Start your Bronze DofE

BRONZE

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.

BRONZE

What's involved?

Adventurous, caring, sporty, creative… however you might describe yourself, the DofE is for you. Anyone in school year in which you turn 14 to aged 24 can take part. There are three progressive levels of programmes which when completed lead to a Bronze, Silver or Gold DofE Award.

To achieve your Bronze Award, you'll need to complete your own programme of activities in these four sections:

- Volunteering
- Physical
- Skills
- Expedition

BRONZE

How do I choose my activities?

There’s a wide range of activities to choose from – most activities can count towards DofE. Maybe you want to try something completely new? Or get better at something you’re already doing? Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration on DofE.org.
- Chat to your Leader to make sure an activity counts for the right section and that you’ve set yourself enough of a challenge.
- Most of all, choose activities you’ll enjoy – it will make them easier to stick at it.

BRONZE

How long will it take me?

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

You'll need to participate regularly and show that you're committed to your DofE during this time.

BRONZE

Volunteering

Volunteering is all about making a difference to others' lives. Perhaps 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.

It can also give you the chance to experience the world of work.

Over

3/4

Feel happier because volunteering gave them more confidence

88%

Believe volunteering helps them feel more satisfied in life

96%

Say volunteering gave them a sense of achievement

BRONZE

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.

Whether you decide to join a team or do it on your own, it’s up to you.

BRONZE

Skills

From podcasting to playing a musical instrument, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Through 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 are interested in photography, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.

BRONZE

Expedition

Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, spending two days and one night 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.

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.

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

BRONZE

A flavour of a DofE expedition

BRONZE

Why do your DofE?

So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving your Bronze Award are endless. It's difficult to list them all, 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

BRONZE

Start your DofE now

Are you ready to volunteer, get fit, learn and go on expedition? The DofE is one amazing adventure you'll never forget.

So, what are you waiting for?

To get started, speak to

_____.