



Developing young people
for life and work

Discover your DofE

The Gold DofE Award for FE/HE students

DofE.org

A life-long adventure...

The DofE is a real adventure from beginning to end. It doesn't matter who you are or where you are from.

You can achieve a Gold Duke of Edinburgh's Award by completing a personal programme with a variety of activities. Make a change to your community by volunteering, develop your skills, increase your physical fitness, explore the mountains in your expedition and make friends with the residential section.

Each of these sections varies in duration but you get to choose the lengths of your Volunteering, Physical and Skills sections.



What's involved?

Carried out over an 18-month period, you'll complete the following sections. Each one has a certain amount of time dedicated to it. The more you put in, the more you'll get out of it!

Volunteering

Give something back through volunteering. You're making a difference – and helping others is really rewarding.

Physical

Explore new interests through your physical section by pursuing and improving your ability in a sport or fitness activity.

Skills

Develop new skills that can be transferred to your job role and boost your career prospects.

Expedition

Meet people through your expedition as you plan, train for and complete an adventurous journey in which you'll create lifelong memories and strong friendships.

Residential

Enjoy different experiences as you take part in a residential team-building activity away from work.

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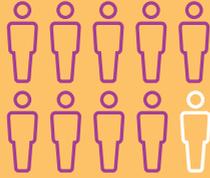
In a very competitive job market it is increasingly important that an individual finds a way to stand out from the crowd, not just in terms of their academic qualifications but also in terms of their personal character. A DofE Award is a sign of someone who has drive, energy, resourcefulness and compassion – qualities that will help them succeed in life and in the workplace. It is in our view a real positive.”

Adam Crozier, Chief Executive ITV



What Gold Award holders said about their experience:

90%
recommend
taking part



89%
felt fitter
physically



93% developed better
teamworking skills



80%
felt more
motivated



88%
communicated
better



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Employers want to employ DofE Award holders because they are good for business and so help the nation become more successful.”

Lord Digby Jones, Former Trade Minister and DG of CBI



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When we see a Gold Award on a CV, we know we will be meeting candidates who show focus and commitment and these are qualities we prioritise.”

Liv Garfield, Chief Executive Severn Trent plc



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Barclays is committed to supporting employability of young people. The Duke of Edinburgh's Award encompasses many of these principles promoting resilience, self-assurance and drive.”

Sharon Gillam, Group Head of Resourcing and Graduates



Other people's experience

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My DofE gave me confidence within my ability, confidence within myself as a person and confidence in my work life. Some people think the DofE is just walking up mountains and doing something physical but you learn so much more like business skills, communication skills, and it's going to help me progress.”

Mel, Gold Award holder



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The most fun part of my expedition was working with my team, I had an amazing group with all different kinds of personalities so it was great to work together and I just know that we'll be friends forever now.”

Sarah, Gold Award holder



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The DofE is a life-changing experience and you don't know how much it will improve you personally until you complete it.”

Ryan, Gold Award holder



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I already am encouraging other people to do their DofE. I talk about it all the time, it's helped me so much and if anyone wants to achieve, meet people, gain new skills, this is a fantastic way to do it so get out there and do it!”

Richard, Gold Award holder



Local contact

Over 18? To do your Gold DofE independently, visit: [DofE.org/direct](https://www.dofe.org/direct)

