



**YOUTH
WITHOUT
LIMITS**



**START
YOUR GOLD
DOFE**



What is Gold DofE?

The DofE is a life-changing adventure.

You may have already begun your D of E journey with a bronze and/or silver award.

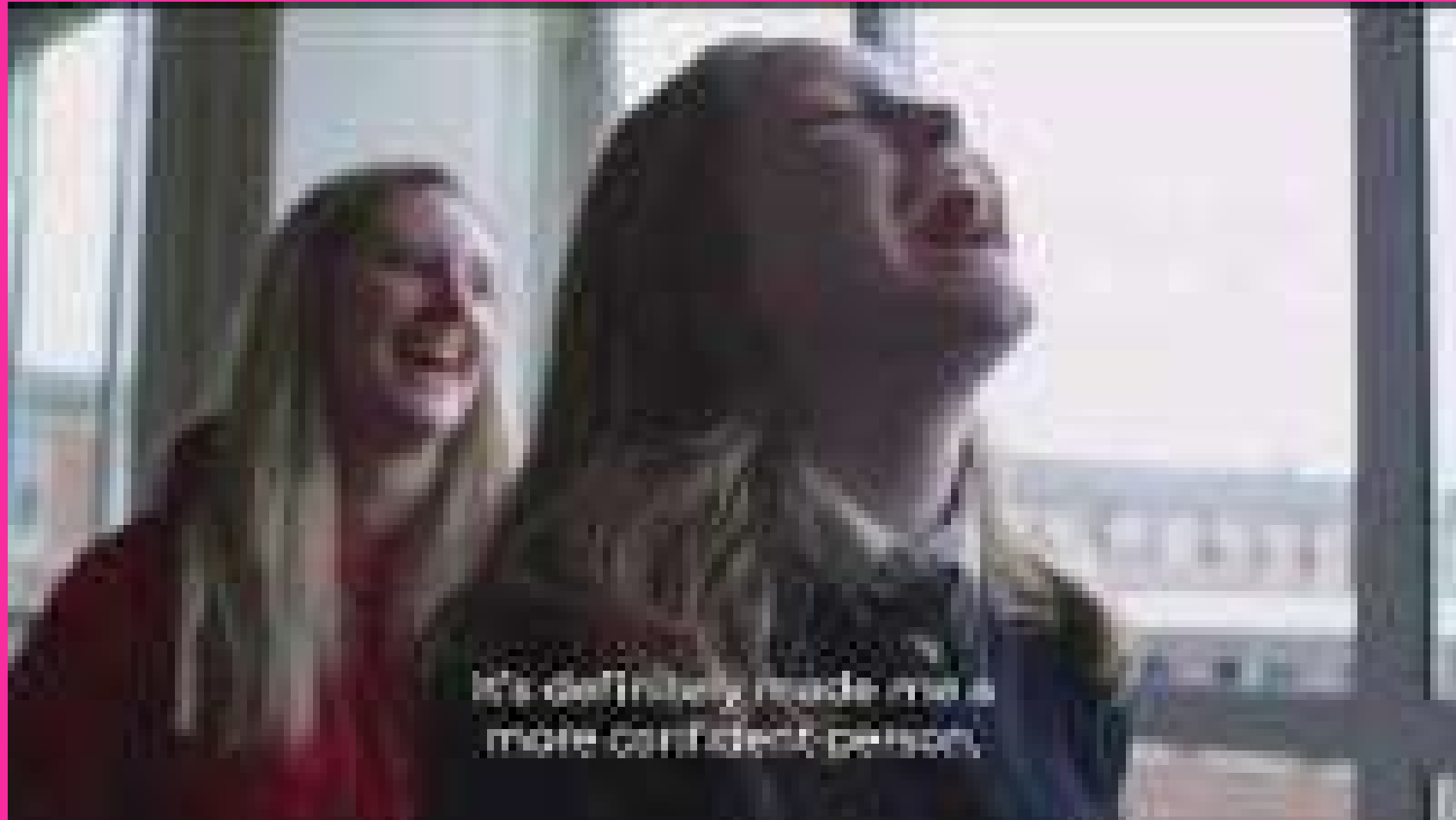
Now is your opportunity to take on a big challenge while you are in the sixth form at KES Lichfield, and go for Gold!



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Introducing the DofE



What will I do?

GOLD AWARD				
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.

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better

**This must be at least 12 months.
Aim for 1 hour per week or 2-3 hours each fortnight.**



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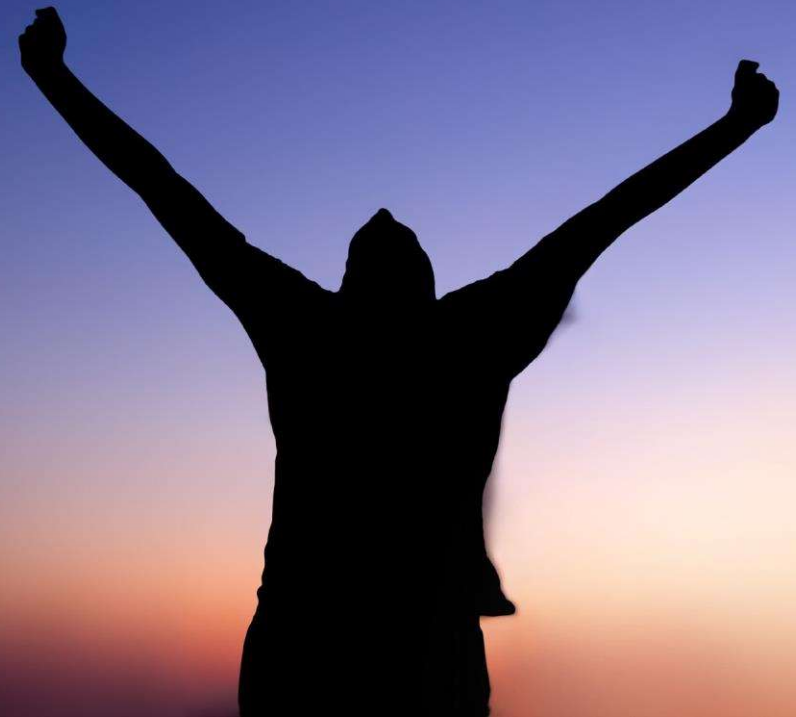
Physical section

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

Create memories that will last a lifetime

Training and a practice expedition will be over 3 days and 2 nights 8-10 April in the Peak District

Qualifying expedition will be 16-20 July in the Lake District



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Residential

Spend five days and four nights away from home

Share experiences and create new connections

Check your plans before you book. You must do this section without people you already know.



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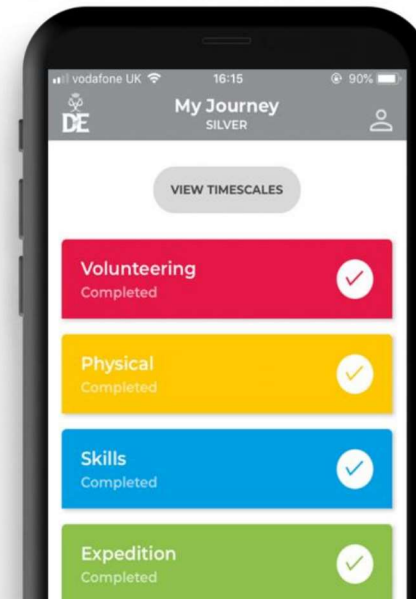
Your Welcome Pack and eDofE

Costs:

Registration £45

Expedition package
approx £320

You can also join our school group if you started silver or gold D of E somewhere else.



You will be responsible for logging all your activities and submitting evidence through the eDofE app

Getting started

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

Ask your parents to sign you up on parentpay.



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



Mrs Bryant
D of E Manager

