

A photograph of three young men in a workshop or classroom setting. They are gathered around a large sheet of paper, possibly a blueprint or a project plan, which is pinned to a wall. The man in the center, with dark hair and a beard, is pointing at the paper with his right hand. The man on the left, with reddish hair, is looking at the paper with a focused expression. The man on the right, with dark curly hair, is also looking at the paper. They are all wearing dark-colored hoodies. The background shows various workshop materials, including wood and metal.

SKILLS FOR LIFE+WORK



**YOUTH
WITHOUT
LIMITS**

DofE.org

What's it all about?

The Duke of Edinburgh's Award 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 personal 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 it is an Award that is highly recognised by businesses and employers around the world.

It will provide great experiences that can help you progress in your current and future career. The DofE. It's what you make it.



What is DofE Direct?

DofE Direct is a way to complete your Gold DofE independently without belonging to an organisation that runs the DofE.

DofE Direct runs through eDofE, our online system, where you set your objectives, plan your programme and add evidence of what you do, in your own time and at your own pace.

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



You will be supported by a Leader via phone, emails and eDofE messaging.

Achieving a Gold Award through DofE Direct is a fantastic opportunity for employee and employer alike. You will develop leadership and management skills; build confidence, empathy and compassion. Essential traits all employers look for.

You can choose from many different activities. You can continue with an activity you are already doing or why not try something new.

DofE Direct is accessible through eDofE, our online platform. A member of the team at DofE Head Office will help and support you along your Gold DofE journey.

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

Gold Award	Volunteering	Physical	Skills	Expedition	Residential
	12 months	12 or 6 months	12 or 6 months	4 days 3 nights	5 days 4 nights
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.					

*Plus costs for Expedition and Residential

The DofE sections

You must do your chosen activities for the Volunteering, Physical and Skills sections for an average of one hour a week over the specified number of months.

Volunteering

This is all about making a difference by helping others, the environment, animals or your local community. You could choose to work with charities and non-profit organisations. If your employer or university has an adopted charity or a not for profit society you could get involved there.

Skills

Discover something that you're really good at. Maybe you can get better at something you already do, like playing a musical instrument, fine art, or learn something new like designing a website or learning to drive. It could be a skill related to enhance your current work. The sky's the limit.

Physical

This is a chance to focus on your health and fitness and have fun along the way. Improve your fitness, health and well-being 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.

Expedition

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

Residential

Spend time away from home or university 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.



“ The DofE develops the skills we look for in all our employees, such as initiative and a determination to learn and progress. It also helps our new recruits to relate to customers and their lives through the time they spend volunteering in the community — vitally important in a customer focussed business like ours.”

Matthew Bateman, Managing Director, UK Field Operations, British Gas



“ When I'm employing somebody, I'm looking for the full, rounded picture. Do they fit into this type of role and into the team? Will they embrace this job? Will they enjoy it enough to stay with me long enough to make a difference? When I see the DofE on a CV, it wraps that into one statement: I have achieved a DofE Award. That tells me so much about a person.”

Deborah Meaden, Entrepreneur

Five steps to your Award

Are you ready to volunteer, get fit, learn and go on expedition?

The DofE is one amazing adventure you'll never forget. So, what are you waiting for? Here's five steps you'll need to take to start your DofE journey:

1. Fill in the form

Fill in the DofE Direct application form on **DofE.org/DofE-direct**. You can choose to pay and register straight away or simply find out more information about what's involved.

2. Get talking

Talk to one of our DofE Leaders once you've submitted the application form to discuss what you have in mind for your sections.

3. Choose your activities

Start choosing the activities you want to do. Don't forget to chat with your DofE Leader to make sure the activities count for the right sections. There are endless opportunities to choose from – see **DofE.org/doing-your-DofE** for some inspiration.

4. 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 sign off each section as you complete them and your Leader will send you a sectional certificate.

5. Achieve your 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). Use the Opportunity Finder to see what's available.

Residential: While there are numerous five-day residential activities on offer around the UK, these organisations offer free residentials:

- yha.org.uk
- sense.org.uk/support-us/volunteer/volunteer-on-a-sense-holiday
- revitalise.org.uk/volunteer/book-volunteering-place
- chicks.org.uk



Any Questions?

If you have any questions that this document or the website does not answer, please contact **DofEDirect@DofE.org**

For more detailed information visit: **DofE.org/DofE-direct**



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