



**YOUTH
WITHOUT
LIMITS**

**START
YOUR SILVER
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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What will I do?

SILVER AWARD

VOLUNTEERING

6
months

PHYSICAL

6 OR **3**
months

SKILLS

6 OR **3**
months

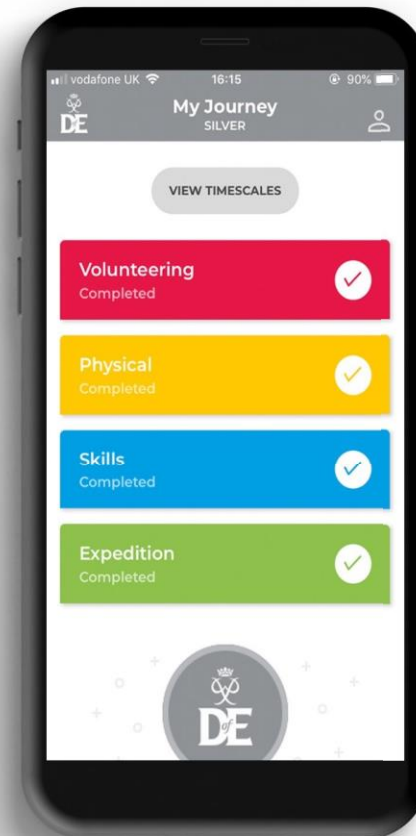
EXPEDITION

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.

Your Welcome Pack and eDofE



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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Volunteering section

- Helping people
- Working with animals or the environment
- Coaching, teaching and leadership
- Community action and raising awareness
- Helping a charity or a community organisation



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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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Physical section

- Individual sports
- Water sports
- Dance
- Racquet sports
- Fitness
- Extreme sports
- Martial arts
- Team sports



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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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Skills section

- Performing arts
- Science and technology
- Care of animals
- Music
- Natural world
- Games and recreation
- Life skills
- Media and communication
- Creative arts
- Learning and collecting



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Expedition

3 days, 2 nights (Fri – Sun)

1 Practice expedition
Yorkshire Dales

1 Qualifying expedition
Lake District

Training Expedition	06.06.25 – 08.06.25
Qualifying Expedition	04.07.25 – 06.07.25



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Dates to remember

Enrolment forms to be returned	Monday 14 th October 2024
Deposit to be paid by	Monday 28 th October 2024 (First day back)
Full balance to be paid by	Friday 23 rd May 2025

Session	Date – All sessions held on Thursdays
Intro to DofE – Loggin on	31 st October 2024
Map refresher	21 st November 2024
Conditions, Aims, Countryside code	16 th January 2025
Compass refresher	27 th February 2025
Food and menu planning	6 th March 2025
First Aid (shock, dehydration)	27 th March 2025
Map session and navigation	8 th May 2025
Route planning	22 nd May 2025

Getting started

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

**To get started with your DofE,
speak to Miss Smith**



Total price of
Silver D of E
£150

Deposit is non-
refundable



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