

DO IT 4 YOUTH

4 fun challenges. 4 weeks.
All for youth.



**YOUTH
WITHOUT
LIMITS**

#Dolt4Youth

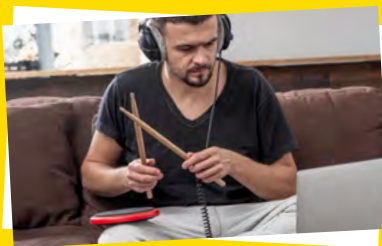
This summer get together with friends, family and people in your local community to complete 4 fun challenges and raise money for young people across the UK.

Choose a **physical, technical, willpower** and **community** challenge. Complete your challenge and raise £100 in sponsorship to **earn your very own special limited edition Do It 4 Youth pin.**



1. Get Up: the physical one

Cycle, swim, walk, or run? Whatever your interest or ability, choose your physical challenge and get going.



2. Skill Up: the technical one

From juggling to photography, musical instruments to knitting, learn a new skill and get sponsored while you're at it.



3. Free Up: the willpower one

Go caffeine free. Junk food free. Meat free. Social Media free. Whatever you pick, it'll take mind over matter.



4. Hand up: the community one

From local litter picks to community kitchens, we've listed loads of ideas on how to support your community.

Every pound you raise will go towards helping young people from the toughest backgrounds across the UK to build life-long belief in themselves through DofE.



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Sign up today
For more ideas, support and to register visit dofe.org/doit4youth