



**YOUTH
WITHOUT
LIMITS**

**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.



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Introducing the DofE



What will I do?

BRONZE AWARD

VOLUNTEERING

3

months

PHYSICAL

3

months

SKILLS

3

months

EXPEDITION

**2 days
1 night**

Plus a further 3 months in either the
Volunteering, Physical or Skills section.

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

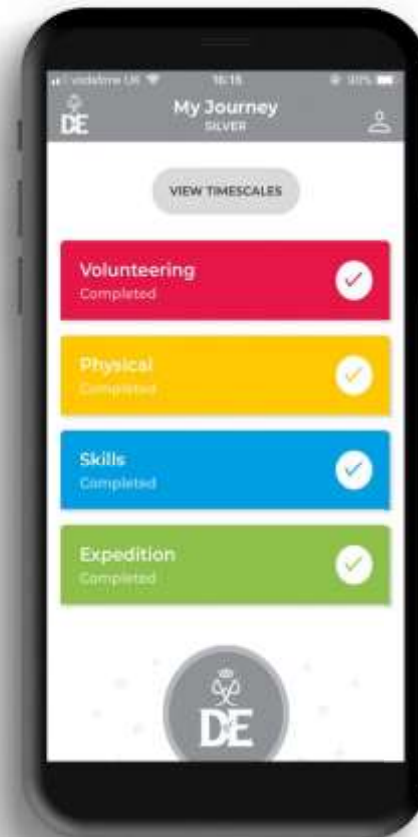
Explore the great outdoors
and spend a night away
from home

Create memories that
will last a lifetime



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Your Welcome Pack and eDofE



Getting started

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

Thank you for listening



**Kate Aldersley
Operations Officer**

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