

Start your Bronze DofE

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What is the DofE?

The DofE's a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

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

Now it's your turn.



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What is the DofE?



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How do I choose my activities?

There’s loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.



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Volunteering

Volunteering's all about taking action and making a difference to other people's lives.

Maybe you're interested in animals or tackling climate change? Or you want to raise money for a cause that means a lot to you?

From coaching a local football team or collecting for a foodbank to starting a campaign, you'll give up your time to help others and change things for the better.

It's extremely rewarding, grows your confidence and independence — and can give you the chance to experience the world of work too.

Over

¾

feel happier because volunteering gave them more confidence

88%

believe volunteering helps them feel more satisfied in life

96%

say volunteering gave them a sense of achievement







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Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way.

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From yoga to going to the gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

And doing more physical activity can give your mental health a great boost too.

You can decide to join a team or do it on your own — it's up to you.







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Skills

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

By developing practical and social skills and gaining interests and talents, you'll enjoy yourself and get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to it. So, if you're interested in photography, you could do it as your skill.

You'll grow your confidence and show you're committed, motivated and can rise to a challenge.



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Expedition

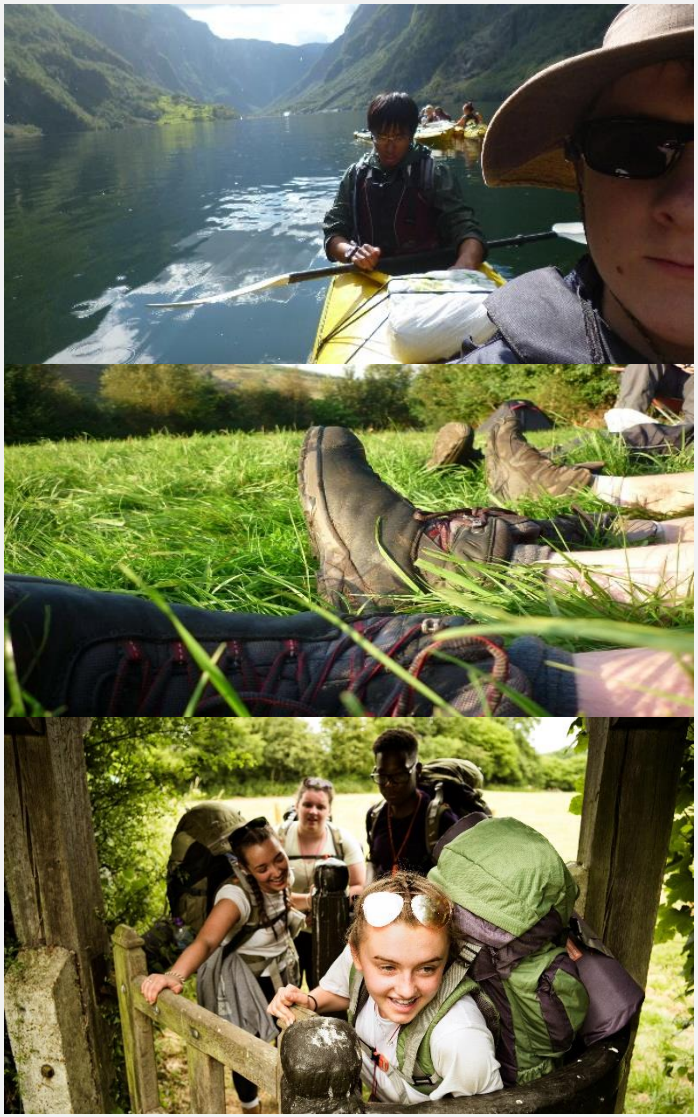
Getting into the great outdoors and spending a night away with your friends – your expedition will give you lifelong memories.

As part of a small team, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing — then spend two days and one night away.

You can choose how you want to travel – it doesn't have to be on foot. You could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing — and an experience you won't forget.



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Your DofE and COVID-19

The COVID-19 outbreak won't stop you doing your DofE – far from it.

In fact, the DofE can help you navigate your 'new normal', expand your world and give you skills and experiences that can open doors in the future.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and Government guidelines allow – you can do yours, with all the benefits and memories you'd get at any other time.

Visit **DofE.org/DofEWithADifference** for loads of activity ideas and information.

Running Mentoring DIY Cooking Yoga Photography Wii Fit Coding Guitar playing Knitting Cycling Sign language Gardening Walking Painting Circuits Quizzing Jogging Campaigning Money management Vlogging YouTube fitness Dancing Helping neighbours Dog-walking #DofEWithADifference Languages Tutoring Singing Martial arts Sewing Pilates Crafting Blogging App design Filmmaking Combatting loneliness Cyber safety Family tree research Online learning Foodbank collection Website building Book reviewing First aid Aerobics Driving skills Programming Skateboarding

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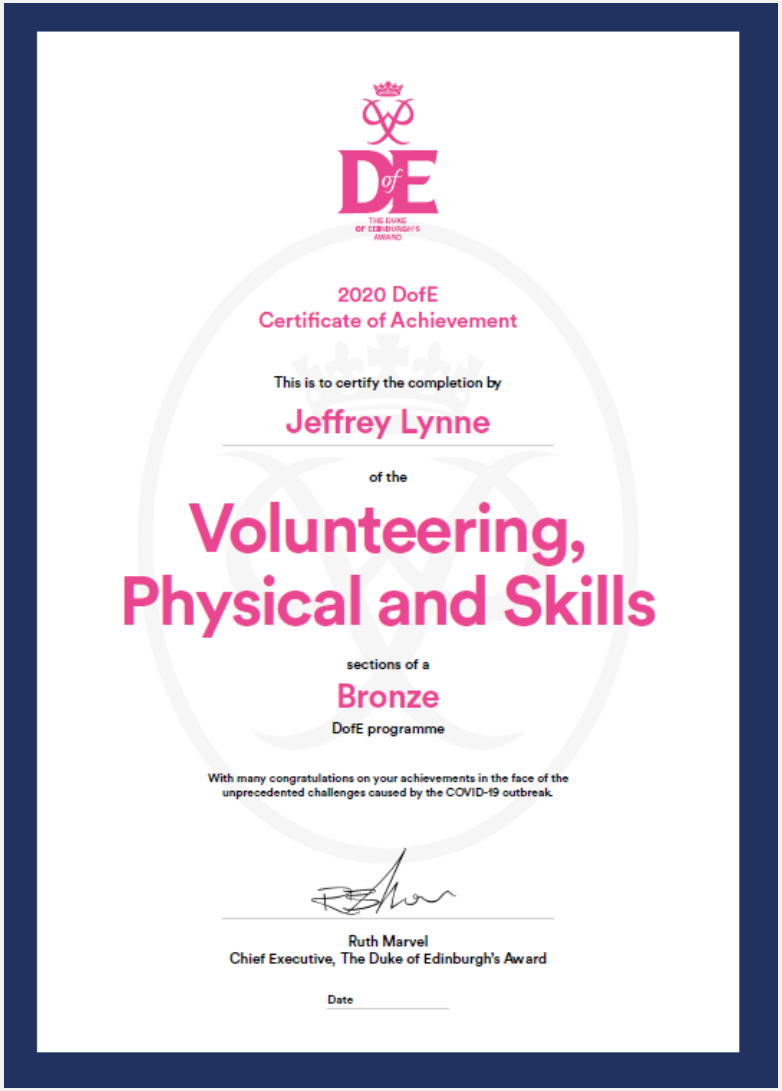
The DofE Certificate of Achievement

During and in the aftermath of the COVID-19 outbreak, participants who complete their Skills, Volunteering and Physical sections will receive a special DofE Certificate of Achievement.

This is a formal recognition, by the DofE, of the effort, skill and commitment you've shown at this extraordinary time.

The Certificate can act as a talking point on your CV or in your personal statement and help you stand out.

And you can still do your expedition and achieve your Bronze DofE Award.



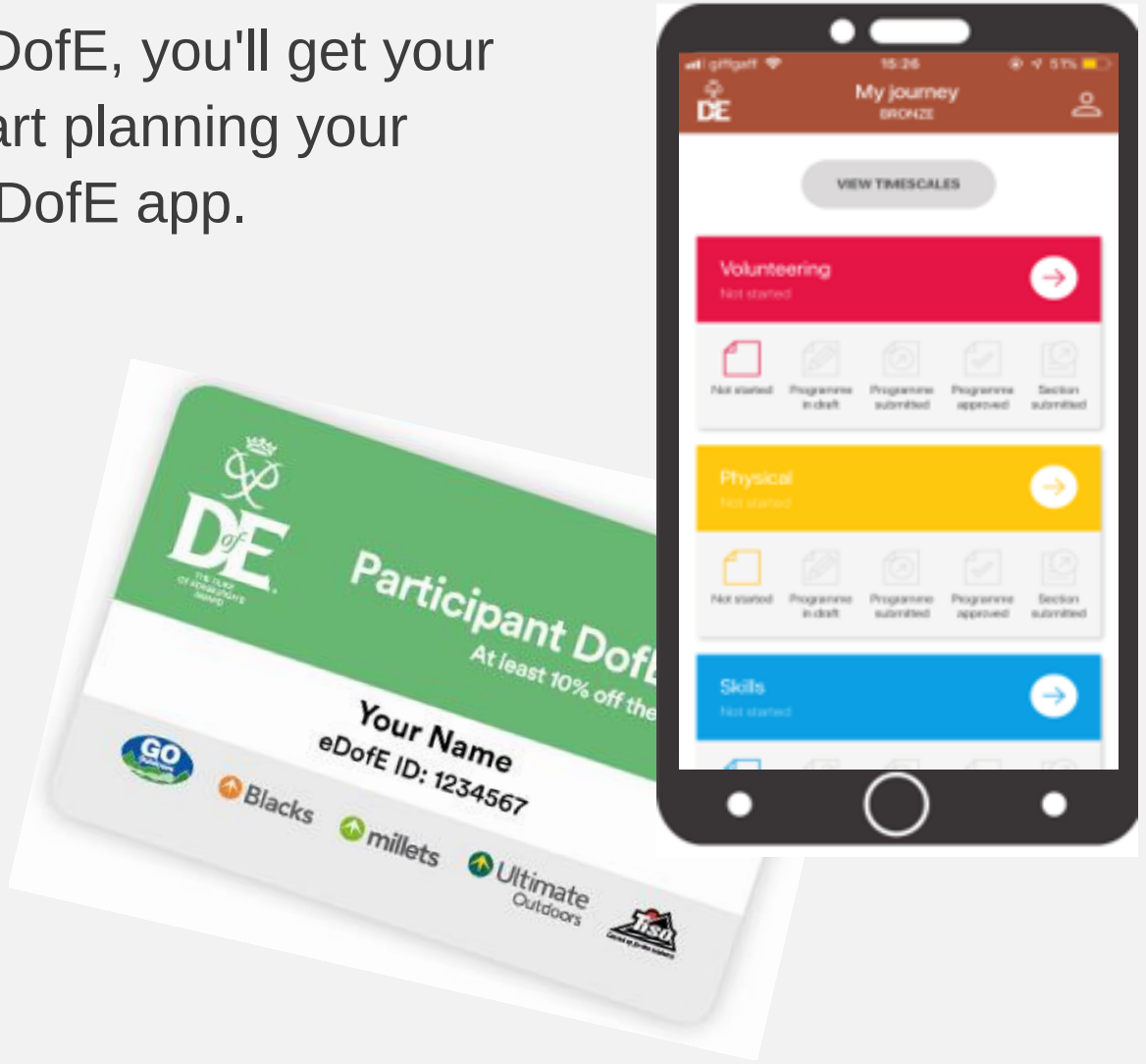
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Your Welcome Pack and eDofE

Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.



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Why do your DofE?

So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, so here's a quick snapshot. You'll…

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." **Benedict Cumberbatch**, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden,** entrepreneur.

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Start your DofE now

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

To get started with your DofE, speak to the DofE Manager or Leader at your school, college or organisation.

