



**YOUTH  
WITHOUT  
LIMITS**

**START  
YOUR BRONZE  
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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# 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

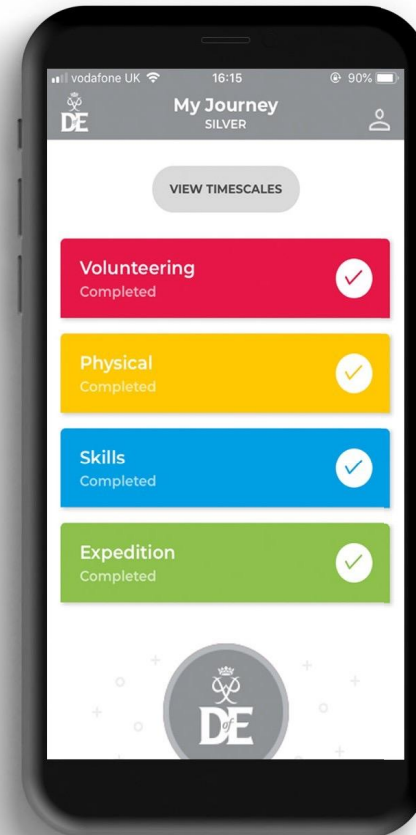
Explore the great outdoors  
and spend a night away  
from home

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, complete the Google Form found here <https://forms.gle/7zp4jjsJp4xYHrKn7>



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