



**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.

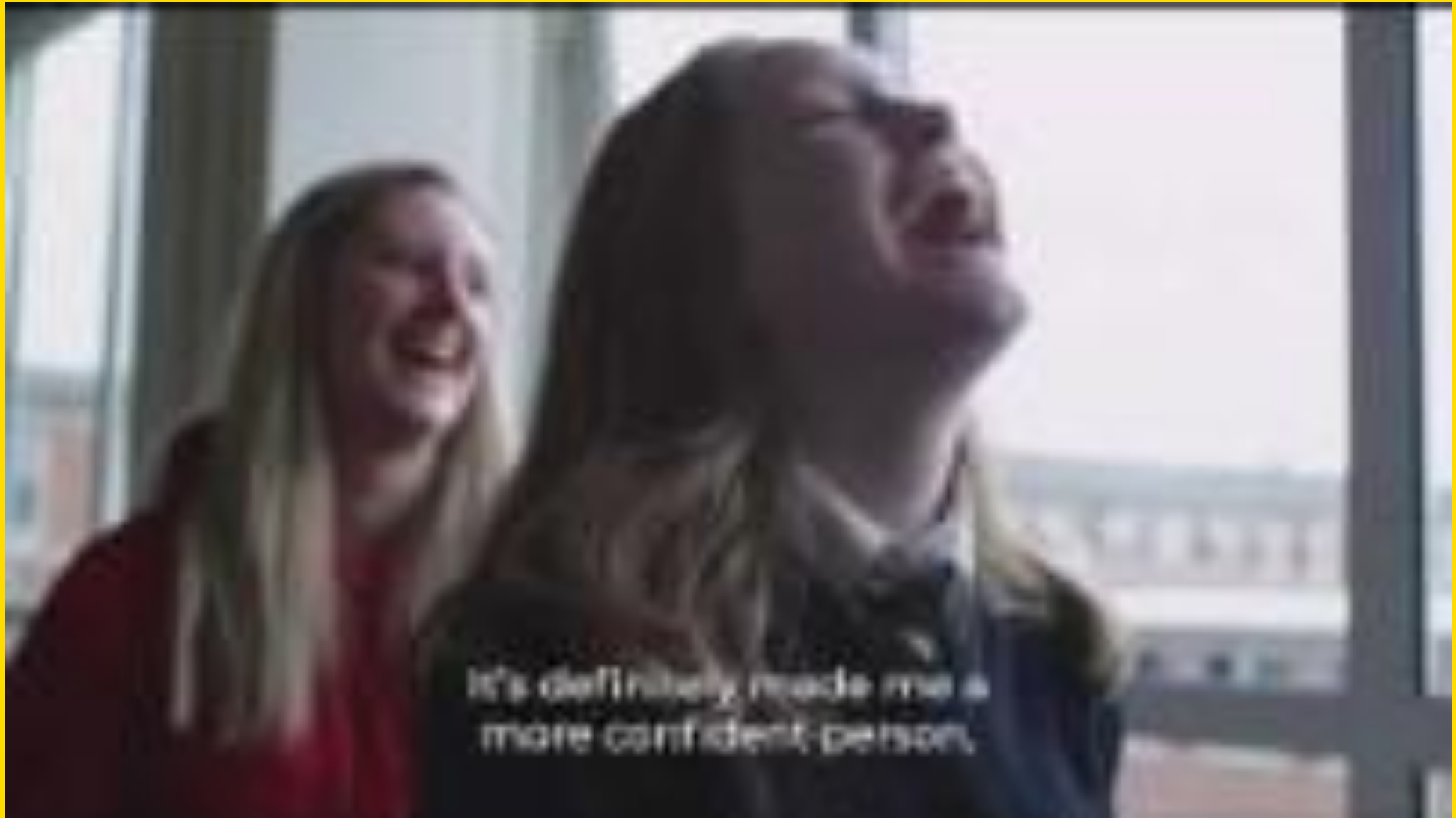
Now it's your turn.



**YOUTH
WITHOUT
LIMITS**



Introducing the DofE



It's definitely made me a
more confident person.

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



**YOUTH
WITHOUT
LIMITS**

Physical section

Take part in whatever dance, sport or fitness activity you would like

Get fitter and have fun along the way!



**YOUTH
WITHOUT
LIMITS**

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



**YOUTH
WITHOUT
LIMITS**



Expedition

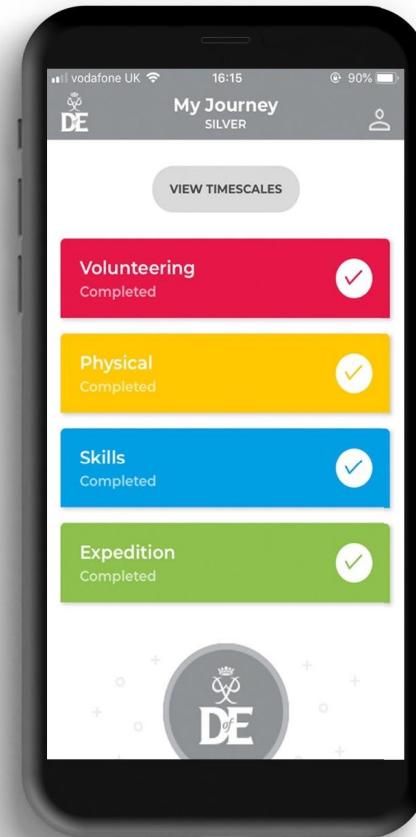
Explore the great outdoors
and spend a night away
from home

Create memories that
will last a lifetime



**YOUTH
WITHOUT
LIMITS**

Your Welcome Pack and eDofE



Getting started

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

To **get** started **with** your
speak to
DofE
Alice@bghuk.com



**YOUTH
WITHOUT
LIMITS**