

# Duke of Edinburgh Award

The Duke of Edinburgh Award is many things to many people, supporting generations to successfully navigate adult life.

14-24 year-olds can do a DofE programme at one of three progressive levels which, when successfully completed, leads to a **Bronze**, **Silver** or **Gold** Duke of Edinburgh's Award.

There are **four sections** to complete at **Bronze** and **Silver** level and five at **Gold**. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for **Gold** only, working with a team on a residential activity.

Any young person can do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries.

Through a DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs and job applications.