“When I did DofE I saw that there’s a whole world waiting to be discovered.” Lily, 15

YOUR DofE IN SIX STEPS

1. Register via eDofE.org or DofE app.
2. Choose activities for each section and sign off with Leader.
3. Do your activities for the set amount of time and record your progress.
4. Get an Assessor’s sign-off for each activity.
5. Achieve your Bronze Award!
6. Challenge yourself some more and take the step up to Silver.

DofE helps young people build life-long belief in themselves, supporting them to take on their own challenges, follow their passions, and discover talents they never knew they had. Because when you prove to yourself that you’re ready for anything, nothing can hold you back.

Here to help

Visit DofE.org/do for ideas and resources to support you through your DofE.

@DofE theDofE theDofEUK DofEUK DofE.org

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Bronze
DofE Award

BRONZE STARTS HERE

YOUTH WITHOUT LIMITS

Participant programme information

WELCOME TO YOUR DofE

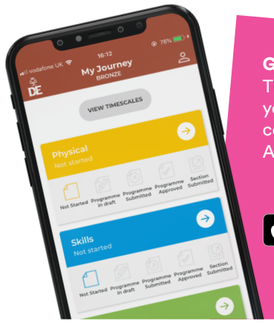
Congratulations on deciding to take on DofE Bronze.

Everyone's DofE is unique but it's always an adventure. It gives you the chance to take on your own challenges, follow your own passions, and discover talents you never knew you had.

You'll choose from thousands of activities, some you'll know, some totally new. From football to film-making, skateboarding to singing, DJing to helping out at your local youth club – the possibilities are endless. What's more, you'll make memories, friendships and skills that'll last forever.

Your DofE won't just help you stand out when you apply for college, uni or a job. It'll help you build life-long belief in yourself. Because we believe that when you prove to yourself that you're ready for anything, nothing can hold you back.

Welcome to you without limits.



Get the DofE app
The DofE app makes it quick and easy to plan your activities, connect to your DofE Leader, complete your programme and achieve your Award. Download it today and get going.

Download on the App Store | GET IT ON Google Play

FOUR SECTIONS. ONE UNFORGETTABLE EXPERIENCE.

Your DofE Award is totally unique to you. You'll need to choose and complete one activity to do under each of these four sections. You'll need to do one of these activities for a three month period and one for six months. The expedition is the only exception which takes place over two days and one night.

Top tip. Choosing activities you'll enjoy will make it easier to stick at it and ultimately help you get more out of your DofE experience.

"I feel proud of myself for having done it." Fraser, 14

1. VOLUNTEERING
3 months*

Whether it's giving time to a local charity or helping organise activities for your youth club, get out there and make a difference in your community by helping others, the environment or your local charity.

Ideas to get you started:
Help in a charity shop, fundraise for a local cause, conservation work, campaigning, mentoring.

2. PHYSICAL
3 months*

From skateboarding to scuba-diving, wheelchair basketball to ballet, choose your own way to get active. You'll track your progress and get fitter, happier and healthier while you're at it.

Ideas to get you started:
swimming, netball, fitness classes, dance, hockey, football, wheelchair tennis.

3. SKILLS
3 months*

Learn something you've always wanted to or maybe get better at something you already do. From filmmaking to a musical instrument, cooking to animal care, what will you choose?

Ideas to get you started:
photography, playing a musical instrument, drawing, first aid, cooking, singing.

4. EXPEDITION
2 days 1 nights

As part of a small team you'll have an unforgettable experience getting to grips with the great outdoors, and improving your communication and leadership skills along the way.

Ideas to get you started:
cycling, horse riding, hiking, canoeing / kayaking.

* Choose one of Voluteering, Physical or Skills to extend to 6 months

For more ideas and inspiration download the app or visit:DofE.org/do/activities