

FIVE STEPS TO YOUR DOFE AWARD



1 Find a DofE group

Getting started begins with finding your DofE group and Leader. You'll find DofE groups in thousands of schools, colleges, hospitals, young offender institutions, as well as youth and sports clubs, across the UK.

Find your local Licensed Organisation here: DofE.org/takepart or email us: info@DofE.

2 Pick your level

Decide what level is right for you: Bronze, Silver, or Gold. Pay a small fee and register to do your DofE with a DofE group. Once you have registered your address on your eDofE profile, a Welcome Pack will be sent directly to your home.

3 Choose your activities

Start choosing the activities you want to do. Don't forget to chat with your DofE Leader to make sure the activities will count for the right sections. There are endless opportunities to choose from – see DofE.org/do for some inspiration.

4 Complete each section

Now you can get started. There are four main sections: Volunteering, Physical, Skills, and Expedition. At Gold, you'll also complete a Residential section. Record what you're going to do, and upload pictures and certificates into eDofE or the DofE app. Your Assessors will sign off each section as you go.

5 Achieve your DofE Award

When you've finished all your sections, submit your Award in eDofE to your DofE Leader. They'll arrange for your achievement to be confirmed. Once confirmed, congratulations – you've achieved your Award! You'll receive a certificate and badge. Then, you can continue onto the next level (if appropriate).



Visit DofE.org/do for ideas and resources to support you through your DofE.

@DofE

@theDofE

@dofeuk

info@DofE.org

DofE.org

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DO YOUR DOFE



**YOUTH
WITHOUT
LIMITS**

The Duke of Edinburgh's Award
Helping young people build lifelong
belief in themselves.

WHAT'S IT ALL ABOUT?



The DofE is a life-changing adventure you don't want to miss out on.

And if you're 14-24, you can take part. There are three levels of Award which increase in challenge and duration: Bronze, Silver and Gold.

Choose from hundreds of activities – from canoeing to gymnastics, DJing to dog walking. You'll get a chance to challenge

yourself physically, develop new skills, volunteer in your community, and even take part in an expedition.





And the added bonus? Having a DofE Award can really give you the edge when you're applying for jobs, college or university.



Choose the level that's right for you.

You can start your DofE at any level – but most prefer to try for Bronze and work their way up. The higher the level, the more time and effort you'll need to put in. **Check out the timescales at [DofE.org/timescales](https://www.dofe.org/timescales).**

Each activity takes at least one hour a week, so you can fit them in around your studies and social life. You have until your 25th birthday to complete and achieve your Award.

Keep track of your progress online using eDofE.

BRONZE (YEAR 9+)			
 Volunteering 3 months	 Physical 3 months	 Skills 3 months	 Expedition 2 days and 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER (YEAR 10+)			
 Volunteering 6 months	 Physical 3 or 6 months	 Skills 3 or 6 months	 Expedition 3 days and 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 (AGE 16+)	 Volunteering 12 months	 Physical 12 or 6 months	 Skills 12 or 6 months	 Expedition 4 days and 3 nights	 Residential 5 days and 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.					

Choose your activities.
Here are some ideas.

VOLUNTEERING

This is all about getting out there and making a difference by helping others, the environment or your local community. There are so many things you could do – you could volunteer at an animal sanctuary, offer help to elderly neighbours, or raise money for a local charity.

SKILLS

Discover something that you're really good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. The sky's the limit when it comes to the Skills section.

PHYSICAL

This is a chance to focus on your health and fitness and have fun along the way. You could join a dance class, start running, or try rock climbing for the first time. Set your challenge either with a team or on your own and see how much you can improve.

EXPEDITION

As part of a small team, you'll have an unforgettable experience getting to grips with the great outdoors. You'll improve your communication and leadership skills and take a rucksack of memories home with you.

RESIDENTIAL

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with. **(Gold level only)**

