



# 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](http://www.DofE.org/sections)

## Help with planning

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  
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  
Petanque  
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 Bellingring  
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  
 Tatting  
 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.