



Start your Gold DofE 2025/26



GOLD

What is the DofE?



The DofE's a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

Millions of young people in the UK have already done their DofE.

Now it's your turn.



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What is the DofE?





Trips...

Gold DofE 2025-2026



The Expedition

**Practice: 30 March – 3 April
(Peak District)**

**Qualifying: 6-10 July (Brecon
Beacons)**

**Students must plan, train for
and complete an
unaccompanied and unassisted
expedition with an agreed aim.
Groups of 4-7**

The Residential

**Students must book this
independently. 5 days and 4
nights. Many options.**

**Can be done with friends but
50% of attendees must be
unknown to them.**

**It should be completed with an
organised group, charity or
AAP.**





Gold DofE 2025-2026

Key information...

Costs: £325 (as of 12 September 2025)

Includes training, DofE affiliation, DofE pack/account and travel to and from Wales on coach for Qualifier (excludes Open Practice expedition £245), Residential, food and personal kit)

- These costs are based on a minimum 20 students enrolling for the course.

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How do I choose my activities?



There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you already do? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Gold (age 16+)	Volunteering 12 months	Physical 12 or 6 months	Skills 12 or 6 months	Expedition 4 days 3 nights	Residential 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.				

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What will you do?



Volunteering

Volunteering's all about taking action and making a difference.

You can choose the cause that means most to you.

From coaching a local football team to starting a campaign, you'll give up your time to change things for the better.

It's extremely rewarding — and it can give you the chance to experience the world of work.

Physical

The Physical section is a chance for you to focus on your health and fitness — and have fun along the way.

Try something different or concentrate on something you already do. From yoga to gym, skateboarding to wheelchair tennis — almost any dance, sport or fitness activity can count.

You can join a team or do it on your own. It's up to you.



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What will you do?



Skills

From coding to cookery, driving to photography – the Skills section lets you learn a new talent, develop existing skills and find something you love doing.

If you're interested in a specific field, this could be the perfect chance to do something related to it. If you're interested in photography, for example, you could do that as your skill.

You'll grow in confidence and get a real sense of achievement.

Expedition

Your expedition will give you lifelong memories.

With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend four days and three nights away.

You can choose how you travel. You could do it on foot, by bike, canoe, kayak, wheelchair, sailing boat or even on horseback.



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Residential

To achieve your Gold Award, you need to complete an extra section – the Residential.

It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with — both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

You may want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



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Your Welcome Pack and eDofE

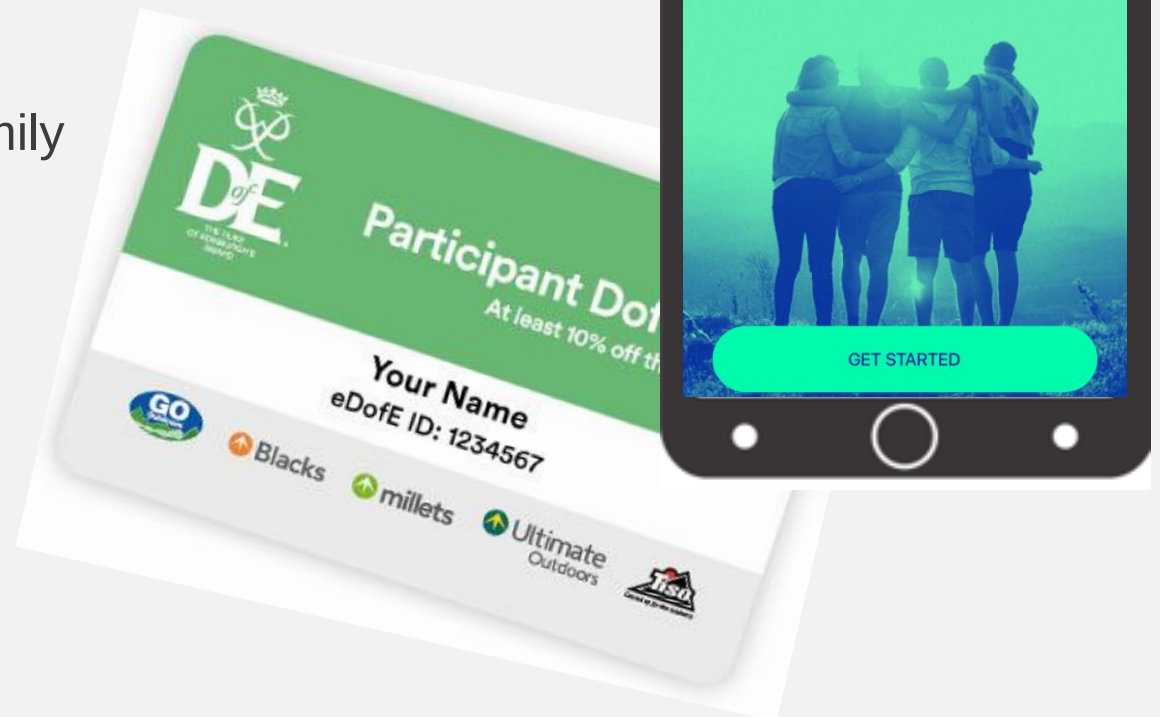


Once you've signed up to do your DofE, you'll get your own eDofE account, so you can start planning your activities online and using the free DofE app.

When you've added your home address, you'll be sent your Welcome Pack – with lots of information and advice, as well as your personalised DofE Card.

Your DofE Card will give you and your family exclusive discounts in the DofE's five fantastic recommended retailers.

And, because DofE participants are statistically safer drivers, you could also benefit from discounted car insurance through DofE Drive – our partnership with three insurance companies.



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Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits of achieving your Gold Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents and passions you didn't know you had
- Gain skills that employers value, which you can use on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." **Benedict Cumberbatch**, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden**, entrepreneur.

Brecon Beacons Qualifying Expedition 2025



Brecon Beacons Qualifying Expedition 2025



Brecon Beacons – Llanthony Priory



Buckingham Palace Award Celebration in May 2025

