



**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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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

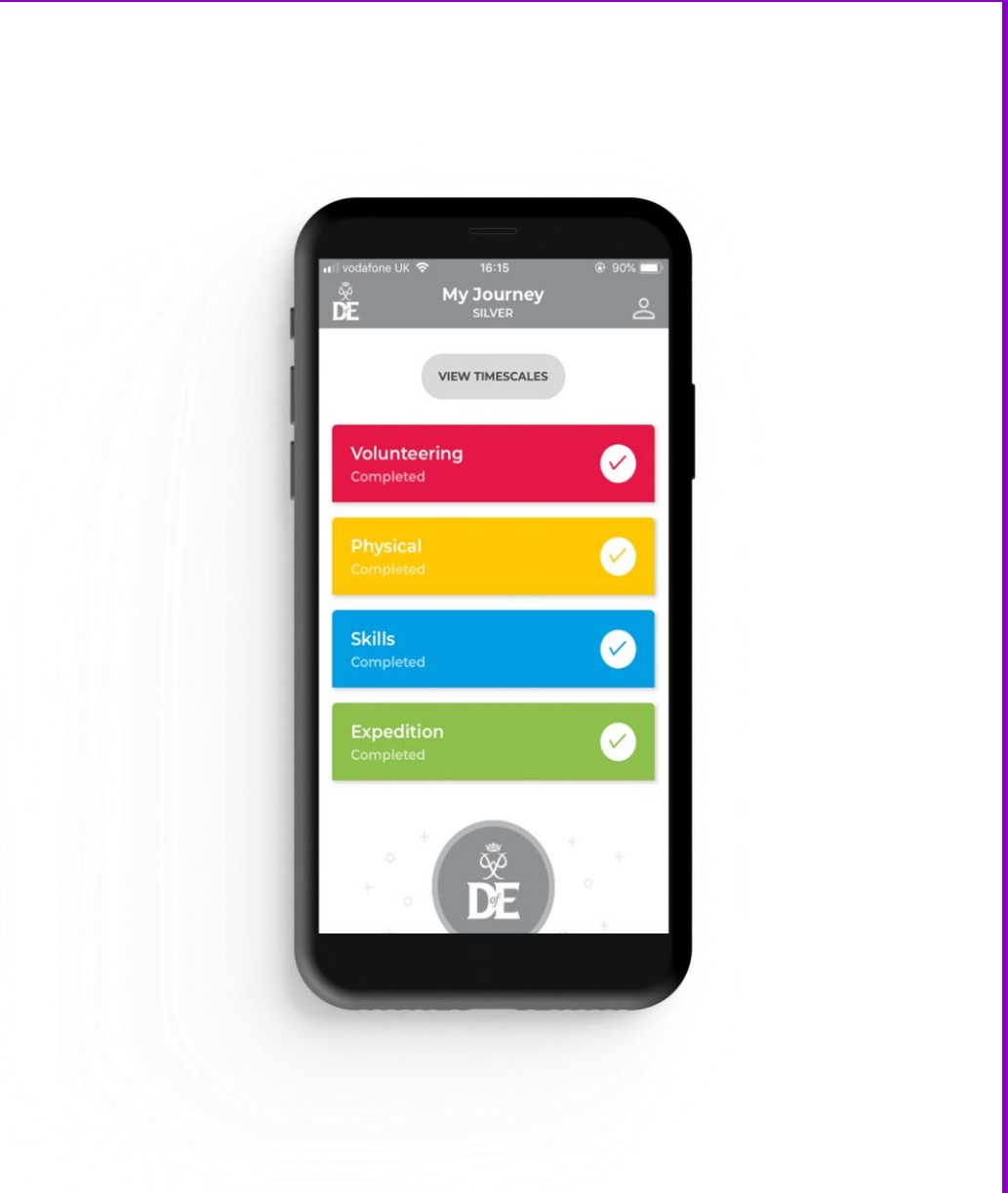
Recognising achievement



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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 speak to
Marc Wright.



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The DofE is a charity.
Visit [DofE.org](https://www.dofe.org) for more information.

BECOME A YOUNG LEADER!

Develop leadership skills ☒

Add to your CV ☒

Get free training ☒

Support DofE participants ☒



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What are you waiting for?

Speak to your DofE Manager or Coordinator to get involved or visit DofE.org for more information

Getting started

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

Bronze training will be Tuesdays after school for an hour every week (sometimes two hours), starting in September.

Training is important for you to be able to do the expedition.

The practice day walk will be Friday 17th April and the final expedition 21st and 22nd May 2026.

The price to take part in Bronze will be £100.

Numbers will be limited Please work out your groups of 7.

To get started with DofE, register your interest on parent pay.



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Getting started

Silver DofE

Training will continue to be Tuesdays after school to plan your silver practice expedition.

The Silver practice expedition will be 3 days in July 2026.

The price to sign up to Silver and take part in the practice will be £110.

Year 11 - Training will be at lunch time once a week.

The Silver final expedition will be after exams have finished in June 2027.

The price for year 11 will be dependent on numbers. Expected to be £70.



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