



**YOUTH
WITHOUT
LIMITS**

**A PARENT
AND CARER'S
GUIDE TO THE
DOFE AWARD**



What is the DofE?

**The DofE is a life-changing
adventure for young
people aged 14-24**

**It helps young people
develop skills for their
future life and work**



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Introducing the DofE



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What is involved?

BRONZE AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

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.				

Volunteering section

Helping others and making a difference to the causes they care about



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Local Volunteering Opportunities

- Caversham Litter Pick- keepcavershamtidy@gmail.com <https://www.met.reading.ac.uk/~sgs02rpa/KCT/>
- Sonning Common Library: juliet.legg@oxfordshire.gov.uk
- Local Guides and Cubs: [Girlguiding Oxfordshire - We help all girls know they can do anything](#)

Local Volunteering Opportunities from 2024-2025 Group

- Sports Leaders- helping local sports team.
- Litter picking
- Animal welfare
- Supporting elderly neighbours
- Charity shop assistant
- Scouts/Girl Guides
- Support different Faith organisations

Physical section

Improving their health
and fitness and having
fun along the way!

[programme-ideas-Physical-1.pdf](#)



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Skills section

Developing existing skills or discovering new things to love

[programme ideas - skills.pdf](#)



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Residential
(Gold Award only)

Five days and four nights
away from home

Sharing experiences
and creating new
connections



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Your role

Guidance

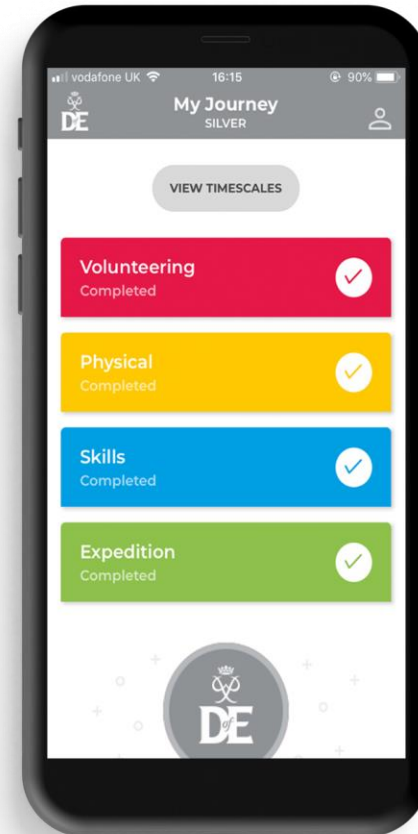
Encouragement

Practical support

Recognising achievement



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Getting started

**Are you ready
to support your
child/young person
to start an adventure
they'll never forget?**

**To get started speak to
Mr Caldwell**



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