



**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
3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
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 AWARD				
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.				

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

