

The COVID-19 outbreak won't stop you doing your DofE. Far from it.



We know the impact of the coronavirus pandemic will be long-lasting, affecting your studies, how you feel, your work and your social life. But you can still have the full DofE experience, safely and in line with Government guidance.

In fact, doing your DofE can play a big part in helping you navigate our 'new normal' – letting you broaden your horizons, make a difference in your community and gain skills and experiences that can really open doors in the future.

You'll grow your confidence, resilience and independence, which can have real benefits for your mental wellbeing – and you'll keep fit and have fun with your friends too.

From blogging to jogging, campaigning to cooking – you get to choose your DofE activities, so you can pick ones that are easy to do within social distancing guidelines or from home. It's really easy to change them at any time, using the DofE app or eDofE.

And, during and in the aftermath of the COVID-19 outbreak, you'll receive a special DofE Certificate of Achievement when you complete your Skills, Volunteering and Physical sections – formally recognising your efforts at this extraordinary time.

There are flexible ways to run expeditions too – as well as your residential, if you're doing Gold. So, when it's safe to do so and Government guidelines allow, you can do yours with all the benefits and memories you'd get at any other time and achieve your Award.

Visit [DofE.org/DofEWithADifference](https://www.dofe.org/DofEWithADifference) and chat to your Leader for loads of ideas, advice and inspiration on doing your DofE.

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