



**YOUTH
WITHOUT
LIMITS**

A PARENT AND CARER'S GUIDE TO THE DOFE AWARD

What is the DofE?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work



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Introducing the DofE



What is involved?

| BRONZE AWARD | | | |
|---|--------------------|--------------------|-------------------|
| VOLUNTEERING | PHYSICAL | SKILLS | EXPEDITION |
| 3 months | 3 months | 3 months | 2 days 1 night |
| Plus a further 3 months in either the Volunteering, Physical or Skills section. | | | |

| SILVER AWARD | | | |
|--|--------------------------------|--------------------------------|--------------------|
| VOLUNTEERING | PHYSICAL | SKILLS | EXPEDITION |
| 6 months | 6 OR 3 months | 6 OR 3 months | 3 days 2 nights |
| Physical and Skills sections: one section for 6 months and the other section for 3 months | | | |
| If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections. | | | |

| GOLD AWARD | | | | |
|--|---------------------------------|---------------------------------|--------------------|--------------------|
| 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. | | | | |

Volunteering section

Helping others and
making a difference
to the causes they
care about



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Physical section

Improving their health
and fitness and having
fun along the way!



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Skills section

Developing existing
skills or discovering
new things to love



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Expedition

Spending time in the great outdoors and creating lifelong memories



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Residential (Gold Award only)

Five days and four nights
away from home

Sharing experiences
and creating new
connections



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Your role

Guidance

Encouragement

Practical support

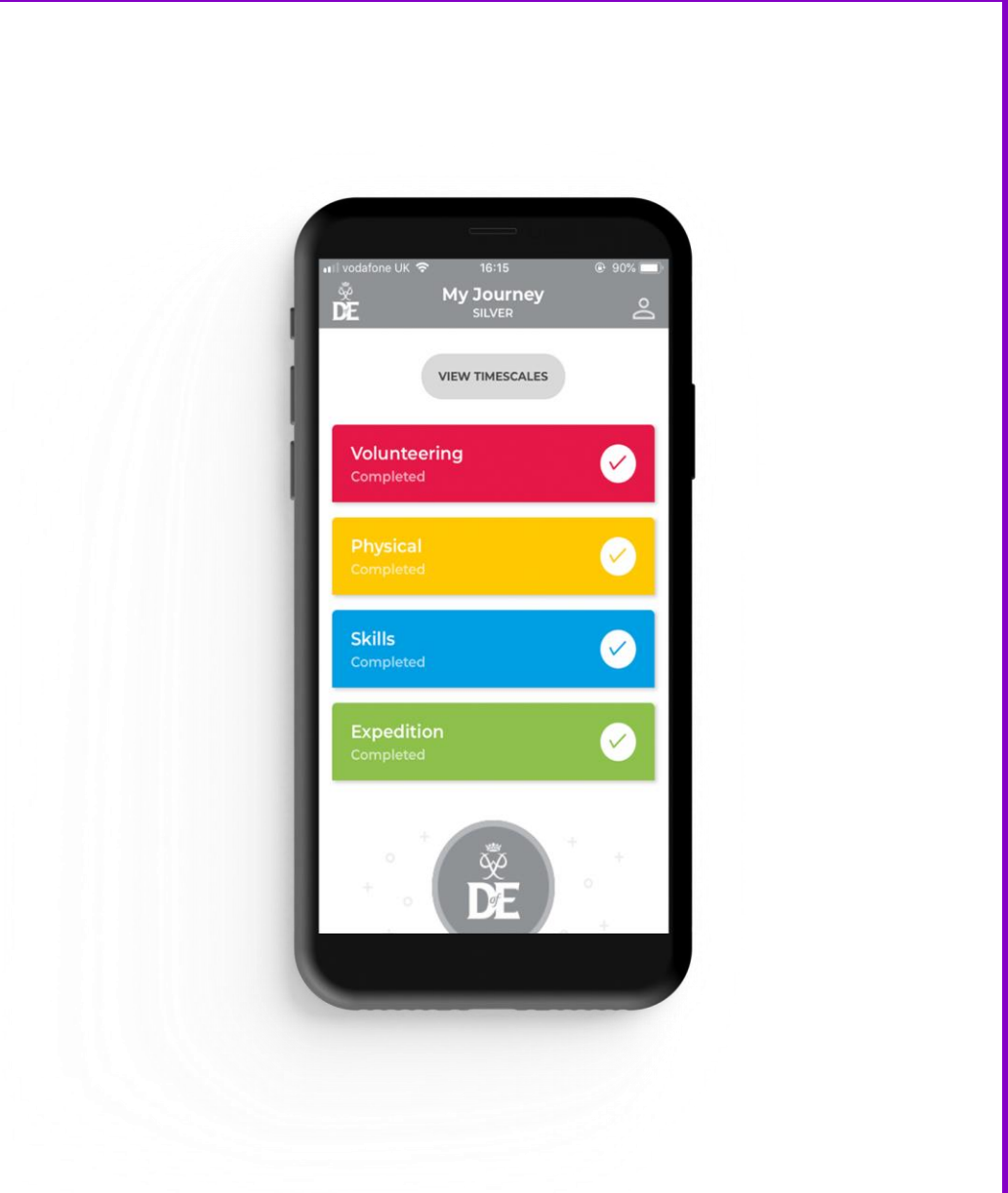
Recognising achievement



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Your Welcome Pack and eDofE



Getting started

Are you ready
to support your
child/young person
to start an adventure
they'll never forget?

To get started, complete a
Participant Enrolment Form
and return to Mr Sutton /
Reception by Friday 14th
October



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Mr Sutton

DofE Coordinator

We started the DofE in 2017 and have
expanded to include Gold in 2021 and Silver
in 2022.

The DofE is a charity.
Visit DofE.org for more information.