

What is the DofE?

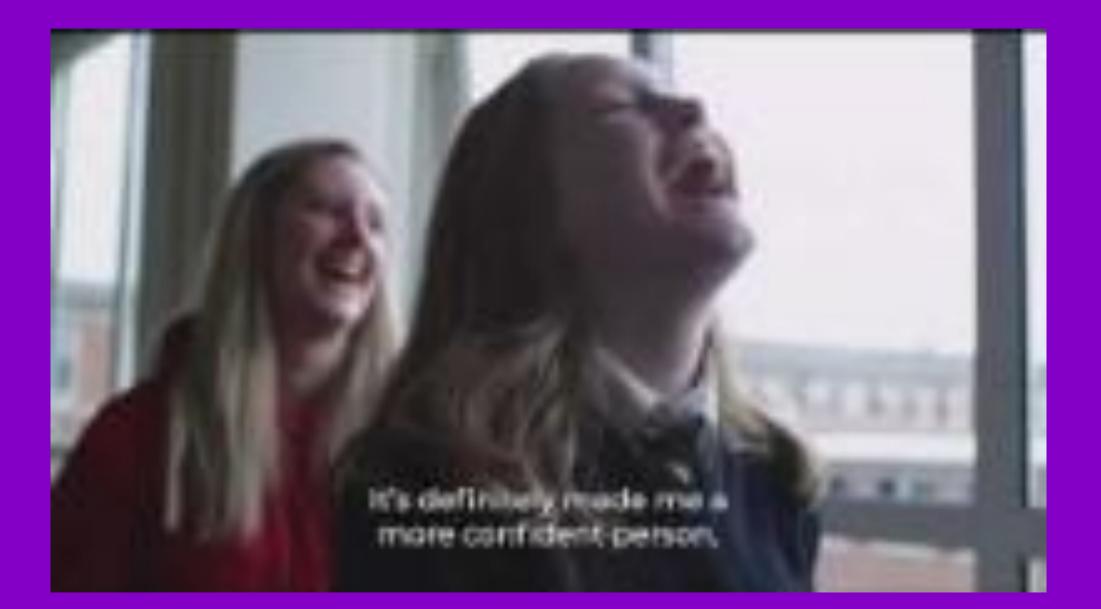
The DofE is a life-changing adventure for young people aged 14-24

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





Introducing the DofE



What is involved?





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.



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







Physical section

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







Skills section

Developing existing skills or discovering new things to love





Expedition

Spending time in the great outdoors and creating lifelong memories





Residential (Gold Award only)

Five days and four nights away from home

Sharing experiences and creating new connections





Your role

Guidance

Encouragement

Practical support

Recognising achievement







Your Welcome Pack and eDofE



