

Programme ideas

When completing each section of your Award, 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 [DofE.org/sections](https://www.dofe.org/sections) (please note that this website carries DofE branding only)

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 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:
 - Air Training Corps
 - Boys' Brigade
 - Cancer Fund for Children
 - Catholic Guides of Ireland
 - Combined Cadet Force
 - Church Lads' & Girls' Brigade
 - Girlguiding
 - Girls' Brigade
 - Mencap
 - Northern Ireland Fire and Rescue Service
 - Order of Malta Ireland
 - Royal Yachting Association
 - Scout Association
 - Scouting Ireland
 - Sea Cadets
 - St John Ambulance
- Sports leadership
- Music tuition

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
- Bowling
- Boxing

- Croquet
- Cross country running
- Cycling
- Fencing
- Golf
- Horse riding
- Modern pentathlon
- Orienteering
- Pétanque
- Roller blading
- Running
- Static trapeze
- Wrestling

Water sports:

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua
- Surfing/body boarding
- Swimming
- Synchronised
- Swimming
- Windsurfing

Dance:

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Irish/Scottish/Welsh dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing
- Street dancing/breakdancing
- Swing
- Tap dancing

Racquet sports:

- Badminton
- Matkot

- Racketlon
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis

Fitness:

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Gymnastics
- Physical achievement
- Pilates
- Running/jogging
- Trampolineing
- Walking
- Weightlifting
- Yoga

Extreme sports:

- Caving & potholing
- Climbing
- Free running (parkour)
- Mountain biking
- Skateboarding
- Skydiving
- Snow sports
- Speed skating

Martial arts:

- Aikido
- Ju Jitsu
- Judo
- Karate
- Keroc
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports:

- American football
- Baseball
- Basketball
- Camogie
- Curling
- Fives
- Football
- Hockey
- Hurling
- Korfball
- Lacrosse
- Netball

- Rounders
- Rugby
- Sledge hockey
- Ultimate flying disc
- Volleyball
- 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
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation

Science & technology

- Aerodynamics
- Anatomy
- Astronomy
- Ecology
- Electronics
- Engineering
- IT
- Science
- Weather/meteorology
- Website design
- Zoology

Care of animals

- Agriculture (livestock)
- Aquarium keeping
- Beekeeping
- Dog training/handling
- Keeping of pets/birds
- Pigeon breeding/racing

Music

- Church bell ringing

Composing
DJing
Evaluating music
Music appreciation
Playing an instrument

Natural world

Agriculture
Conservation
Gardening
Groundsmanship
Plant growing

Games & sports

Cards (e.g. bridge)
Chess
Clay pigeon shooting
Cycle maintenance
Darts
Fishing
Flying/gliding
Go-karting
Historical period
re-enacting
Marksmanship
Model construction
Motor sports
Snooker, pool etc.
Sports appreciation
Sports leadership
Sports officiating
Table games

Life skills

Alternative therapies
Cookery
Car maintenance
Digital lifestyle
Event planning
First aid
Hair & beauty
Library skills
Money management
Navigation
Public speaking
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
Film & video making
Journalism
Writing

Creative arts

Boat work
Cake decoration
Camping gear making
Carnival/festival float construction
Clay modelling
DIY
Dough craft
Drawing
Dressmaking
Fabric printing
Furniture restoration
Interior design
Jewellery making
Model construction
Painting & design
Photography
Snack pipping
Soft toy 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.

On foot

- Studying insect life.
- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording & sketching them.
- Considering the impact of tourism on the flora & fauna.
- Creating a photo guide to The Countryside Code.

By bicycle

- Producing a nature guide of your route for future visitors.
- Doing a remembrance cycle, taking in the historic wartime sites in Normandy.
- Creating a video diary of the expedition.

By boat

- Exploring different team roles needed and giving everyone the chance to do a new one.
- Planning a cross-channel journey in a yacht.
- Using simple mapping techniques to make a map of an estuary & compare it with a map when you return.
- Planning a Gold sailing expedition on Lake Ullswater.

By canoe or kayak

- Taking a series of photos to produce 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 and comparing them with each other.
- Choosing several points along a river and measuring speed of flow, width and depth and comparing the differences along the route.

By wheelchair

- Following a disused railway track noting the current use of previous railway buildings.
- Planning and doing a route in the Peak District, making a video diary.
- Planning a route and taking pictures 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 it.

On horseback

- Exploring accessibility and bridle paths in the Brecon Beacons.
- Planning an expedition with sea views in Co Down, 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 on expedition.
- 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 languages.
- Helping out on an overseas pilgrimage (e.g. to Lourdes or Mecca).
- Being a leader at an overseas children's camp that promotes healthy eating and exercise.
- Rebuilding a school roof in Lesotho.
- Helping deaf/blind 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 Catholic Guides.
- Helping at an orphanage.

Environment and conservation

- Joining a tree planting project with Conservation Volunteers.
- Monitoring the bat population in the New Forest.
- Studying coral bleaching in Australia.
- Helping the preservation team of a narrow gauge railway in mid Wales.
- Doing dry stone walling in the Mournes.
- Attending a conference on climate change as a youth representative for your local authority.

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 Irish language skills on a Language course.
- 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.