



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.



Awards achieved



A total of
159,051

Awards were achieved – that's
3.9% more than last year



112,525

Bronze Awards achieved



34,123

Silver Awards achieved



12,403

Gold Awards achieved

Of those who started...

55.2%

...achieved an Award'

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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 12 months	Physical 12 or 6 months	Skills 12 or 6 months	Expedition 4 days 3 nights	Residential 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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What will you do?



Volunteering

Volunteering's all about making a difference to others' lives.

You can choose the cause that means most to you.

From coaching a local football team to starting a recycling campaign, you'll give up your time to change things for the better.

It's extremely rewarding — and it can give you the chance to experience the world of work.

Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From Zumba to football, skateboarding to walking — almost any dance, sport or fitness activity can count.

You can join a team or do it on your own. It's up to you.



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What will you do?



Skills

From podcasting to playing an instrument, the Skills section lets you learn a new talent, develop existing skills and find something you love doing.

If you're interested in a specific field, this could be the perfect chance to do something related to it. If you're interested in cooking, for example, you could do that as your skill.

You'll grow in confidence and get a real sense of achievement.

Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend four days and three nights away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.



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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 for you 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.

You may 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.



Opportunities Finder



Bronze

Silver

Gold

Section ▼

Location ▼

Cost(pp) ▼

Organiser ▼

Date ▼

Distance learning/remote

Revitalise - Gold Residential Opportunity

RESPITE HOLIDAYS FOR DISABLED PEOPLE AND CARERS Who are we? Revitalise is the largest provider of respite holidays for disabled people and carers in the UK, offering truly revitalising holiday experiences for over 50 years. There are three Revitalise centres, each ...

Course Fee: £0

[LEARN MORE](#)

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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 used for UCAS.
- 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 new people and make lasting friendships - go out of comfort zone.
- 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

Doing Gold through the Redhill Trust



We will be using an AAP (Approved Activity Provider) who will fully run the expedition with support from SNA.

If Bronze and Silver was not completed then their will be a cost.

If Bronze and Silver is completed the school will pay for the expedition part of the award. (The price includes everything **except some travel/personal equipment/food**)

If you wish to do an expedition other than walking (i.e. Canoe or Cycle) then then 'additional' cost may be supplemented by you.

Doing Gold through the Redhill Trust



Conditions for funded expedition.

- 1. Bronze and Silver Award completed and signed off before starting the Gold award.**
- 2. £100 deposit via wise pay which £67.50 will be refunded on completion of the award.**
- 3. All sections completed (or very close to completion before doing the expedition) Agreed by EH. So need to start NOW!!**
- 4. Full commitment to completing the award and regular eDofE evidence updates inc fortnightly check ins with a designated member of staff.**

Doing Gold through the Redhill Trust



Conditions for funded expedition.

1. In the event you withdraw from the expedition programme or fail to attend the expedition costs will be payable based on the timescales below.

A percentage of the DofE expedition price as set out below

Length of time between DofE Qualifying Expedition and receipt of notification in writing	Percentage of Fees
28 days or less before the Qualifying Expedition	100%
During or following the Practice Expedition but more than 28 days before Qualifying Expedition	75%
Within 28 days of the Practice Expedition	50%
After completion of Training and Planning Workshops but more than 28 days before the Practice Expedition	40%
Within 28 days of the start of the Training	25%

What's Next



- Speak to your parents about the award, research some residential.
- Come and talk to EH if you have any questions.
- Application form completed on FORMS (Parent Pay)
- £100 deposit paid via ParentPay (Financial queries, contact Mrs Hawksworth)
- EH will sign you up to eDofE and add you to a CC group
- Choose activities (different to silver or an improvement)
- Book a residential
- Get started!!