



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

use the programme planners on the website to plan your activity with the support of your DofE Leader.

NOTE: 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/do for the requirements).

VOLUNTEERING

- Helping people -
- 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

Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- 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
- Head student
- 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

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 blading - Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolining
- Wheelchair fencing - Wrestling

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (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/Welsh/Irish dancing
- Street dancing/ breakdancing/hip hop
- Swing
- Tap dancing

Racquet sports

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

Fitness -

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement

Physical achievement

- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wii-fit - Yoga

Extreme sports

- BMX
- 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 - Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do - Tai Chi

Team sports

- American football
- Baseball
- Basketball
- Boccia
- Camogie
- Cricket - Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football - Futsal
- Gaelic football
- Goalball
- Handball
- Hockey - Hurling
- Ice hockey
- Kabaddi
- Korfbal
- Lacrosse
- Netball

Octopushing

- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball - Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball - Wheelchair rugby

SKILLS

Performance arts

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

Science & technology

- 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

- Care of animals
 - Agriculture (keeping livestock)
 - Aquarium keeping
 - Beekeeping
 - Caring for reptiles
 - Dog training & handling - Horse/donkey/llama/alpaca handling & care
 - Looking after birds (i.e. budgies & canaries)
 - Pet care – health/training/maintenance
 - Pigeon breeding & racing
- Music
 - Church bell ringing
 - Composing
 - DJing
 - Evaluating music & musical performances
 - Handbell ringing
 - 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 & recreation
 - Cards (i.e. bridge)
 - Chess
 - Clay target shooting
 - Coxing
 - Cycle maintenance
 - Darts
 - Dominoes
 - Fishing/fly fishing
 - Flying
 - Gliding
 - Go-karting
 - Historical period reenacting
 - 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
 - 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
- 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
- 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

On foot

- 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.

By bicycle

- 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.
- Investigating features of the Thames using the Thames cycle path.
- Plan a cycle of

By boat

- 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.

By canoe or kayak

- 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.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a canoe trip and create a storyboard (photo/painted/drawn) of your expedition.
- 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.

RESIDENTIAL

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
- Helping out on a pilgrimage.

Environment and conservation

- Joining a tree planting project with your local environment trust.
- Attending a conference on climate change as a youth representative
- Helping the preservation team of a railway or canal - Studying coral bleaching in Australia.

- Joining a National Trust working holiday and join different conservation projects in various locations across the UK. - Taking part in a Field Studies course learning about biodiversity and conservation.

Learning

- 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.

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 reenactment society.