

BRONZE

Volunteering **3 months**

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**



PLUS a further 3 months in the Volunteering, Physical or Skills section.

How long does a DofE programme take to complete?



Each section

1
HOUR

average per week

SILVER

Volunteering **6 months**

Physical

one section for 6 months, the other for 3 months

Skills

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Expedition **3 days 2 nights**



GOLD

Volunteering **12 months**

Physical

one section for 12 months, the other for 6 months

Skills

Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

All Awards must be completed by the participant's 25th birthday