



**YOUTH  
WITHOUT  
LIMITS**



**START  
YOUR GOLD  
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.



**YOUTH  
WITHOUT  
LIMITS**



# Introducing the DofE



# What will I do?

GOLD AWARD				
<b>VOLUNTEERING</b>	<b>PHYSICAL</b>	<b>SKILLS</b>	<b>EXPEDITION</b>	<b>RESIDENTIAL</b>
<b>12</b> months	<b>12</b> OR <b>6</b> months	<b>12</b> OR <b>6</b> months	<b>4 days</b> <b>3 nights</b>	<b>5 days</b> <b>4 nights</b>

**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

**Take action and make a difference to the causes you care about**

**Help others and change things for the better**



**YOUTH  
WITHOUT  
LIMITS**

# Physical section

Take part in  
whatever dance, sport or  
fitness activity you  
would like

Get fitter and have  
fun along the way!



**YOUTH  
WITHOUT  
LIMITS**



# 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**



**YOUTH  
WITHOUT  
LIMITS**

# Expedition

Explore the great outdoors and spend three nights away from home

Create memories that will last a lifetime



**YOUTH  
WITHOUT  
LIMITS**



# Residential

**Spend five days and four nights away from home**

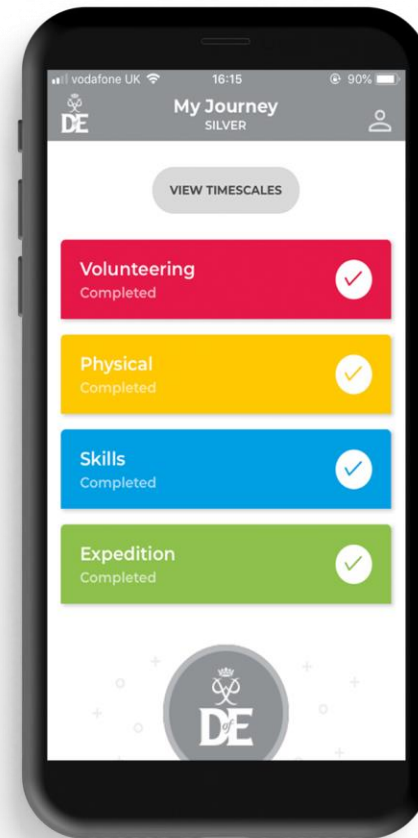
**Share experiences and create new connections**



**YOUTH  
WITHOUT  
LIMITS**



# Your Welcome Pack and eDofE



# Getting started

**Are you ready to start an adventure you'll never forget?**

**To get started with your DofE, speak to <Insert Name>.**



**<INSERT NAME>**

**<Job title>**

**In this bit goes some words you've written about yourself. Be positive and tell us who you are? What you've done... though don't tell us your A Level results, there's plenty of other forms for that. And what excites you about the DofE. You can go on for quite a bit... well, as long as it fills this box and then suddenly your words will get cut off, even if you're in the middle of**

**The DofE is a charity.  
Visit [DofE.org](http://DofE.org) for more information.**



**YOUTH  
WITHOUT  
LIMITS**