



PROGRAMME IDEAS

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 a useful document giving you guidance on how to do it,

which you can find under the category finder on www.DofE.org/sections

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
Helping older people
Helping people in need
Helping people with special needs
Youth work

Community action & raising awareness:

Changemakers
Drug and Peer Education
Home accident prevention
Personal safety
Road safety

Working with the environment or animals:

Animal Welfare
Environment

Helping a charity or community organisation:

BCU Lifeguards
Fundraising
Faith communities
Mountain Rescue
Religious Education
Religious Education - Jewish
SOS Kit Aid
Surf Lifesaving

Coaching, teaching and leadership:

Air Training Corps
Army Cadet Force

Award Leadership
Boys' Brigade
Campaigners
CCF
Church Lads and Girls
Dance Leadership
Girlguiding UK
Girls' Brigade
Girls' Venture Corps
Outdoor Leadership
Scout Association
Sea Cadets
Sports Leadership
St John Ambulance
Leadership

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
Biathlon/Triathlon/
Pentathlon
Boxing
Carpet Bowling
Croquet
Cross country running
Cycling
Fencing
Flat Green Bowls
Golf
Horse riding
Orienteering
Pétanque
Running
Walking

Water sports:

Canoeing
Diving
Dragon Boat Racing
Rowing and sculling
Sailing
Sub aqua (SCUBA diving and snorkelling)

Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

Dance:

Dance
Scottish dancing
Welsh folk dancing

Racquet sports:

Badminton
Real tennis
Squash
Table Tennis
Tennis

Fitness:

Cheerleading
Fitness activities
Gymnastics
Keep fit
Medau movement
Physical achievement
Trampolining
Walking
Weightlifting
Yoga

Extreme sports:

Caving and potholing
Climbing
Mountain biking
Parachuting/sky diving
Skateboarding
Snow sports (Skiing, snowboarding)

Martial arts:

Judo
Martial Arts
Self-defence

Team sports:

American Football
Baseball
Basketball
Boccia
Camogie
Carriage Driving
Cricket
Curling
Fives
Football
Hockey
Hurling
Kabaddi

Korfball
Lacrosse
Netball
Polo
Rounders
Rugby Football League
Rugby Football Union
Stoolball
Tchoukball
Ultimate Flying Disc
Volleyball

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 and magic
Dance appreciation
Majorettes
Puppetry
Theatre appreciation

Science & technology

Information technology
Young engineers

Care of animals

Agriculture (Keeping livestock)
Aquarium keeping
Beekeeping
Budgerigars & canaries
Dog training & handling
Horses: handling & care
Insects
Keeping of pets
Pigeon breeding & racing
Reptiles

Music

Church Bellringing
Disc jockey
Jazz - playing a musical instrument

Music appreciation
Music - playing an instrument
Singing

Natural world

Agriculture
Cacti growing
Conservation
Groundsmanship
Forestry
Gardening
Natural world
Orchid growing
Plant growing
Transport restoration

Games & sports

Snooker, pool and billiards
Cards (Bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Fantasy games
Fishing/flyfishing
Flying
Gliding
Historical period re-enacting
Karting
Kite construction & flying
Marksmanship
Model construction & racing
Motor sports
Power boating
Sports appreciation
Sports officiating
Table games
War games

Life skills

Cookery
Digital Lifestyle
Driving: car maintenance
Driving: car road skills
Driving: motorcycle maintenance
Driving: motorcycle road skills
Life skills
Money management
Navigation
Young Enterprise

Casualty simulation
 Committee skills
 Cyclist training
 Democracy in action
 Event planning
 First Aid Malta
 First Aid St Andrews
 First Aid St Johns
 Learning about Civil Aid
 Learning about
 Lifesaving
 Learning about the
 Ambulance service
 Learning about the
 Coastguard
 Learning about the
 Emergency services
 Learning about the Fire
 service
 Learning about the
 Police service
 Learning about the RNLI
 (Lifeboats)
 Library & information
 skills
 Public speaking &
 debating
 Skills for Employment

Learning & collecting

Aeronautics
 Aircraft recognition
 Archaeology
 Astronautics
 Astronomy
 Bird watching
 Coastal navigation
 Collections, studies &
 surveys
 Costume study
 Criminology
 Fashion
 Forces insignia
 Gemstones
 Genealogy
 Heraldry
 History of art
 Military history
 Reading
 Religious studies
 Ship recognition
 Stamp collecting
 Weather/meteorology
 Zoology

Media & communication

Amateur radio
 Communicating with
 people who have a
 hearing impairment
 Communicating with
 people who are visually
 impaired
 Film and video making
 Journalism
 Languages
 Newsletter & magazine
 production
 Signalling
 Writing

Creative arts

Basket making
 Boat work

Brass rubbing
 Cake decoration
 Camping gear making
 Candlemaking
 Canoe building
 Canvas work
 Carnival/Festival float
 construction
 Ceramics
 Clay modelling
 Cookery
 Corn dollies and straw
 work
 Creative embroidery
 Crocheting
 Cross stitch
 DIY
 Dough craft
 Drawing
 Dressmaking
 Egg decorating
 Enamelling
 Fabric printing
 Floral decoration
 French polishing
 Furniture restoration
 Glass painting
 Glass work
 Interior design
 Jewellery
 Knitting
 Lace making
 Leatherwork
 Lettering & calligraphy
 Marquetry
 Model construction
 Mosaic
 Painting & Design
 Papercraft
 Patchwork
 Pewter working
 Photography
 Pottery
 Quilting
 Rope work
 Rug making
 Soft furnishing
 Soft toy making
 Tinting
 Taxidermy
 Textiles
 Weaving & spinning
 Wine 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.

By foot

- Exploring teamwork by nominating a different

leader each day.
 - Studying insect life on the South Downs.
 - 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.
 - Creating a photo guide to the Countryside Code round the Mourne Mountains.

By bicycle

- Investigating features of the Thames using Thames cycle path.
 - Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.
 - Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Exploring the Norfolk Broads using sailing dinghies.
 - Planning a cross channel journey in a yacht.
 - Rowing along the Danube in Germany booking camp sites in advance.
 - On expedition, using simple mapping techniques to produce a map of an estuary & 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 London canal systems.
 - Making a study of the locks and lochs on the Caledonian Canal.
 - Carrying out a wilderness trip in Canada utilising 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.
 - Producing an illustrated guide to a stretch of canal. Research the history and then travel along the tow path using the expedition to gather photographs and sketches to illustrate the guide.
 - Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.

On horseback

- Planning an expedition on horseback in the countryside including identifying suitable farm camp sites and bridleways.
 - 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.
 - Exploring accessibility and bridle paths in the Brecon Beacons.
 - 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

- Assisting at a summer camp for Brownies.
 - Helping out on a pilgrimage to Sri Lanka.
 - Aiding deafblind young people and adults to enjoy a holiday.
 - Rebuilding a school roof in Lesotho.
 - Being an assistant to support an eco-friendly waste project at an outdoor education centre.

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.
 - Helping the preservation team of a narrow gauge railway in mid Wales.

Learning

- Undertaking a cookery course in France.
 - 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.

Activity based

- Taking part in a week-long discovery of stage combat in Wales.
 - Joining an ACF activity week with members of different detachments.
 - Stewarding at a music festival.
 - Taking part in a multi-faith residential, studying different religions.
 - Joining an historical re-enactment of the Battle of Bosworth.