



**YOUTH  
WITHOUT  
LIMITS**

**START  
YOUR SILVER  
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?

## SILVER AWARD

VOLUNTEERING

**6**  
months

PHYSICAL

**6** OR **3**  
months

SKILLS

**6** OR **3**  
months

EXPEDITION

**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.

# 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 two nights  
away from home

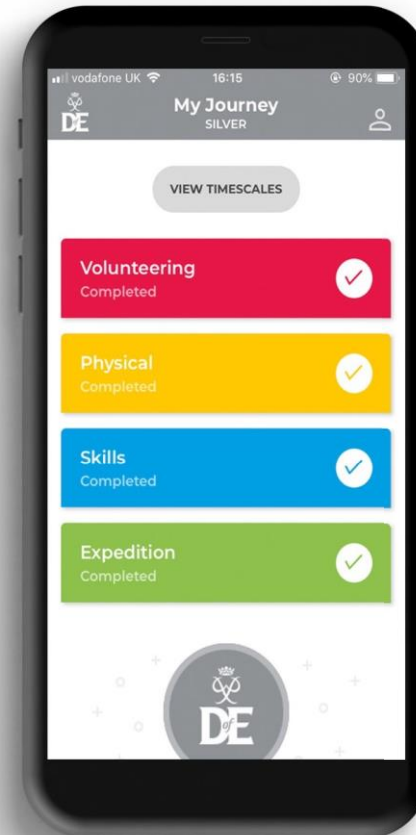
Create memories that  
will last a lifetime



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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](http://DofE.org) for more information.**