

## Getting started

Take the first steps of your adventure today and find out how to start your DofE journey:

1

### Find a DofE group

#### First, find a local DofE group:

- Talk to a DofE Leader or the person who gave you this leaflet.
- Contact your local Licensed Organisation: [www.DofE.org/takepart](http://www.DofE.org/takepart).
- Visit our website: [www.DofE.org](http://www.DofE.org).
- Email us: [info@DofE.org](mailto:info@DofE.org).

2

### Choose your level

Decide which level of DofE programme you want to do (this will depend on your age, how much time you have to spare etc.). Pay a small fee and register to do a DofE programme with a DofE group. You will then receive your online eDofE account and *Welcome Pack*.

3

### Choose your activities

Decide with your DofE Leader what you are going to do for each section of your DofE programme, and they will agree who is going to assess each section for you.



4

### Do the activities

Get started! You will record what you are going to do, and upload pictures, certificates etc. of what you do for each section into eDofE, our online record system. Your Assessors will sign off each section as you complete them.

5

### Achieve your Award

When you have completed all the sections of your DofE programme submit your Award in eDofE to your DofE Leader. They will arrange for your achievement to be confirmed – congratulations, you've achieved your Award and will receive a certificate and badge! Then you can continue onto the next level (if appropriate).

Local contact:



Scan for our two-minute info movie!

[www.facebook.com/theDofE](https://www.facebook.com/theDofE)

[@DofE #DofE](https://www.twitter.com/DofE)

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# The adventure starts here



Information for young people

[www.DofE.org](http://www.DofE.org)

## What's it all about?

Doing a DofE programme is a real adventure from beginning to end. You just need to be aged between 14 and 24 and want to do something different, adventurous – and fun!

You can do programmes at three levels which, when you've successfully completed them, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award.

You choose what you are going to do, so your programme can be full of activities and projects that get you buzzing. Along the way you'll pick up experiences, friends and talents that will stay with you for the rest of your life.

Better still, having a Duke of Edinburgh's Award has been shown to make people stand out from the crowd when it comes to job and university interviews! It gives you something to put on your CV, lots to talk about at an interview and it also shows that you've developed lots of the skills the interviewers are looking for.



## Choose the level that's right for you

Depending on your age, you can start at any level – but most people prefer to try for Bronze before trying Silver or Gold.

Bronze and Silver levels cover the same activity areas ('sections'), and the Gold level has an additional section (see opposite). The higher the level, the more time, effort and work is required. Check out the timescales at [www.DofE.org/go/timescales](http://www.DofE.org/go/timescales).

You keep track of your progress online, using eDofE. It's easy to record your goals, show your progress and upload pictures etc. to show what you've done.

Level:	Minimum age you can start:	Minimum length of time:	Length of time if you have achieved the previous level:
 <b>Bronze</b>	14 years	6 months	n/a
 <b>Silver</b>	15 years	12 months	6 months
 <b>Gold</b>	16 years	18 months	12 months

*During your programme you'll do each activity for at least an average of an hour a week over this time. You have until your 25th birthday to complete any programme and achieve an Award!*

## It's up to you!

Whatever level you're doing you'll create your own programme with the help of your DofE Leader. Choose one activity for each section – it's up to you what you do, so you can choose something that you're really into or keen to have a go at. It's all about setting yourself a challenge and feeling great when you achieve it!



**VOLUNTEERING** This is your chance to make a difference by helping people, your community, the environment or an organisation. From helping at a youth group or raising money for a cancer charity, to running a recycling project or helping at an animal shelter – it's your chance to help others.

**PHYSICAL** You can choose any sport, dance or fitness activity to get fitter – and get better at it! You could play for a local team, learn to dance or take up something a bit unusual – it's up to you. Just choose something you'll enjoy!

**SKILLS** Is there something you've always wanted to try or do you want to get better at your favourite hobby? Play the keyboards or learn to paint, go karting or make honey – the sky's the limit when it comes to skills.

**EXPEDITION** Highs, lows, laughs, memories... You'll experience it all as you plan, train for and complete an adventurous journey in the UK or overseas. You could be walking in the Alps, cycling in Scotland, horse riding on Dartmoor or sailing on the Norfolk Broads – where will your expedition take you?

**RESIDENTIAL** (Gold only) Make new friends and have fun taking part in an activity and staying away from home. You could try a course in writing music, assisting at a kids' camp or sailing a tall ship. You can learn something new, help people or develop a talent – and have loads of fun!



See [www.DofE.org/sections](http://www.DofE.org/sections) for loads of inspiring ideas!