



HOW TO MAKE THE MOST OF THE RESIDENTIAL SECTION

Hey there –

What an exciting journey you're starting on – your Gold DofE and, to be more precise, your Gold residential!

But we know that the excitement comes with some nerves too, there are so many options to choose from and you're not sure what to expect. That's ok, and normal. Everyone who's at this stage of their DofE journey is in the same boat as you. We're here to reassure you and encourage you to take this next step.

First things first, you've got to choose your residential. This can be almost as hard as the residential itself, as there are so many different options to choose from and lots of different things to consider. We want to encourage you to do some research and find something that both interests you and challenges you. Try something new, actively participate, and remember – you only get this experience once, so dive in headfirst. You've nothing to lose and so much to gain.

We've put together some of our top tips on how to make the most of the Residential section, we hope you find these useful:

1. Research different residential options thoroughly and don't forget you could fundraise if necessary.
2. Make sure it meets the requirements of the section before committing. Submit your programme planner on eDofE to your Leader beforehand to get sign-off.
3. It can be intimidating meeting new faces at once, but try to take the chance to chat to new people from different backgrounds. Remember you're all in the same boat!
4. Believe in yourself. If you believe, you're halfway there already.
5. Don't be afraid to be yourself. Maybe you are going on your residential with nobody you know. This gives you the opportunity to have a clean slate and be exactly who you want to be.
6. Build new friendships and meet new people. This is an exciting chance to meet people from different backgrounds. If you're nervous or anxious about going by yourself, why not ask a friend to come along with you?
7. Keep a blog or journal about your experience. You can upload it as evidence on eDofE and reflect and remember your achievements at a later date.
8. Don't forget to bring your Assessor's Report card from your Welcome Pack. Fill in as many details in advance and ask your Assessor to complete their comments before you leave.
9. Ask for feedback before you leave. After spending five days together, your Leaders and other participants will have got to know you well and may offer some helpful advice on what your strengths are and areas for improvement.
10. Have fun! There will be lots to learn and get involved in on your residential, but don't forget to enjoy yourself and make memories.

Good luck and enjoy every moment of your Gold Residential section.