



**YOUTH
WITHOUT
LIMITS**

**START
YOUR BRONZE
DOFE**



What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.



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Introducing the DofE



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What will I do?

BRONZE AWARD

VOLUNTEERING

3

months

PHYSICAL

3

months

SKILLS

3

months

EXPEDITION

**2 days
1 night**

Plus a further 3 months in either the
Volunteering, Physical or Skills section.

What will I do?

SILVER AWARD

VOLUNTEERING

6
months

PHYSICAL

6 OR **3**
months

SKILLS

6 OR **3**
months

EXPEDITION

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.

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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Physical section

Take part in whatever
dance, sport or fitness
activity you would like

Get fitter and have fun
along the way!



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Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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Expedition

Explore the great outdoors
and spend a night away
from home

Create memories that
will last a lifetime



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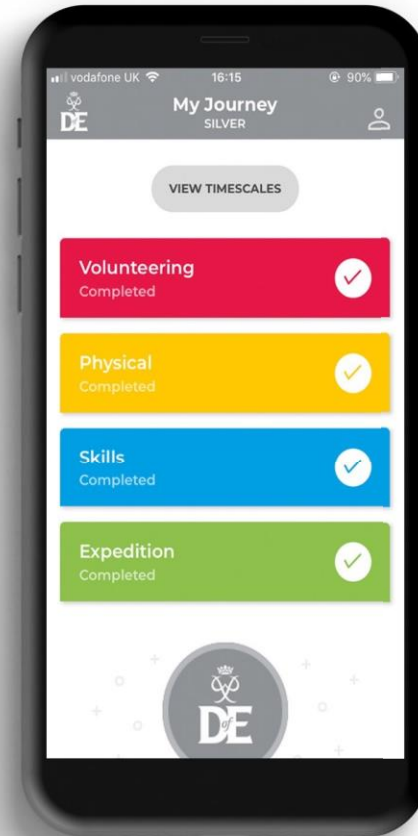
Costs

Bronze	Silver
Payment 1: £100	Payment 1: £100
Payment 2: £50	Payment 2: £80
Payment 3: £50	Payment 3: £80
Payment 4: £35	Payment 4: £75
Total: £235	Total: £335

Dates – TBC when we know numbers

Bronze	Silver
<ul style="list-style-type: none"><li data-bbox="201 502 1086 678">• Training Weekend: 7/8 February<li data-bbox="201 805 1086 885">• Practice hike: 2nd May<li data-bbox="201 1117 1086 1292">• Qualifying Expedition: 23/24 May	<p data-bbox="1243 502 2049 678">Training Weekend: TBC (depends on numbers)</p> <p data-bbox="1310 805 1982 981">Practice Expedition: 10/11/12 April</p> <p data-bbox="1265 1117 2027 1292">Qualifying Expedition: 10/11/12 July</p>

Your Welcome Pack and eDofE



Getting started

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

To get started with your DofE, speak to <Insert Name>.



<INSERT NAME>

<Job title>

In this bit goes some words you've written about yourself. Be positive and tell us who you are? What you've done... though don't tell us your A Level results, there's plenty of other forms for that. And what excites you about the DofE. You can go on for quite a bit... well, as long as it fills this box and then suddenly your words will get cut off, even if you're in the middle of

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



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