



**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



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# What is involved?

| BRONZE AWARD  |                    |                    |                   |
|---|--------------------|--------------------|-------------------|
| VOLUNTEERING  | PHYSICAL           | SKILLS             | EXPEDITION        |
| <b>3</b><br>months  | <b>3</b><br>months | <b>3</b><br>months | 2 days<br>1 night |
| Plus a further 3 months in either the Volunteering, Physical or Skills section. |                    |                    |                   |

| SILVER AWARD   |                                |                                |                    |
|--|--------------------------------|--------------------------------|--------------------|
| VOLUNTEERING   | PHYSICAL                       | SKILLS                         | EXPEDITION         |
| <b>6</b><br>months   | <b>6</b> OR <b>3</b><br>months | <b>6</b> OR <b>3</b><br>months | 3 days<br>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        |
| <b>12</b><br>months  | <b>12</b> OR <b>6</b><br>months | <b>12</b> OR <b>6</b><br>months | 4 days<br>3 nights | 5 days<br>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

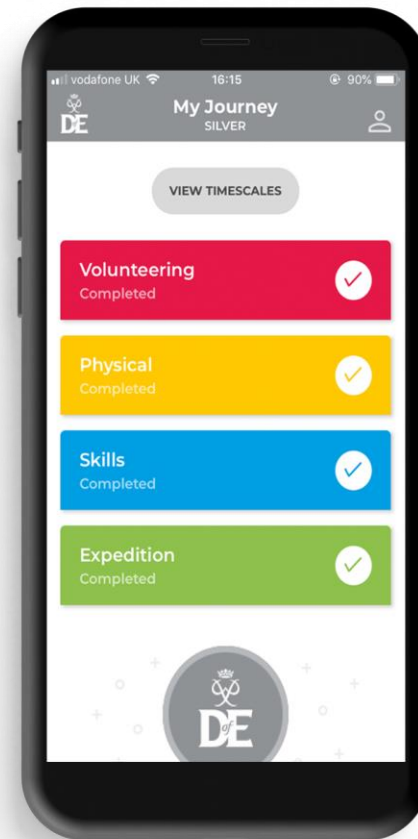
Recognising achievement



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# Your Welcome Pack and eDofE



# Getting started

Are you ready  
to support your  
child/young person  
to start an adventure  
they'll never forget?

To get started speak to  
<Insert Name>.



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The DofE is a charity.  
Visit [DofE.org](https://www.dofe.org) for more information.