



**YOUTH
WITHOUT
LIMITS**

**START
YOUR SILVER
DOFE**



What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

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

Now it's your turn.



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Introducing the DofE



What will I do?

SILVER AWARD

VOLUNTEERING

6
months

PHYSICAL

6 OR **3**
months

SKILLS

6 OR **3**
months

EXPEDITION

3 days
2 nights

Physical and Skills sections: one section for 6 months and the other section for 3 months

If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



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Physical section

Take part in whatever dance, sport or fitness activity you would like

Get fitter and have fun along the way!



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Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



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Expedition

Explore the great outdoors
and spend two nights
away from home

Create memories that
will last a lifetime



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Your Welcome Pack and eDofE

