



“DofE gave me the opportunity to be me.”
James, 24

YOUR DofE IN SIX STEPS

- 1** Register via eDofE.org or the DofE app.
- 2** Choose activities for each section and sign off with your Leader.
- 3** Do your activities for the set amount of time and record your progress.
- 4** Get an Assessor's sign-off for each activity.
- 5** Achieve your Gold Award!
- 6** Why not think about passing on your skills by becoming a DofE Leader?

DofE helps young people build lifelong belief in themselves, supporting them to take on their own challenges, follow their passions, and discover talents they never knew they had. Because when you prove to yourself that you're ready for anything, nothing can hold you back.

Here to help

Visit DofE.org/do for ideas and resources to support you through your DofE.

 @DofE

 theDofE

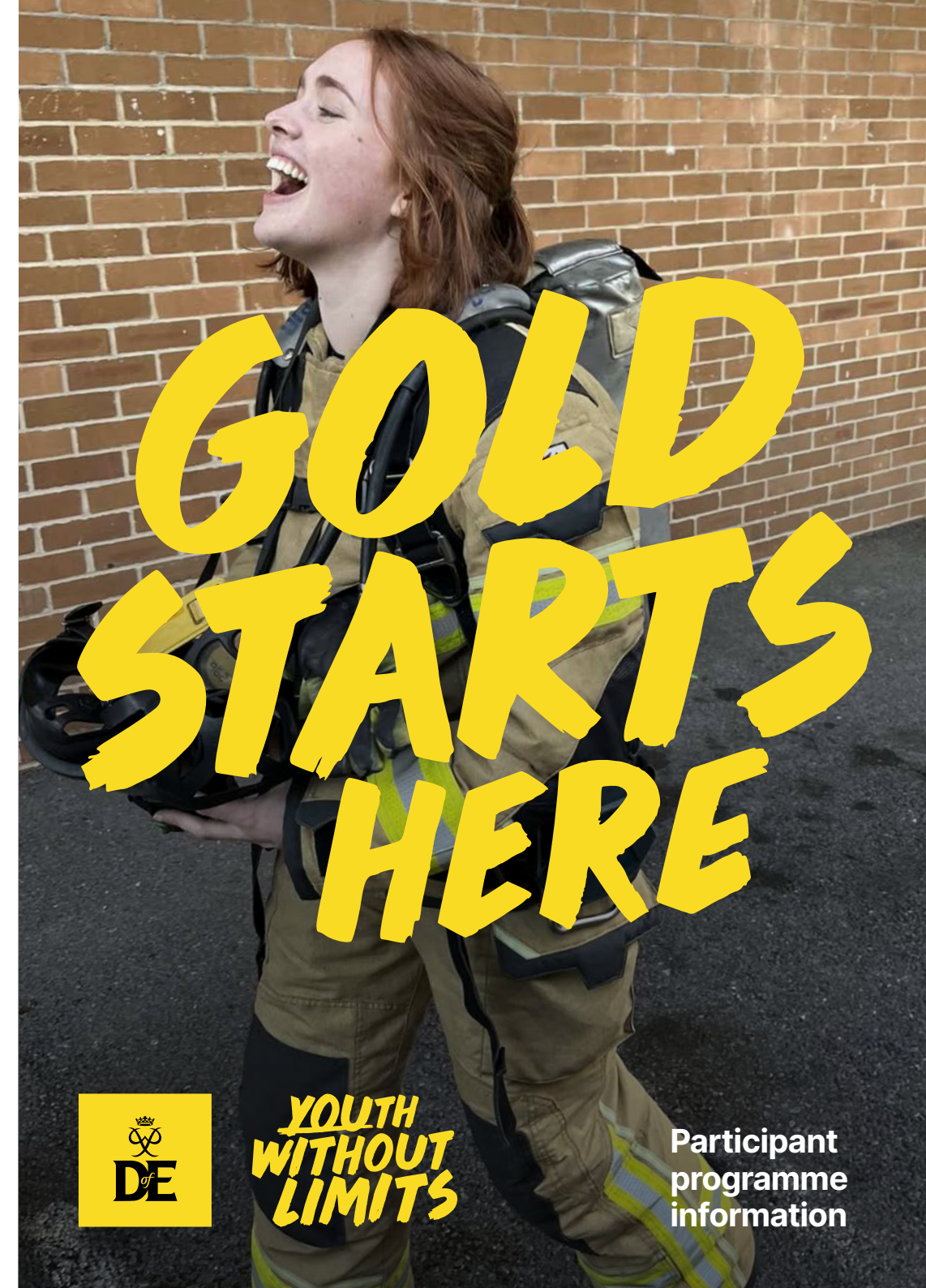
 theDofEUK

 DofEUK

DofE.org

The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No: RC000806. Registered Office: 9 Greyfriars Road, Reading, RG1 1NU.

G/E/2024



**YOUTH
WITHOUT
LIMITS**

**Participant
programme
information**

WELCOME TO YOUR DofE

Congratulations on starting your DofE Gold.

Everyone's DofE is unique but it's always an adventure. It gives you the chance to take on your own challenges, follow your own passions, and discover talents you never knew you had.

You'll choose from thousands of activities, some you'll know, some totally new. From football to filmmaking, skateboarding to singing, DJing to helping out at your local youth club – the possibilities are endless. What's more, you'll make memories, friendships, and skills that'll last forever.

Your DofE won't just help you stand out when you apply for college, uni, or a job. It'll help you build lifelong belief in yourself. Because we believe that when you prove to yourself that you're ready for anything, nothing can hold you back.

Welcome to you without limits.

Get the DofE app

The DofE app makes it quick and easy to plan your activities, connect to your DofE Leader, complete your programme and achieve your Award. Download it today and get going.



FIVE SECTIONS. ONE UNFORGETTABLE EXPERIENCE.

Your DofE is totally unique to you. You'll need to choose and complete one activity to do under each of the five sections.

For Gold, you need to do Volunteering for 12 months, your choice of either Physical or Skills for 12 months and the remaining section for six months. The Gold expedition takes place over four days and three nights. There's also an additional Residential section for Gold, which should last for five days and four nights away from home.

Top tip: Choosing activities you'll enjoy will make it easier to stick at it and ultimately help you get more out of your DofE experience.

"DofE encouraged me to go outside of my little bubble."
Lottie, 21

1. VOLUNTEERING 12 months*

Whether it's giving time to a local charity shop or helping organise activities for your youth club, get out there and make a difference in your community, the environment or your local charity.

Ideas to get you started:

Help in a charity shop, fundraise for a local cause, try conservation work, take up campaigning, start mentoring.

2. PHYSICAL 12 or 6 months*

From skateboarding to scuba-diving, wheelchair basketball to ballet, choose your own way to get active. You'll track your progress and get fitter, happier and healthier while you're at it.

Ideas to get you started:

Swimming, netball, fitness classes, dance, hockey, football, wheelchair tennis.

3. SKILLS 12 or 6 months*

Learn something you've always wanted to or maybe get better at something you already do. From filmmaking to a musical instrument, cooking to animal care, what will you choose?

Ideas to get you started:

Photography, playing a musical instrument, drawing, first aid, cooking, singing, driving.

4. EXPEDITION 4 days, 3 nights

As part of a small team, you'll have an unforgettable experience getting to grips with the great outdoors, and improving your communication and leadership skills along the way.

Ideas to get you started:

Cycling, horse riding, hiking, canoeing/kayaking.

5. RESIDENTIAL 5 days, 4 nights

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard to helping at a children's camp, the choice is yours.

Ideas to get you started:

See dofe.org/opportunity-finder.

*Choose one of Physical or Skills to extend to 12 months. If you didn't do Bronze or Silver, you'll need to do 18 months of either Volunteering, Physical or Skills.

For more ideas and inspiration, download the app or visit: [DofE.org/do/activities](https://dofe.org/do/activities).