

Programme ideas:

VOLUNTEERING SECTION

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 Volunteering section programme of your own. You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...

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.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see **DofE.org/volunteering** for the requirements).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

Helping people	Working with the environment or animals	Helping a charity or community organisation
<ul style="list-style-type: none">▪ Helping children▪ Helping children to read in libraries▪ Helping in medical services e.g. Hospitals▪ Helping older people▪ Helping people in need▪ Helping people with special needs▪ Tutoring▪ Young carer▪ Youth work	<ul style="list-style-type: none">▪ Animal welfare▪ Environment▪ Beach and coastline conservation▪ Litter picking▪ Preserving waterways▪ Rural conservation▪ Urban conservation▪ Working at an animal rescue centre▪ Zoo/farm/nature reserve work	<ul style="list-style-type: none">▪ 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		
<ul style="list-style-type: none">▪ Dance leadership▪ DofE Leadership▪ Group leadership▪ Head student▪ Leading a voluntary organisation group▪ Scout Association▪ Air Training Corps▪ Volunteer Cadet Corps▪ Army Cadet Force▪ Boys' Brigade▪ CCF▪ Church Lads' & Girls' Brigade▪ Girlguiding UK▪ Girls' Brigade▪ Sports leadership▪ Music tuition▪ St John Ambulance		
Community action and raising awareness		
<ul style="list-style-type: none">▪ Campaigning▪ Cyber safety▪ Council representation▪ Drug & alcohol education▪ Home accident prevention▪ Neighbourhood watch▪ Peer education▪ Personal safety▪ Promotion & PR▪ Road safety		



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Programme ideas:

PHYSICAL SECTION

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 physical programme of your own. You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...

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.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see **DofE.org/physical** for the requirements).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolining
- Wheelchair fencing
- Wrestling

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon
- Rapid ball
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- SCUBA diving & snorkelling
- Surfing
- Body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- 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 dancing
- Welsh dancing
- Irish dancing
- Street dancing
- Breakdancing
- Hip hop
- Swing
- Tap dancing

Team sports

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|---------------------|-------------------|------------------------|-------------------------|
| ▪ American football | ▪ Football | ▪ Lacrosse | ▪ Sledge ice hockey |
| ▪ Baseball | ▪ Frame football | ▪ Netball | ▪ Softball |
| ▪ Basketball | ▪ Futsal | ▪ Octopushing | ▪ Stoolball |
| ▪ Boccia | ▪ Gaelic football | ▪ Polo | ▪ Tchoukball |
| ▪ Camogie | ▪ Goalball | ▪ Quadball | ▪ Tug of war |
| ▪ Cheerleading | ▪ Handball | ▪ Roller derby | ▪ Ultimate flying disc |
| ▪ Cricket | ▪ Hockey | ▪ Rogaining | ▪ Volleyball |
| ▪ Curling | ▪ Hurling | ▪ Rounders | ▪ Wallyball |
| ▪ Dodge disc | ▪ Ice hockey | ▪ Rugby (union/League) | ▪ Water polo |
| ▪ Dodgeball | ▪ Kabaddi | ▪ Sitting Volleyball | ▪ Wheelchair basketball |
| ▪ Fives | ▪ Korfbal | ▪ Sledge hockey | ▪ Wheelchair rugby |

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Fitness

- Aerobics
- Fitness classes
- Gym work
- Medau movement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Yoga

Extreme sports

- | | |
|-----------------------|-----------------|
| ▪ BMX | ▪ Parachuting |
| ▪ Caving | ▪ Skateboarding |
| ▪ Potholing | ▪ Skydiving |
| ▪ Climbing | ▪ Snow sports |
| ▪ Free running | ▪ Skiing |
| ▪ Parkour | ▪ Snowboarding |
| ▪ Ice skating | ▪ Snowkiting |
| ▪ Mountain biking | ▪ Speed skating |
| ▪ Mountain unicycling | ▪ Street luge |



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Programme ideas:

SKILLS SECTION

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 skills programme of your own. You can find more information at [DofE.org/do](https://www.dofe.org/do) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

It's your choice...

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.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see [DofE.org/skills](https://www.dofe.org/skills) for the requirements).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

Performance arts	Science & technology	Care of animals	
<ul style="list-style-type: none">▪ Ballet appreciation▪ Ceremonial drill▪ Circus skills▪ Conjuring & magic▪ Majorettes▪ Puppetry▪ Singing▪ Speech & drama▪ Theatre appreciation▪ Ventriloquism▪ Yoyo extreme	<ul style="list-style-type: none">▪ Aerodynamics▪ Anatomy▪ App design▪ Astronomy▪ Biology▪ Botany▪ Chemistry▪ Coding▪ Programming▪ Ecology▪ Electronics▪ Engineering▪ Entomology▪ IT▪ Marine biology▪ Oceanography▪ Paleontology▪ Physics▪ Rocket making▪ Taxonomy▪ Weather/meteorology▪ Website design▪ Zoology	<ul style="list-style-type: none">▪ Aquarium keeping▪ Beekeeping▪ Caring for reptiles▪ Dog training & handling▪ Horse/donkey/llama/alpaca handling & care	<ul style="list-style-type: none">▪ Caring for livestock▪ Looking after birds (i.e. budgies & canaries)▪ Pet care – health/training/maintenance▪ Pigeon breeding & racing
Natural world	Music	Media & communication	
<ul style="list-style-type: none">▪ Agriculture▪ Conservation▪ Forestry▪ Gardening▪ Groundsmanship▪ Growing carnivorous plants▪ Plant growing▪ Snail farming▪ Vegetable growing	<ul style="list-style-type: none">▪ Church bell ringing▪ Composing▪ DJing▪ Handbell ringing▪ 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	<ul style="list-style-type: none">▪ Amateur radio▪ Blogging▪ Communicating with people who are visually impaired▪ Communicating with people who have a hearing impediment▪ Film & video making▪ Journalism▪ Newsletter & magazine production▪ Signalling▪ Vlogging▪ Writing	

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
- Trading cards

Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- 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

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
- Soft toy making
- Tatting
- Taxidermy
- Textiles
- Weaving and spinning
- Woodwork

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



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Programme ideas:

EXPEDITION SECTION

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 expedition programme of your own. You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...

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.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see **DofE.org/expedition** for the requirements).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

On foot	By boat	By bicycle
<ul style="list-style-type: none">▪ Studying how insect life differs from woodland to open fields.▪ Exploring teamwork by nominating a different leader each day.▪ Searching for forms of fungi, recording and sketching them.▪ Planning a route and create a signpost selfie guide.▪ Considering the impact of tourism on the flora and fauna of the area you are in.▪ Drawing all the different star constellations you can see.▪ Creating a photo guide to the Countryside Code.	<ul style="list-style-type: none">▪ Sailing the Norfolk Broads to explore modern and ancient uses of the area.▪ Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.▪ Rowing along a large river recording the types of boats and their uses.▪ Planning a significant sea journey under sail to record the effects of coastal erosion.▪ Using simple mapping techniques to produce a map of an estuary on the expedition, comparing it with a real map when you return.	<ul style="list-style-type: none">▪ Using a cycle system to undertake a research project on the provisions and quality of cycle paths.▪ Producing a nature guide of your route for future visitors.▪ Creating a video diary of the expedition, recording each team member's experiences.▪ Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.▪ Investigating features of the Thames using the Thames cycle path.▪ Following part of the Gerald of Wales route of 1188 through Pembrokeshire.
By canoe or kayak		
<ul style="list-style-type: none">▪ Recording the wildlife found on a large inlet or loch.▪ 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.	<ul style="list-style-type: none">▪ Investigating samples of the river bed en route and comparing them with each other.▪ Carrying out a canoe trip and create a storyboard (photo/painting/drawing) of your expedition.	<ul style="list-style-type: none">▪ 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

- Creating an expedition music play list that reflects the team's experiences.
- Following a disused railway track noting the current use of previous railway buildings.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
- Planning a route in a 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.

On horseback

- Exploring bridle paths and create an A-Z of the outdoors from the trip.
- Planning an expedition with sea views, 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.



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Programme ideas:

RESIDENTIAL SECTION

When completing each section of your DofE, you should develop a programme which is specific and relevant to you.

This sheet gives you some ideas of things you could do or could use as a starting point to create a Residential of your own. You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...

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.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see **DofE.org/residential for the requirements**).

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

Service to others

- Being a leader at a UK-based holiday camp for disadvantaged young people.
- Undertaking a voluntary teaching placement overseas.
- Being part of a service crew at a large summer camp for Brownies.
- Volunteering on a YHA residential summer camp.
- Volunteering at a residential summer school.
- Being an assistant to support an eco-friendly waste project at an outdoor education centre.

Activity based

- Taking part in a sport based residential developing your basketball skills.
- Taking part in multi-faith residential, studying different religions.
- Joining an ACF activity week with members of different detachments you don't know.
- Learning to snowboard on an intensive course in Scotland.
- Joining an historical re-enactment society.
- Attend a mountain biking residential in Wales.

Learning and creative arts

- Undertaking a cookery course.
- Doing a photography course and exhibiting your work.
- Taking part in a bushcraft residential.
- Spending time on a narrowboat and training towards becoming a skipper.
- Taking part in a field studies course.
- Learning to write and produce music and putting on a show.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.
- Taking part in a week-long Gaelic or Welsh language and culture course.

Environment and conservation

- Joining a tree planting project with your local environment trust.
- Attending a conference.
- Helping the preservation team of a railway or canal.
- Taking part in a Field Studies course learning about biodiversity and conservation.
- Attending a mindfulness and art course.



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