

# Gold at a GLANCE

A Gold Duke of Edinburgh's Award (DofE) takes a minimum of 18 months to complete if participants commit to doing at least one hour of activity towards each section each week. They don't have to start all the sections at the same time but not to do so would mean lengthening the time it takes to complete.

**There is a £75 cost per participant to enrol and commence a programme.**

→ Section	→ Timescales	→ What they can do	→ Potential costs
 <b>Volunteering</b>	12 or 18 months at 1 hour per or one 4 hours session of activity each month	Volunteer for a charity or not for profit community group or support an individual (not family)	From zero cost
 <b>Physical</b>	6, 12 or 18 months at 1 hour per or one 4 hours session of activity each month	Undertake a Physical activity either individually or as part of a group	From zero cost
 <b>Skills</b>	6, 12 or 18 months at 1 hour per or one 4 hours session of activity each month	Learn a new Skill or develop an existing one. This could be a Skill related to their workplace as long as it is considered extra curricular	From zero cost
 <b>Expedition</b>	Generally a four day training and practice element to then complete a four day/three night self sufficient Expedition	Expeditions are normally done on foot but can be by other modes of travel. No motorised assistance allowed (excluding additional needs)	All Expeditions have to be completed under the supervision and guidance of one of our Approved Expedition Providers. Costs from £500 T&Cs apply
 <b>Residential</b>	A five-day four-night Residential experience completed away from home with people the participant has never met.	Your YP will need to join a Residential activity which involves them sharing the same experience with 4+ others such as Volunteering, learning a Skill or improving a sport	From zero cost



**YOUTH  
WITHOUT  
LIMITS**



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