



The Duke of Edinburgh's Award

# SKILLS FOR LIFE AND WORK



**YOUTH  
WITHOUT  
LIMITS**

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

## What's it all about?

The Duke of Edinburgh's Award (DofE) is a life-changing adventure you don't want to miss. As Gold Award holder Jay puts it, "My DofE has made me realise I can be whoever I want to be."

You can achieve a Gold Duke of Edinburgh's Award by completing a personalised programme with a variety of activities.

Choose from hundreds of activities – from canoeing to gymnastics, DJing to fundraising or event management – so there'll never be a dull moment.

Plus, you'll pick up memories, friendships and skills that will stay with you forever. And the added bonus? Having a Gold DofE Award can really give you the edge when you're applying for jobs as it's a prestigious Award highly recognised by businesses and employers around the world.

The DofE helps to turn the things you love, and the things you've always wanted to try, into powerful lifelong skills. Ready to start your journey?



## What is DofE Direct?

**DofE Direct is a way for young people aged 18+ to complete a Gold DofE independently without belonging to an organisation that runs the DofE.**

Want to develop new skills and broaden your career prospects, all whilst having fun? Then DofE Direct is for you.



**Watch our video to get a flavour of the DofE: [Dofe.org/doyourdofe](https://dofe.org/doyourdofe)**

DofE Direct is a unique way to achieve a Gold Duke of Edinburgh's Award independently, without the need to attend weekly sessions at a local DofE Centre.

You'll be able to progress through your DofE activities in your own time by managing your DofE journey yourself through eDofE online. Support is available from a DofE Leader via email, and eDofE messaging when needed.

If you haven't got a local DofE group nearby or your local DofE Centre doesn't offer Gold level, you can do your Gold through DofE Direct. You can also go straight to Gold without having achieved a previous level.

At only £75\*, the Gold DofE through DofE Direct is a cost effective way for you to ensure you develop lifelong skills employers are looking for.

\*Plus costs for Expedition and Residential.

<b>GOLD (AGE 16+)</b>	 <b>VOLUNTEERING</b> <b>12 MONTHS</b>	 <b>PHYSICAL</b> <b>12 OR 6 MONTHS</b>	 <b>SKILLS</b> <b>12 OR 6 MONTHS</b>	 <b>EXPEDITION</b> <b>4 DAYS AND 3 NIGHTS</b>	 <b>RESIDENTIAL</b> <b>5 DAYS AND 4 NIGHTS</b>
	<b>Physical and Skills sections: one section for 12 months and the other section for 6 months.</b>				
	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.				

## The DofE sections

Your chosen activities for Volunteering, Physical and Skills take at least one hour a week, so you can fit them in around everything else.

### VOLUNTEERING

This is all about getting out there and making a difference by helping others, the environment or your local community. There are so many things you could do - you could volunteer at an animal sanctuary, offer help to elderly neighbours, or raise money for a local charity.

### 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 the Skills section.

### PHYSICAL

This is a chance to focus on your health and fitness and have fun along the way. You could join a dance class, start running, or try rock climbing for the first time. Set your challenge either with a team or on your own and see how much you can improve.

### 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.



“ Skills such as resilience, confidence and problem-solving can't be developed solely from the academic curriculum. That's why opportunities like the DofE are so critical, because it provides young people with all the tools and support needed to develop these essential skills.”

**Tim Campbell MBE, Business Leader and winner of The Apprentice**



“ We are so passionate about the DofE and the life-changing benefits the Award brings for young people. Through our own Award programme at Amey we see time and again how young people build their confidence, resilience and skills - helping them develop into our leaders of tomorrow.”

**Emily Davies, Environment, Social and Governance Director, Amey**

# 4 steps to your DofE Award

## Step 1

### Fill in the form

Fill in the DofE Direct application form on [DofE.org/DofE-direct](https://www.dofe.org/DofE-direct). You can choose to pay and register straight away or simply find out more information about what's involved.

## Step 2

### Choose your activities

Start choosing the activities you want to do. Start completing your programme planners for each section which your leader will approve. You can contact your DofE Leader if you need to check an activity will count for a section. There are endless opportunities to choose from – see [DofE.org/do](https://www.dofe.org/do) for some inspiration.

## Step 3

### Do the activities

Get started, you'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your Assessor will provide a report when you complete an activity and your Leader will sign off each section as you complete them.

## Step 4

### Achieve your DofE award

Once you've completed your programme and it has been approved you will receive a congratulations letter and a badge. You will also be invited to a Gold Award Presentation to receive your certificate.

On top of your £75 signup fee you should budget for the following:

**Expedition:** Participants must use one of our Approved Activity Providers (AAPs).

**Residential:** There are numerous five-day residential activities on offer around the UK, including some organisations that offer free or low cost residentials.

Use the **Opportunity Finder** at [DofE.org/Opportunity](https://www.dofe.org/Opportunity) to find out more about AAPs for Expedition and Residential sections.



For more detailed information visit [DofE.org/DofE-direct](https://www.dofe.org/DofE-direct) or email [info@dofe.org](mailto:info@dofe.org)



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

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