



"DofE offers young people the opportunity to defy their own labels."
Mia, 15

DofE helps young people build lifelong 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.

YOUR DOFE IN SIX STEPS

- 1** Register via eDofE.org or the DofE app.
- 2** Choose activities for each section and sign off with your 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.

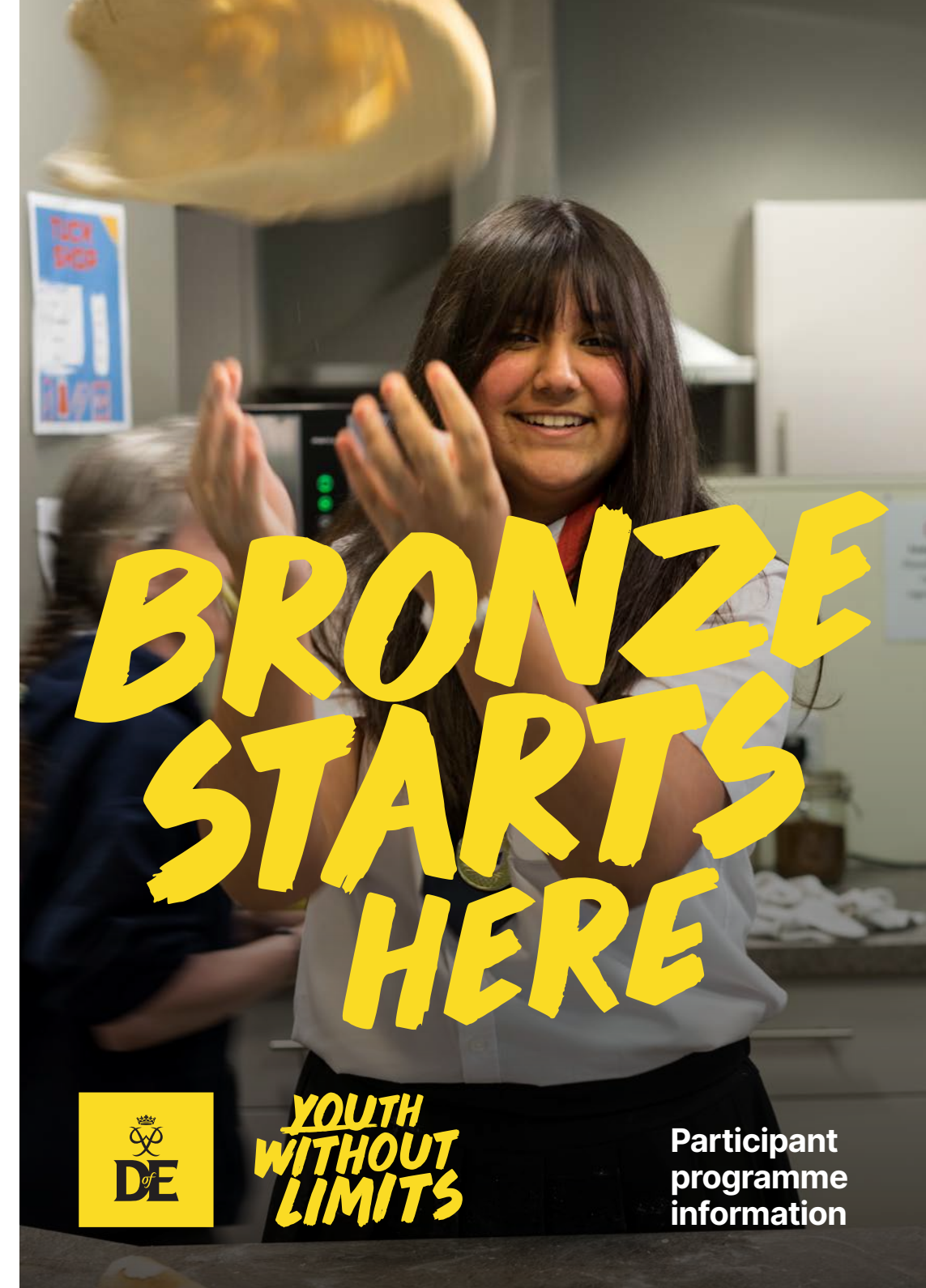
Here to help

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 STARTS HERE



YOUTH WITHOUT LIMITS

Participant programme information

WELCOME TO YOUR DOFE

Congratulations on starting your 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 filmmaking, 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 lifelong 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.



FOUR SECTIONS. ONE UNFORGETTABLE EXPERIENCE.

Your DofE 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 two of these activities for a three-month period and one for six months.

The expedition is the only exception, taking 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.

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, the environment, or your local charity.

Ideas to get you started:

Help in a charity shop, fundraise for a local cause, start conservation work, take up campaigning, begin 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, esports, singing.

4. EXPEDITION 2 days, 1 night

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.

"DofE gets you out of your comfort zone."
Mohammed, 14



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

For more ideas and inspiration, download the app or visit: [DofE.org/do/activities](https://www.dofe.org/do/activities)