



# DO YOUR DofE

## A guide to completing your DofE Award with Scouts

Gaining a DofE Award is part of our Scout Top Awards Programme



DofE.org

**YOUTH  
WITHOUT  
LIMITS**

**Scouts**



Time spent on completing your DofE programme also counts towards your top awards in Scouting. The Top Awards in Scouting have been carefully aligned with the DofE, meaning that if you are going for one you may as well go for the other. Information about how the DofE awards and Scouting awards align can be found at [scouts.org.uk/top-awards](https://scouts.org.uk/top-awards).

Both award programmes are highly respected by potential employers, colleges and universities, so the awards are great additions to your CV!

### Ages and timescales

The time it will take to complete your programme and achieve an Award is in many ways down to you.

The minimum time for each section of a DofE programme is given in months. The shortest amount of time in which you could complete your Bronze programme is six months; your Silver, 12 months and your Gold, 18 months. You'll need to do each activity for an average of an hour a week and you have until your 25th birthday to complete a programme.

|                   |                                                                                                                                                                                                                                                                     |                                                                                                                   |                                                                                                                  |                                                                                                                            |                                                                                                                             |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| BRONZE (YEAR 9+)  | <br>VOLUNTEERING<br>3 MONTHS                                                                                                                                                      | <br>PHYSICAL<br>3 MONTHS       | <br>SKILLS<br>3 MONTHS       | <br>EXPEDITION<br>2 DAYS AND 1 NIGHT   |                                                                                                                             |
|                   | Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section.                                                                                                                                                                              |                                                                                                                   |                                                                                                                  |                                                                                                                            |                                                                                                                             |
| SILVER (YEAR 10+) | <br>VOLUNTEERING<br>6 MONTHS                                                                                                                                                     | <br>PHYSICAL<br>6 OR 3 MONTHS | <br>SKILLS<br>6 OR 3 MONTHS | <br>EXPEDITION<br>3 DAYS AND 2 NIGHTS |                                                                                                                             |
|                   | <b>Physical and Skills sections:</b> one section for <b>6 months</b> and the other section for <b>3 months</b> .<br><br>If you didn't do Bronze, you must do a further <b>6 months</b> in either the Volunteering or the longer of the Physical or Skills sections. |                                                                                                                   |                                                                                                                  |                                                                                                                            |                                                                                                                             |
| GOLD (AGE 16+)    | <br>VOLUNTEERING<br>12 MONTHS                                                                                                                                                    | <br>PHYSICAL<br>12 OR 6 MONTHS | <br>SKILLS<br>12 OR 6 MONTHS  | <br>EXPEDITION<br>4 DAYS AND 3 NIGHTS | <br>RESIDENTIAL<br>5 DAYS AND 4 NIGHTS |
|                   | <b>Physical and Skills sections:</b> one section for <b>12 months</b> and the other section for <b>6 months</b> .<br><br>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.       |                                                                                                                   |                                                                                                                  |                                                                                                                            |                                                                                                                             |

# Choose your activities



## VOLUNTEERING

There are loads of great ways that you can volunteer within your community. Our Scout Young Leader Programme allows you to volunteer with our younger sections, gain great leadership skills and experience and meet the Volunteering requirements for your awards.



## SKILLS

Discover something that you're good at. Maybe you can get better at something you already do, like playing a musical instrument, or learn something new like designing a website or cooking. The sky's the limit when it comes to skills.



## PHYSICAL

This is a chance to focus on your health and fitness and have fun. Think about activities you've enjoyed on camps, such as archery, climbing or kayaking. Or pick a sport or game you enjoy outside of Scouting, or maybe something you've always wanted to try.



## EXPEDITION

As part of a small team, you'll get to put the "out" into Scouting and enjoy a challenging journey. You will probably be able to make up a team within your own Unit, but if not, your Leader will help you find team members locally. This section consists of expedition training followed by practice and assessed expeditions.



## RESIDENTIAL (Gold Level only)

Spend time away from home on a shared activity with people you've never met before. From learning to snowboard in Scotland to being part of a Service Crew at a Scout Adventures site, there are lots of exciting possibilities for you to get involved with. You can use being a participant at a World Scout Jamboree, World Scout Moot or Roverway, if you like. Remember to get your activity approved by your County DofE Lead before you book anything.

**You can email [dofe@scouts.org.uk](mailto:dofe@scouts.org.uk) if you need any advice.**



# 5 steps to your DofE Award

## 1 Find a DofE group

Talk to your Explorer Scout Leader or Network Leader about getting registered for DofE.

If your Unit doesn't currently offer DofE, contact your County DofE Lead to be put in contact with a neighbouring Unit

## 2 Pick your level

Decide which level of DofE programme you would like to start (this will depend on your age, time commitments etc). Pay a small fee and register to do your DofE. You'll then receive your welcome pack and be emailed a link to your eDofE account.

## 3 Choose your activities

Decide with your Leader what you are going to do for each section of your DofE Programme. Whatever level you are doing you'll create your own personal programme with the help of your Leader. Check out DofE.org for loads of inspiring ideas. Remember that all of your activities will also count towards the Scout Top Awards!



## 4 Do the activities

Get started. You'll record what you're going to do, and upload pictures, certificates etc. of what you do for each section into eDofE. Your assessors will sign off each section as you complete them.

## 5 Achieve your DofE Award

When you have finished all of your sections, submit your Award in eDofE to your Leader. They will arrange for your achievement to be confirmed - congratulations, you've achieved your Award and you'll receive a certificate, a pin badge and a badge for your uniform. Then you can continue to complete the Scout Top Award or move onto the next level (if appropriate).

## Find out more

For more information speak to your Explorer Scout Leader or Network Leader. They will tell you how to register for DofE in your County.

For more detailed information visit:  
[DofE.org/do](https://DofE.org/do) and [scouts.org.uk/dofe](https://scouts.org.uk/dofe)



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