



Start your Gold DofE



GOLD

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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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.



Gold (age 16+)	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.					

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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.

Please look at 'DofE With a Difference' on the DofE website for COVID-safe activity suggestions.



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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 cooking, 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

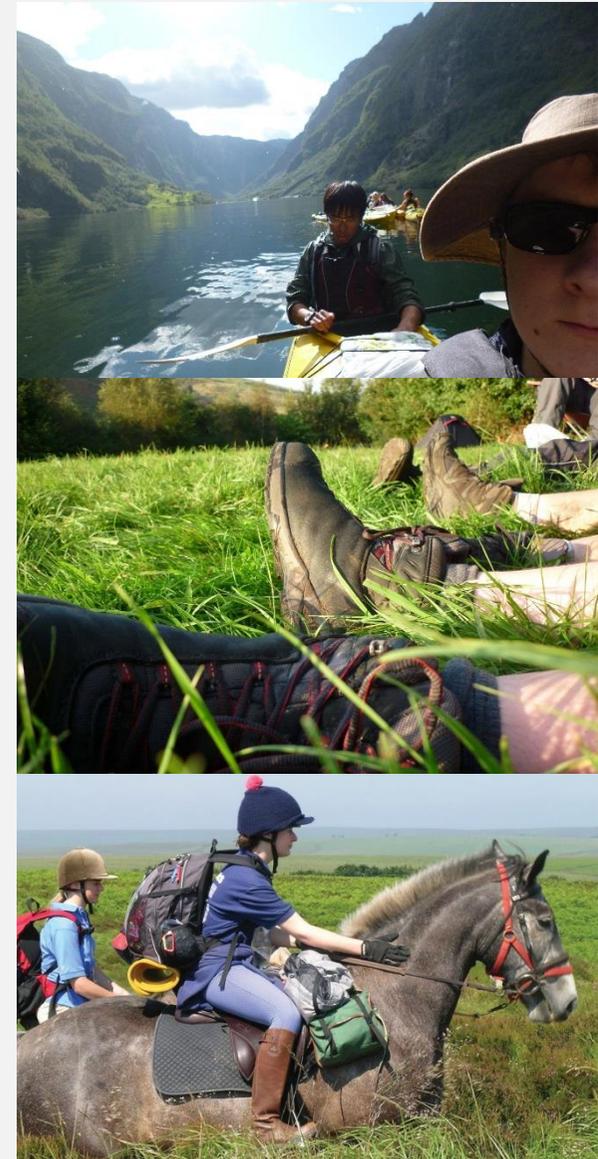


Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.

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 four days and three nights away.

The mode of travel for Gold at GMS is paddling. The expedition company 'Off Grid Adventures' will also deliver a walking version if there is enough interest.

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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Residential

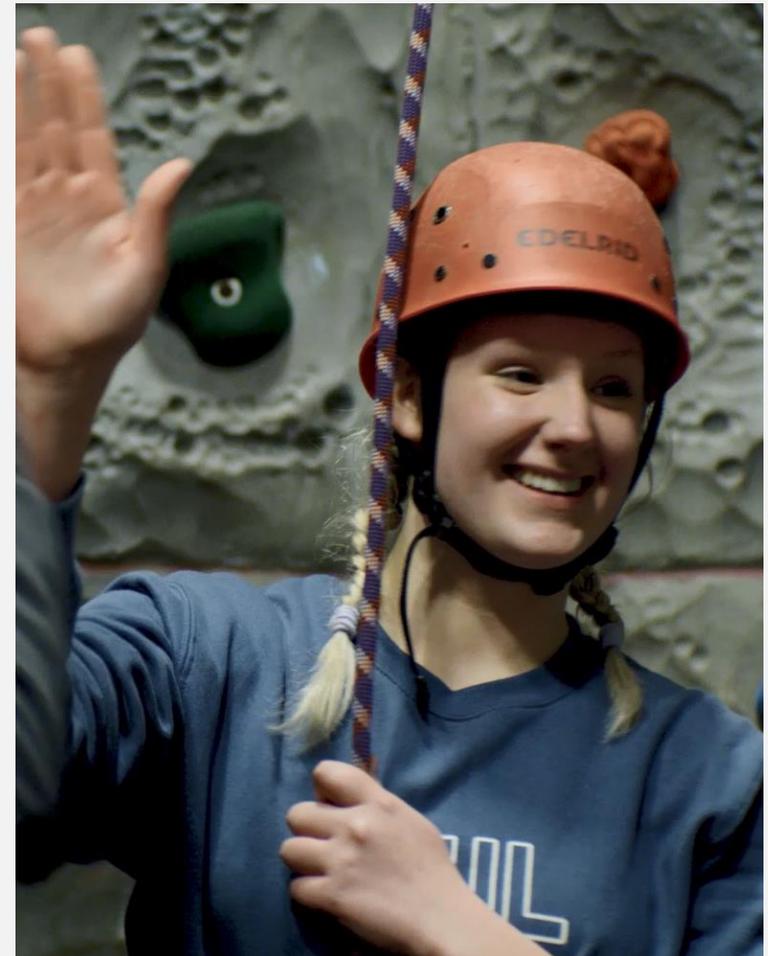


To achieve your Gold Award, you need to complete an extra section – the Residential. It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities to get involved with — both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

It may be that you want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



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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 Gold Award, so here's a quick snapshot:

- You'll gain skills that employers' value, which you can easily reference on your CV
- Stand out from the crowd by highlighting activities that are related to your future career or studies in college, university and job applications
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Become more confident and independent
- Make memories that will last a lifetime
- Have fun.



"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

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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:

Miss Murray

Upstairs in B block

Email: DofE@gms.bucks.sch.uk



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