

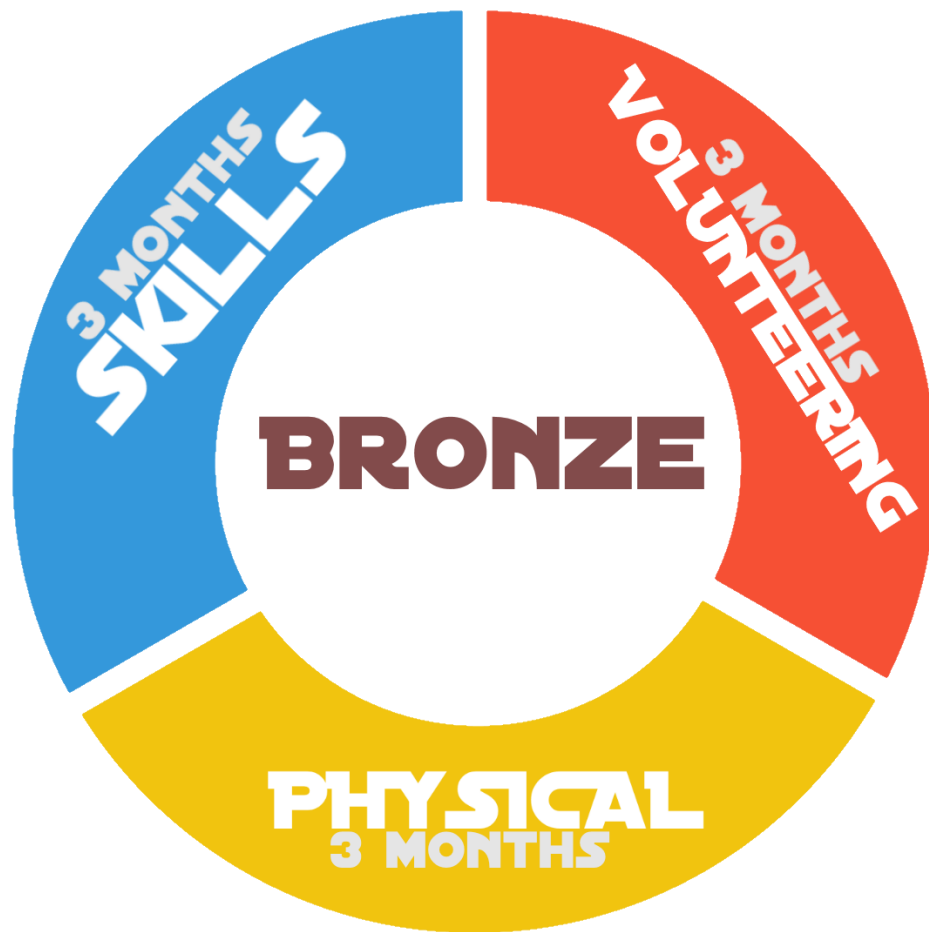


+ 6 months in
Skills or Physical.
+ 4 day (3 night)
Expedition.
+ 5 day (4 night)
shared residential.



+ 3 months in
Skills or
Physical.
+ 3 day (2
night)
Expedition.

If you are a direct entrant to the DofE Silver Award – you will complete a further 6 months in either the volunteering or longest of the physical or skills sections.



+ 3 months in
section of your
choice.

+ 2 day (1 night)
Expedition.

Through the DofE...



97%

of young volunteers feel happier

83%

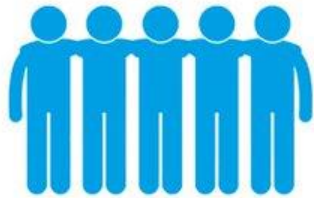
put this down
to volunteering
making them feel
more responsible

1/3

said that they
volunteer
to feel
good about
themselves



Over half cited the main motive to
volunteer as helping other people



97%

said that regular
volunteering gives
them a sense of
achievement

92% said that they feel
satisfied with the way their
life is heading, and **88%** of
those believe that it is regular
volunteering that helps towards
this satisfaction.



said their self-esteem
has benefitted

Some typical
leisure
pursuits
don't bring
young people
as much
enjoyment as
volunteering,
with

48%
of young
volunteers
getting more
out of their
volunteering
than buying
new clothes.



said volunteering
has improved their
confidence