

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a programme of your own!

For each idea, there is guidance on how to do it, which you can find under the links on [www.DofE.org/sections](http://www.DofE.org/sections)

You can use the handy programme planner on the website to work with your Leader to plan your activity.

## Volunteering section

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

### Helping people:

- Helping children to read in libraries
- Helping older people
- Helping people in need
- Helping people with special needs
- Youth work

### Community action & raising awareness:

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Peer education
- Personal safety
- Promotion & PR
- Road safety

### Working with the environment or animals:

- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

### Helping a charity or community organisation:

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop

### Coaching, teaching and leadership:

- Dance leadership

- DofE Leadership
- Group leadership
- Leading a voluntary organisation group:
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls' Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- Sports leadership
- Music tuition

## Physical section

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

### Individual sports:

- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon
- Bowling
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Golf
- Horse riding
- Modern pentathlon
- Orienteering
- Pétanque
- Roller blading
- Running
- Static trapeze
- Wrestling

### Water sports:

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)

- Surfing/body boarding
- Swimming
- Synchronised swimming
- Windsurfing

### Dance:

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing
- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

### Racquet sports:

- Badminton
- Matkot
- Racketlon
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis

### Fitness:

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Gymnastics
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Trampoline
- Walking
- Weightlifting
- Yoga

### Extreme sports:

- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding)
- Snowkiting
- Speed skating
- Street luge

### Martial arts:

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

### Team sports:

- American football
- Baseball
- Basketball
- Boccia
- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Hockey
- Hurling
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Rogaining
- Rounders
- Rugby
- Sledge hockey
- Stoolball
- Tchoukball
- Ultimate flying disc
- Underwater rugby
- Volleyball
- Wallyball
- Water polo

## Skills section

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

### Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Dance appreciation
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism

- Yoyo extreme

### Science & technology

- Aerodynamics
- Anatomy
- Astronomy
- Biology
- Botany
- Chemistry
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology
- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

### Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Keeping of pets
- Looking after birds (i.e. budgies & canaries)
- Pigeon breeding & racing

### Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music
- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

### Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

## Games & sports

Cards (i.e. bridge)  
Chess  
Clay target shooting  
Cycle maintenance  
Darts  
Dominoes  
Fishing/fly fishing  
Flying  
Gliding  
Go-karting  
Historical period re-enacting  
Kite construction & flying  
Mah Jongg  
Marksmanship  
Model construction & racing  
Motor sports  
Power boating  
Snooker, pool & billiards  
Sports appreciation  
Sports leadership  
Sports officiating  
Table games  
War games

## Life skills

Alternative therapies  
Cookery  
Democracy in action  
Digital lifestyle  
Driving: car maintenance/car road skills  
Driving: motorcycle maintenance/road skills  
Event planning  
First Aid – St John/St Andrew/BRCS  
Hair & beauty  
Learning about the emergency services  
Learning about the RNLI (Lifeboats)  
Library & information skills  
Life skills  
Massage  
Money management  
Navigation  
Public speaking and debating  
Skills for employment  
Young Enterprise

## Learning & collecting

Aeronautics  
Aircraft recognition  
Anthropology  
Archaeology  
Astronautics  
Astronomy  
Bird watching  
Coastal navigation  
Coins  
Collections, studies & surveys  
Comics  
Contemporary legends  
Costume study  
Criminology  
Dowsing & divining  
Fashion  
Forces insignia  
Gemstones  
Genealogy  
Heraldry  
History of art  
Language skills  
Military history  
Movie posters  
Postcards  
Reading  
Religious studies  
Ship recognition  
Stamp collecting

## Media & communication

Amateur radio  
Communicating with people

who are visually impaired  
Communicating with people who have a hearing impediment  
Film & video making  
Journalism  
Newsletter & magazine production  
Signalling  
Writing

## Creative arts

Basket making  
Boat work  
Brass rubbing  
Building catapults & trebuchets  
Cake decoration  
Camping gear making  
Candle-making  
Canoe building  
Canvas work  
Carnival/festival float construction  
Ceramics  
Clay modelling  
Crocheting  
Cross stitch  
DIY  
Dough craft  
Drawing  
Dressmaking  
Egg decorating  
Embroidery  
Enamelling  
Fabric printing  
Feng Shui  
Floral decoration  
French polishing  
Furniture restoration  
Glass blowing  
Glass painting  
Interior design  
Jewellery making  
Knitting  
Lace making  
Leatherwork  
Lettering & calligraphy  
Macramé  
Marquetry  
Model construction  
Mosaic  
Painting & design  
Patchwork  
Photography  
Pottery  
Quilting  
Rope work  
Rug making  
Snack pipping  
Soft toy making  
Tatting  
Taxidermy  
Textiles  
Weaving and spinning  
Wine/beer making  
Woodwork

# Expedition section

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

## On foot

- Studying insect life on the South Downs.

- Exploring teamwork by nominating a different leader each day.  
- Searching for forms of fungi, recording and sketching them.  
- Planning a route around three of the places that inspired Wordsworth's poems in the Lake District.  
- Considering the impact of tourism on the flora and fauna of the French Alps.  
- Drawing all the different star constellations you can see.  
- Creating a photo guide to the Countryside Code round the Mourne Mountains.

## By bicycle

- Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.  
- Producing a nature guide of your route for future visitors.  
- Investigating features of the Thames using the Thames cycle path.  
- Doing a cycle of remembrance, taking in the historic wartime sites in Normandy.  
- Creating a video diary of the expedition, recording each team member's experiences.  
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

## By boat

- Exploring the Norfolk Broads using sailing dinghies.  
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.  
- Rowing along the Danube in Germany booking camp sites in advance.  
- Planning a cross-channel journey in a yacht.  
- Using simple mapping techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.  
- Planning a Bronze sailing expedition on Lake Ullswater in the Lake District.

## By canoe or kayak

- Recording the wildlife found on the Strangford Lough canoe trail.  
- Taking a series of photos to come up with a guide to a section of canal systems.  
- Making a study of the locks and lochs on the Caledonian Canal.  
- Investigating samples of the river bed en route and comparing them with each other.  
- Carrying out a wilderness trip in Canada using the canoe trails used by the original settlers.  
- Choosing several points along a river and measure speed of flow, width and depth and comparing the

differences along their route, trying to explain why this may be.

## By wheelchair

- Following a disused railway track noting the current use of previous railway buildings.  
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.  
- Planning and doing a challenging route in the Peak District, making a video diary.  
- Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.  
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.  
- Creating an expedition music play list that reflects the team's experiences.

## On horseback

- Planning an expedition on horseback in the countryside including identifying suitable farm camp sites and bridleways.  
- Exploring accessibility and bridle paths in the Brecon Beacons.  
- Planning an expedition with sea views in Devon, taking photos along the way so that you can paint a picture of your favourite scene when you return.  
- Creating a series of team games to play whilst on expedition.  
- Going on an expedition through woodland, noting the different types and ages of trees you see.  
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

# Residential section

**Going on a residential gives you the chance to learn how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.**

## Service to others

- Teaching English overseas.  
- Helping out on an overseas pilgrimage.  
- Being a leader at an overseas children's camp that promotes healthy eating and exercise.  
- Rebuilding a school roof in Lesotho.

- Helping deafblind young people and adults to enjoy a holiday.  
- Being an assistant to support an eco-friendly waste project at an outdoor education centre.  
- Assisting at a summer camp for Brownies.  
- Helping at an orphanage.

## Environment and conservation

- Attending a conference on climate change as a youth representative for your local authority.  
- Studying coral bleaching in Australia.  
- Joining a tree planting project with The Woodland Trust.  
- Monitoring the bat population in the New Forest.  
- Doing dry stone walling in the West Tyne Valley in the shadow of Hadrian's Wall.  
- Helping the preservation team of a narrow gauge railway in mid Wales.

## Learning

- Undertaking a cookery course.  
- Doing a falconry course.  
- Studying traditional dance.  
- Studying art history in Florence.  
- Doing a photography course run by a university and exhibiting your work.  
- Learning to snowboard on an intensive course in Scotland.  
- Improving your Spanish language skills on a course in Madrid.  
- Learning to write and produce music and putting on a show for locals.  
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.

## Activity based

- Taking part in a week-long discovery of stage combat in Wales.  
- Going white water rafting in New Zealand past glaciers and mountains.  
- Taking part in a multi-faith residential, studying different religions.  
- Joining an historical re-enactment of the Battle of Bosworth.  
- Joining an ACF activity week with members of different detachments.