



**Start your Gold
DofE**



GOLD

What is the DofE?



The DofE's a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

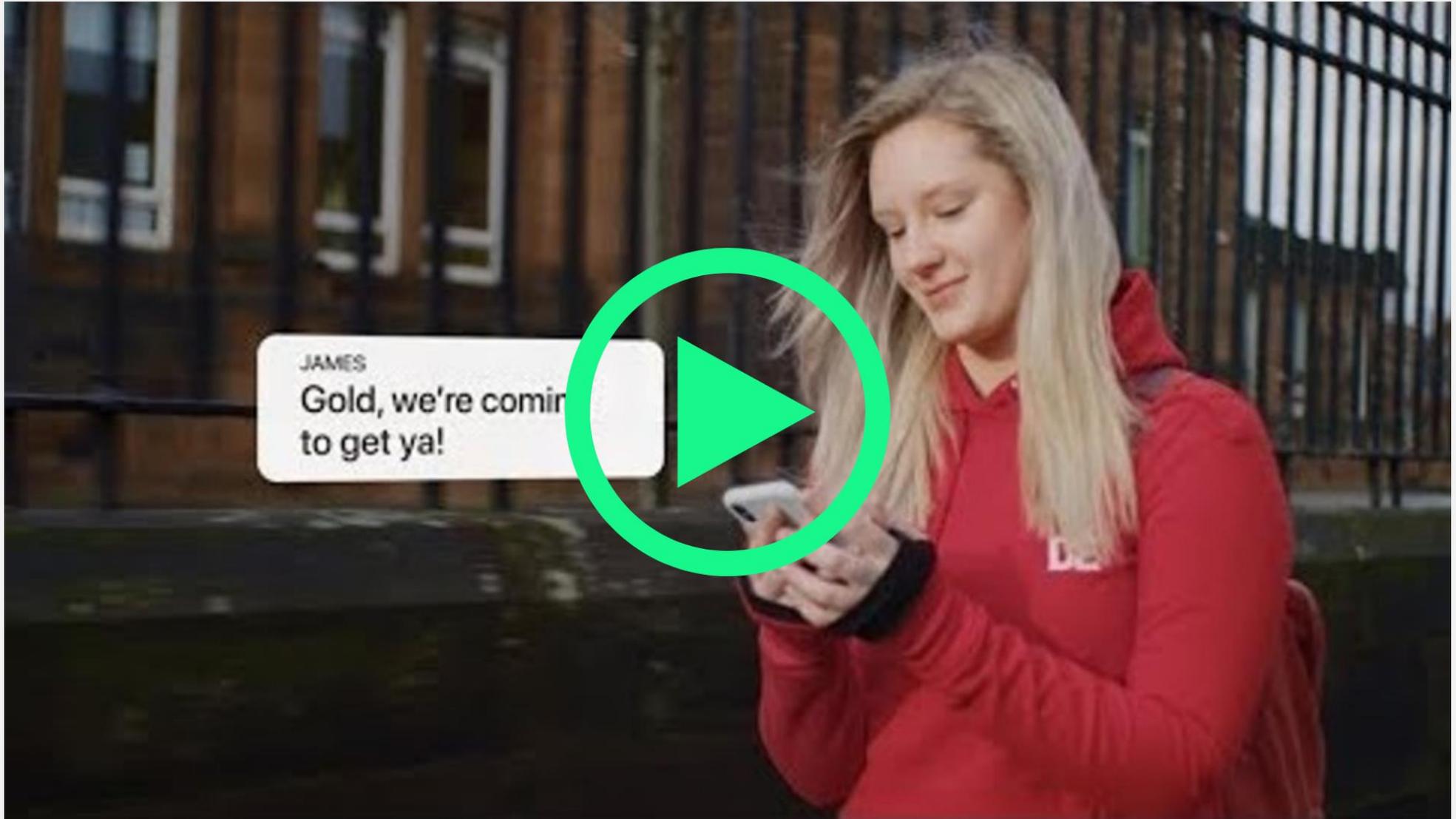
Millions of young people in the UK have already done their DofE.

Now it's your turn.



GOLD

What is the DofE?



How do I choose my activities?

There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Gold (age 16+)	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.					

GOLD

What will you do?



Volunteering

Volunteering's all about taking action and making a difference.

You can choose the cause that means most to you.

From coaching a local football team to starting a campaign, you'll give up your time to change things for the better.

It's extremely rewarding — and it can give you the chance to experience the world of work.

Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From yoga to gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

You can join a team or do it on your own. It's up to you.



GOLD

What will you do?



Skills

From coding to cookery, driving to photography – the Skills section lets you learn a new talent, develop existing skills and find something you love doing.

If you're interested in a specific field, this could be the perfect chance to do something related to it. If you're interested in photography, for example, you could do that as your skill.

You'll grow in confidence and get a real sense of achievement.

Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend four days and three nights away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.



GOLD

Residential



To achieve your Gold Award, you need to complete an extra section – the Residential.

It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with — both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

You may want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



GOLD

Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits of achieving your Gold Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." **Benedict Cumberbatch**, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden**, entrepreneur.

GOLD

Your DofE and COVID-19



The COVID-19 outbreak won't stop you doing your DofE – far from it.

In fact, the DofE can help you navigate your 'new normal', expand your world and give you skills and experiences that can open doors in the future.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and Government guidelines allow – you can do yours during the pandemic, with all the benefits and memories you'd get at any other time.

Visit [DofE.org/DofEWithADifference](https://www.dofe.org/dofewithadifference) for loads of activity ideas and information.

Running Mentoring DIY Cooking
Yoga Photography Wii Fit Coding
Guitar playing Knitting Cycling
Sign language Gardening Walking
Painting Circuits Quizzing Jogging
Campaigning Money management
Vlogging YouTube fitness Dancing
Helping neighbours Dog-walking
#DofEWithADifference Languages
Tutoring Singing Martial arts Sewing
Pilates Crafting Blogging App design
Filmmaking Combatting loneliness
Cyber safety Family tree research
Online learning Foodbank collection
Website building Book reviewing
First aid Aerobics Driving skills
Programming Skateboarding

GOLD

Start your DofE now



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

To get started with your DofE, speak to the DofE Manager or Leader at your school, college or organisation.



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