

## MAKING YOUR MARK

Doing your Duke of Edinburgh's Award (DofE) means investing in your community, yourself, and your future.

The DofE Award is an achievement programme that you design for yourself. As well as the **expedition** that you might have heard of, you'll do **volunteering**, **physical** and **skills** activities. You pick the activities. You choose your goals. Your DofE is what **you** make it.



# HOW WILL THELP ME?

Looking for your first job? Working alongside studying? When it comes to applications and interviews, employers want to hear about the experiences outside of your studies that you can bring to the role – and DofE is perfect for this.

You'll develop soft skills that all employers love. Think commitment, resilience, organisation and time management, communication, teamwork skills, leadership, and effective problem solving.

Even better, the DofE Award is recognised all around the globe! Whether you're looking for a job in the UK or abroad in teaching, construction, health, business or any other field, your DofE Award is designed to be one of your greatest assets.

## And employers love it.

"I've found everyone who has completed their DofE has become more confident and shown a maturity that makes them stand out and helps them progress in their careers."

Dean Lightwood, Head of Operations, Lloyds Banking Group





How did I get my first job at 18 without any professional experience? The Duke of Edinburgh's Award. All the answers in my CV and interview were related to work I had previously done with the Award. Give an example of where you have shown teamwork skills – my expedition in Wales. Give an example of where you have taken initiative – I had to fundraise for my volunteering trip to The Gambia. It all linked back to the Award which links back to the golden word – opportunity.





The DofE Award consists of three levels: **Bronze**, **Silver**, and **Gold**, and four activity sections – with a fifth if you're doing Gold.

You'll do each activity for an average of an hour a week over this time, but you decide when and for how long that will be. You can complete sections and levels at the pace that works for you. Some people only do one section a year; others work towards all sections at the same time. You have until your 25th birthday to achieve your DofE Awards.

Level	Minimum Duration	you have achieved the previous level
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

### How to keep track

It couldn't be easier to keep track of your progress with the eDofE app.

Just upload your evidence online at a time that suits you and be proud of all your successes!



#### Volunteering

This is your chance to spread positive change for any cause you care about.



#### **Physical**

Prioritise your health and wellbeing. Choose any sport or fitness activity that best fits you, your interests, goals, and abilities.



#### **Skills**

You could try something new or develop something you've enjoyed for as long as you can remember.



#### **Expedition**

Highs, challenges, laughs, memories... You'll experience it all. Planning, training for and completing your expedition will be the adventure you'll never forget.



#### Residential (Gold only)

Are you up for stepping outside your comfort zone? You'll spend five days away from home building new friendships, new memories, and new skills.



# Think you already have too much on your plate?

Class schedule, part time work, applications, family commitments, socialising - It can all become too much sometimes. Doing your DofE gives you another pair of hands to help you manage it all.

From making your CV and applications easier to write, building your social and professional networks, helping with your everyday organisation, to planning and time management skills. Because you design your programme yourself, your current activities and commitments could contribute to achieving your Award. DofE isn't about working harder, it's about working smarter.

#### How do I sign up?

Talk to your college or university to see if they have a DofE group or check **DofE.org/takepart** 

Your DofE Leader will help you plan your activities, help you get started, and support you at every step of your DofE journey!

If cost is a barrier, there may be funding available, talk to your Leader if financial support is something you might need.



Email us at info@DofE.org



#### **Don't miss out!**

You'll be joining over 500,000 people across the UK who are currently working towards a **DofE Award.** 

Speak to the DofE Leader in your college:















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