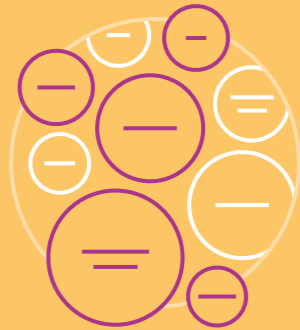


# Your DofE journey



1

Register via DofE app or eDofE.org.



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 Gold Award!



6

Why not think about passing on your skills by becoming a DofE Leader?

Participant programme information



## Need more information?

Visit [DofE.org/do](https://DofE.org/do) for ideas, resources and top links to support you through your DofE.



[DofE.org](https://DofE.org)

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Launch our welcome film by scanning this Snapcode

# DofE

# Welcome to your Gold DofE

**Congratulations, you've made a great decision to start your DofE – a life-changing adventure you don't want to miss.**

Choose from hundreds of activities that may be offered in your local area – from canoeing to gymnastics, DJing to fundraising for your favourite charity – to achieve your Gold Award. You'll pick up memories, friendships and skills that'll stay with you forever.

And the added bonus – having a DofE Award can really give you the edge when applying for college, uni and jobs.

Ready to get started? Launch our short welcome film by opening Snapchat on your smartphone and scanning this Snapcode – or view the film at [DofE.org/Goldwelcome](http://DofE.org/Goldwelcome).



Manage your DofE programme via [eDofE.org](http://eDofE.org) or, if you've got a smartphone, **download the DofE app** to record your progress on the go (search 'DofE').



## Sections and timescales

For your Gold programme there are five sections to complete:

### Volunteering

This is all about getting out there and making a difference by helping others, the environment or your local community. Perhaps you're interested in animals, helping older people or raising money for a local charity.

### Physical

This is a chance to focus on your health and fitness and have fun along the way. Go to the gym, start climbing or have dance classes, it can be with a team or on your own. Set your own challenge and be the best you can be.

### Skills

Discover something that you're really good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. The sky's the limit when it comes to skills.

### Expedition

As part of a small team, you'll have an unforgettable experience getting to grips with the great outdoors. You'll improve your communication and leadership skills and take a rucksack of memories home with you.

### Residential

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with.

**You need to do an activity for each of the sections, over a set amount of time, to achieve your Award:**



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.

## Your activities

Create your own programme of activities with the help of your DofE Leader. Choose one activity for each section. Maybe you want to try something new? Or get better at something you already do? Find out what's available near you.

It's a good idea to choose activities you'll enjoy – it'll make them easier to stick at and you'll get more out of the experience.

For inspiration, use the activity selector on the DofE app or take a look at our ideas lists: [DofE.org/do/activities](http://DofE.org/do/activities).

