



**Start your  
Silver DofE**



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# What is the DofE?



The DofE is a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, helping others and exploring the countryside.

Millions of young people in the UK have already done their DofE.

**Now it's your turn.**



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# What is the DofE?



# How do I choose my activities?

There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Silver (Year 10+)	Volunteering <b>6</b> months	Physical <b>6 or 3</b> months	Skills <b>6 or 3</b> months	Expedition <b>3 days</b> <b>2 nights</b>
	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.				



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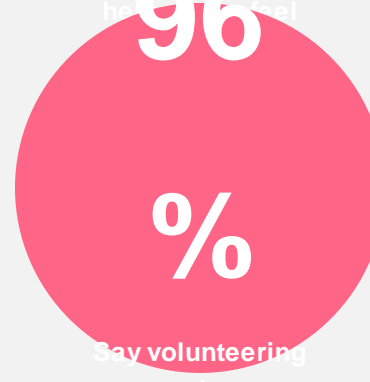
# Volunteering



Volunteering is all about making a difference to others' lives. Maybe you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

From coaching a local football team to starting a recycling campaign, you'll give up your time to help others and change things for the better.

It's extremely rewarding — and it can give you the chance to experience the world of work.



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# Physical



**The Physical section is a chance for you to focus on your health and fitness and have fun along the way.**

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From Zumba to football, skateboarding to walking — almost any dance, sport or fitness activity can count.

You can decide to join a team or do it on your own — it's up to you.



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# Skills



**From podcasting to playing an instrument, the Skills section lets you learn a new talent, develop existing skills and find something you enjoy doing.**

By developing practical skills and gaining personal interests and talents, you can get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to this. For example, if you're interested in photography, you could do this as your skill.

You can grow your confidence and develop practical and social skills while learning how to rise to a challenge.



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# Expedition



**Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.**

As part of a small team, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing — then spend three days and two nights away.

You can choose how you want to travel – it doesn't have to be on foot. You could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.

Your expedition will improve your communication and leadership skills. You'll come home with a rucksack full of washing — and an experience you won't forget.





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# Why do your DofE?



## So why should you do your DofE?

It's hard to list all the benefits of achieving your Silver Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers value, which you can reference on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



*"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."*

**Benedict Cumberbatch**, actor.



*"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through."*

**Deborah Meaden**, entrepreneur and Dragons' Den investor

23 March 2016