



**YOUTH
WITHOUT
LIMITS**

**DISCOVER
WHAT YOU'RE
MADE OF**

Take on your DofE – and show that nothing can hold you back.

Doing DofE helps you leave your limits behind. It's the perfect way to try new things, meet new people, discover new talents, learn new skills, give to your community, feel more confident, make a difference, recognise your potential, boost your wellbeing – and know that nothing can hold you back.

What's involved?

There are three levels of Award – Bronze, Silver and Gold. For each one you need to complete four sections – Volunteering, Physical, Skills and the Expedition. For Gold, you also need to complete a five-day residential.

What you do is up to you.

From surfing to salsa dancing, coding to candle making, bee keeping to BMXing – it's your call. The expedition lasts between one and three nights, depending on which award you're aiming for, and you get all the support you need to make sure you're fully prepared.

Who's it for?

Everyone! DofE is non-competitive and everyone aged 14-24 is welcome – whatever your interests, background and abilities. It's about finding the confidence to be yourself, and knowing that when things get tough, you can find a way through. So what are you waiting for...

How do I get involved?

Find out more and sign up for DofE by contacting:



Join DofE at www.dofe.org