
DofE
YOUTH WITHOUT LIMITS
UNSTOPPABLE
SIA
START YOUR BRONZE 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.

YOUTH WITHOUT LIMITS



What's it all about?



What skills will I develop through DofE?

- ✓ Resilience
- ✓ Independence
- ✓ Teamwork
- ✓ Leadership
- ✓ Communication
- ✓ Organisation
- ✓ Problem-solving
- ✓ Confidence
- ✓ Commitment and perseverance
- ✓ Practical skills
- ✓ Community spirit
- ✓ Self-awareness
- ✓ Healthy habits
- ✓ Respect and empathy
- ✓ Adaptability

To name just a few!

HOW?

- ✓ **Resilience** – overcoming challenges and not giving up when things get difficult.
- ✓ **Independence** – taking responsibility for themselves and their decisions.
- ✓ **Teamwork** – working collaboratively and supporting others.
- ✓ **Leadership** – taking initiative, motivating others and solving problems.
- ✓ **Communication** – listening, sharing ideas and working effectively with others.
- ✓ **Organisation** – planning activities, managing time and meeting deadlines.
- ✓ **Problem-solving** – thinking creatively and adapting when things don't go to plan.
- ✓ **Confidence** – trying new experiences and discovering what they are capable of.
- ✓ **Commitment and perseverance** – setting goals and sticking with them over time.
- ✓ **Practical skills** – learning navigation, first aid, outdoor safety and expedition planning.
- ✓ **Community spirit** – volunteering, helping others and making a positive difference.
- ✓ **Self-awareness** – recognising strengths, developing interests & identifying areas for improvement.
- ✓ **Healthy habits** – developing physical fitness and discovering enjoyable activities.
- ✓ **Respect and empathy** – appreciating different perspectives & supporting people from different backgrounds.
- ✓ **Adaptability** – stepping outside their comfort zone and responding positively to unfamiliar situations.

What will I do?



VOLUNTEERING SECTION

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

Help others and change things for the better





[Programme ideas: Volunteering section | DofE]

PHYSICAL SECTION

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

Get fitter and have fun along the way!





[Programme ideas: Physical section | DofE]

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





[Programme ideas: Skills section | DofE]

EXPEDITION

Explore the great outdoors and spend a night away from home

Create memories that will last a lifetime

DofE

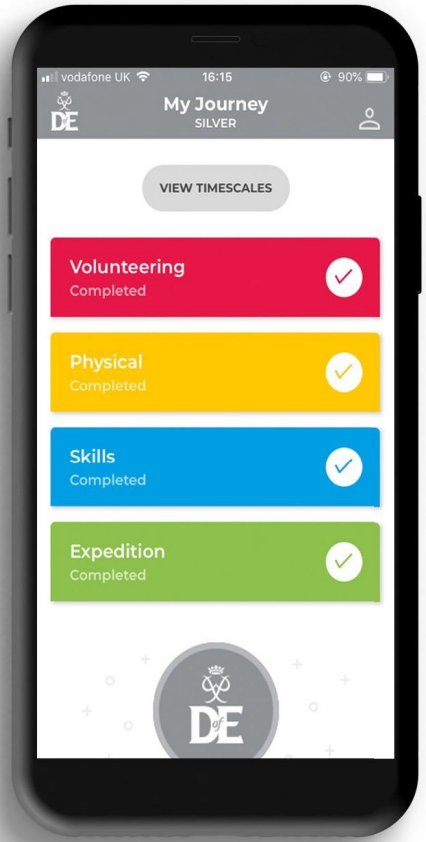
YOUTH WITHOUT LIMITS





Your Welcome Pack and eDofE





GETTING STARTED

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

YOUR NEXT STEPS!

Ask your Parent/Carer to complete the Google form *'expression of interest in DofE'* that was sent via email last week!



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The DofE is a charity. Visit DofE.org for more information.