

# 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 guidance on how to do it, which you can find under the links on 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 evervone so choose something you are really interested in.

# Individual sports:

Athletics (any field or track event) Biathlon/Triathlon/Pentathlon Boxing Croquet Fencing Golf Horse riding Modern pentathlon Pétanque Running Static trapeze

## Water sports:

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

Swimming Synchronised swimming

## Dance:

Ballet Ballroom dancing Belly dancing Bhangra dancing Contra dance Country & Western Flamenco

Folk dancing

Line dancing Morris dancing

Salsa (or other Latin styles)

dancing Scottish/Welsh/Irish dancing Street dancing/breakdancing/ hip hop

Swing Tap dancing

# **Racquet sports:**

Matkot Rapid ball Real tennis Squash

**Aerobics** Fitness classes Gym work Medau movement Physical achievement Running/jogging Trampolining Walking 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:

Capoeira Karate Self-defence Tae Kwon Do

Team sports: American football Camogie Cricket Curling Dodge disc Dodgeball **Fives** Hockey Hurling Kabaddi Korfball Lacrosse Netball Octopushing Rogaining

Rounders Sledge hockey Stoolball Tchoukball Ultimate flying disc Underwater rugby

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 Ventriliquism

# Yoyo extreme

# Science & technology

Aerodynamics Anatomy Astronomy Biology Botany Chemistry **Ecology** Electronics Engineering Entomology 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

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 carniverous 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

# **Learning & collecting**

Young Enterprise

Aeronautics Aircraft recognition Anthropology Archaeology **Astronautics** Astronomy Bird watching Coastal navigation Collections, studies & surveys Comics Contemporary legends Costume study Criminology Dowsing & divining **Fashion** Forces insignia Gemstones Genealogy Heraldry History of art Language skills Military history

# Media & communication

Movie posters

Religious studies

Ship recognition

Stamp collecting

Postcards

Reading

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 catapaults & trebuchets Cake decoration Camping gear making Candle-making Canoe building Canvas work Carnival/festival float construction Ceramics Clay modelling Crocheting Cross stitch 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 pimping 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.

Studying insect life on the South Downs

- Exploring teamwork by nominating a different leader
- 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 pilarimage.
- 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 multifaith residential, studying different religions.
- Joining an historical re-enactment of the Battle of Bosworth.
- Joining an ACF activity week with members of different detachments.