



**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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# What does it involve?





# 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

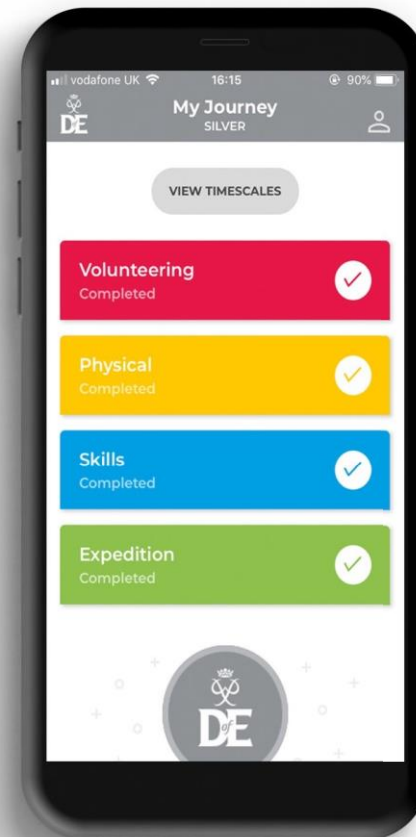
Create memories that  
will last a lifetime



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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,  
speak to Miss Weightman or  
Miss Salter.**



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