Five steps to your Award

Are you ready to volunteer, get fit, learn and go on expedition?

The DofE is one amazing adventure you'll never forget. So, what are you waiting for?

1. Find a DofE group

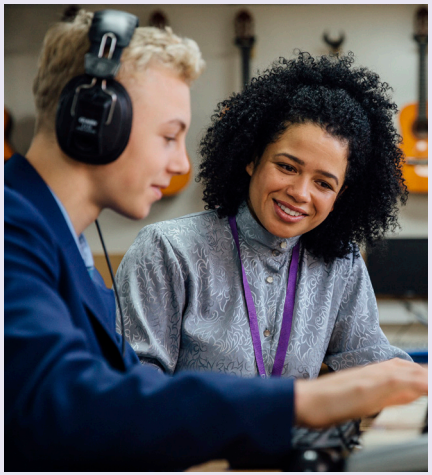
- Talk to a DofE Leader or the person who gave you this leaflet.
- Find your local Licensed Organisation: **DofE.org/takepart**.
- Email us: info@DofE.org

2. Pick your level

Decide what level is right for you. Pay a small fee and register to do your DofE with a DofE group. You'll then receive your *Welcome Pack* from your DofE Leader and be emailed a link to your eDofE account.

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/doing-your-DofE** for some inspiration.



4. Do the activities

Get started. You'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your Assessors will sign off each section as you complete them.

5. Achieve your Award

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

Local contact

For more detailed information visit: **DofE.org/do-your-DofE**

@DofE theDofE theDofEUK DofEUK

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DofE.org

THE DUKE OF EDINBURGH'S AWARD

Developing young people for life and work

Do your DofE

DofE.org

What's it all about?

The DofE is a life-changing adventure you don't want to miss. As Gold Award holder Jay puts it, *"My DofE has made me realise I can be whoever I want to be".*

If you're 14 to 23, you can take part in three levels of programmes leading to a Bronze, Silver or Gold DofE Award.

Choose from hundreds of activities – from canoeing to gymnastics, DJing to dog walking for an elderly neighbour – so there'll never be a dull moment. Plus, you'll pick up memories, friendships and skills that will stay with you forever.

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

Fun, sociable, challenging plus great experiences you can put on your CV. The DofE. It's what you make it.

Watch our video to get a flavour of the DofE:

DofE.org/doyourDofE



Choose the level that's right for you

Depending on your age, you can start your DofE at any level – but most prefer to try for Bronze and then 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**.

Each activity takes at least one hour a week over this time, so you can fit them in around your studies and social life.

You have until your 25th birthday to complete your programme and achieve your Award.

You keep track of your progress online, using eDofE. It's easy to record your goals, show your progress, upload pictures and more.

Bronze (Year 9+)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	2 days 1 night

Plus a further **3 months** in either the Volunteering, Physical or Skills section

Silver (Year 10+)

Volunteering	Physical	Skills	Expedition
6 months	6 or 3 months	6 or 3 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 (age 16+)

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.

It's up to you

Whatever level you're doing, you'll create your own programme of activities with the help of your DofE Leader. Choose one activity for each section. Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

It's a good idea to choose activities you'll enjoy – it'll make them easier to stick at and you'll get more out of the experience.

Volunteering

This is all about getting out there and making a difference by helping others, the environment or your local community. Perhaps you're interested in animals, helping older people or raising 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 skills.

Physical

This is a chance to focus on your health and fitness and have fun along the way. Improve your fitness, start climbing or have dance classes, it can be with a team or on your own. Set your own challenge and be the best you can be.

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 (Gold level only)

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.