



Developing young people
for life and work

A guide for FE/HE students

The adventure starts here

[DofE.org](https://www.dofe.org)

A life-long adventure...

Doing a DofE programme is a real adventure from beginning to end.

What's it all about?

The DofE is a voluntary, non-competitive, flexible personal development programme that increases your chances of getting a job within six months of graduating. The DofE Award is recognised around the globe, so if you're applying to positions in other countries it's still going to be worth a lot.



How does it help me?

Employers want to hire people who are ready to work. They want candidates with a positive attitude who know how to work in teams, be a leader, communicate with their colleagues and solve problems effectively – doing your DofE will help you to tick all of those boxes on your CV and in an interview.



[See DofE.org/do-your-DofE](https://www.dofe.org/do-your-dofe)

A United Learning Trust survey of major employers found that doing the DofE was the number one most important activity you could undertake in education.

[See DofE.org/impact](https://www.dofe.org/impact)



It's not just employers who are seeing the benefits of doing their DofE, six out of ten Gold Award holders believe that having a DofE Award helped them gain their most recent or current job.

Employers and employees agree that having a Duke of Edinburgh's Award makes a difference to job applications. Get involved and improve your graduate attributes and chances of standing out from the crowd.

Sign up for the DofE today!

What do I have to do?

The DofE is divided into Bronze, Silver and Gold levels. You can start at any level, but most people prefer to try for Bronze before trying Silver or Gold.

You can choose the one that fits how much time you have to give.

Level	Minimum length of time	Length of time if you have achieved the previous level
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

During your programme you'll do each activity for at least an average of an hour a week over this time. You have until your 25th birthday to complete any programme and achieve an Award!

See DofE.org/sections for loads of inspiring ideas.

Volunteering

This is your chance to make a difference by helping people, your community, the environment or an organisation.

Physical

You can choose any sport, dance or fitness activity to get fitter – and get better at it!

Skills

Is there something you've always wanted to try or do you want to get better at your favourite hobby?

Expedition

Highs, lows, laughs, memories... You'll experience it all as you plan, train for and complete an adventurous journey in the UK or overseas.

Residential

(Gold only) Stay and work away for a minimum of 5 days doing a shared activity you enjoy with new people.

You keep track of your progress online, using eDofE. It's easy to record your goals, show your progress and upload pictures etc. to show what you've done.



You're not too busy...

We know that your schedule is full with classes, job applications, volunteering and socialising, but the DofE is designed to fit in around all of it.

Because it is a personal development programme, you get to choose activities that you may already be doing to count towards your DofE.

Going above and beyond on a course project can contribute to your Skills section; volunteering with a charity to get office experience can be your Volunteering section. The opportunities are endless.

The programme is flexible. You can complete sections and levels at the pace you set for yourself. Some people only do one section in a year; others work towards all sections at the same time. It's up to you how you choose to do it.



How do I sign up?

Find a local DofE group:

- Talk to your college or university to see if they have a DofE group – or check [DofE.org/takepart](https://www.dofe.org/takepart).
- Over 18? Do your DofE through our online offering, DofE Direct: [DofE.org/DofE-direct](https://www.dofe.org/DofE-direct).
- Email us at info@dofe.org

Your DofE Leader will help you plan your activities and then you can get started!

Local contact

“

I've found everyone who has completed their DofE has become more confident and shown a maturity that makes them stand out and helps them progress in their careers.”

Dean Lightwood, Head of Operations, Lloyds Banking Group

