b> months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>6</b> months	<b>6</b> OR <b>3</b> months	<b>6</b> OR <b>3</b> months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
<b>12</b> months	<b>12</b> OR <b>6</b> months	<b>12</b> OR <b>6</b> 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

Helping others and making a difference to the causes they care about



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# Physical section

Improving their health and fitness and having fun along the way!



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# Skills section

Developing existing skills or discovering new things to love



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# Expedition

Spending time in the great outdoors and creating lifelong memories



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# Residential (Gold Award only)

Five days and four nights  
away from home

Sharing experiences  
and creating new  
connections



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# Your role

Guidance

Encouragement

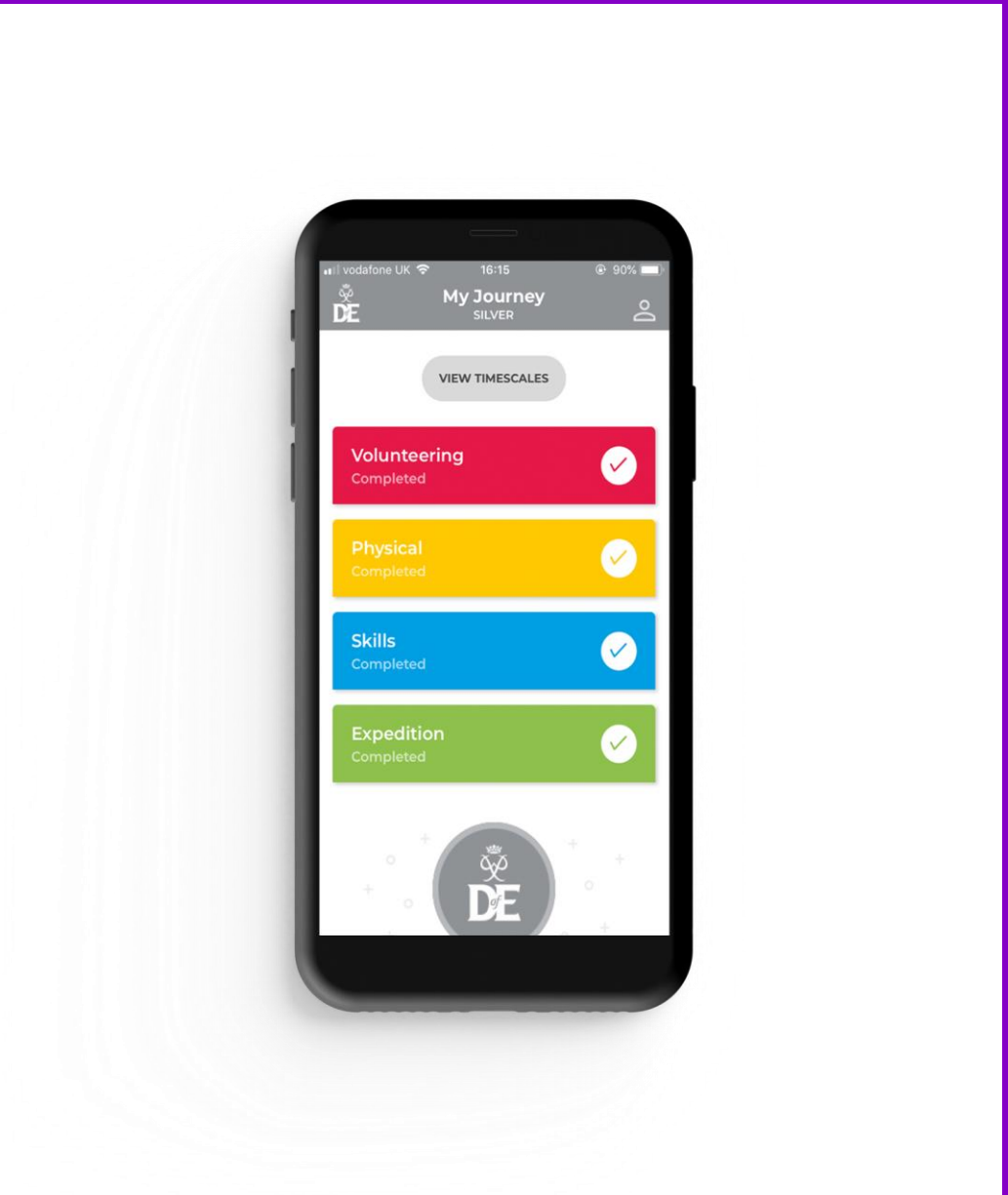
Practical support

Recognising achievement



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# Your Welcome Pack and eDofE



# Getting started

**Are you ready  
to support your  
child/young person  
to start an adventure  
they'll never forget?**

**To get started, 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](http://DofE.org) for more information.**