



**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	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	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.			

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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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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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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Expedition

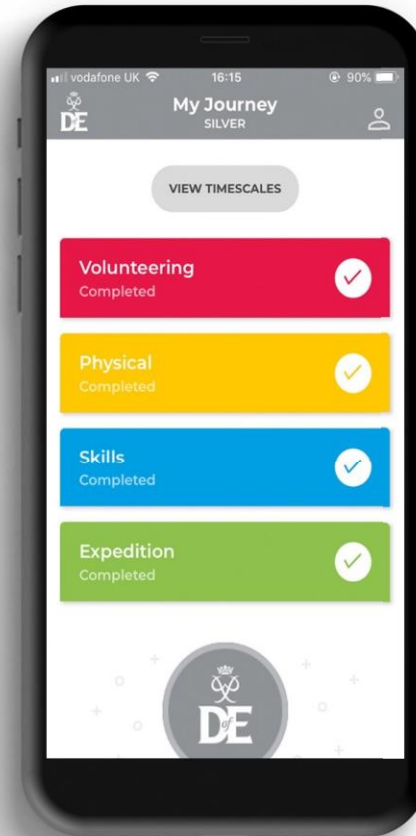
**Explore the great outdoors
and spend two nights
away from home**

**Create memories that
will last a lifetime**



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Your Welcome Pack and eDofE



Getting started

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

**To get started with your DofE,
speak to Miss Murray.**



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



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