When completing each section of your DoE, 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 DoE.org/sections and there is a range of exciting opportunities to help you complete this section at DoE.org/finder. You can use the programme planners on the website to plan your activity with the support of your DoE Leader.

NOTE: Before you commit to a residential it is important to have approval from your DoE Manager to ensure that it meets all the criteria (see DoE.org/residential 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  
• DoE Leadership  
• Group leadership  
• Head student  
• Leading a voluntary organisation group  
• Girls’ Venture Corps

PHYSICAL

Individual sports  
• Airsoft  
• Archery  
• Athletics (any field or track event)  
• Biathlon/Athlon/  
• Pentathlon/Aquathlon  
• Bowls  
• Boxing  
• Cricket  
• Cross country running  
• Cycling  
• Dancing  
• Street dancing/  
• Breakdancing/hip hop  
• Swing  
• Tap dancing

Racquet sports  
• Badminton  
• Lawn tennis  
• Racketball  
• Racketlon/Rackets  
• Raquetball  
• Racketball  
• Squash  
• Table tennis  
• Tennis

Fitness  
• Aerobics  
• Cheerleading  
• Fitness classes  
• Gym work  
• Teamwork  
• Physical achievement  
• Platelet  
• Pole dancing  
• Running/jogging  
• Walking  
• Weightlifting  
• Wii-fit  
• Yoga

Water sports  
• Canoeing  
• Diving  
• Dragon Boat Racing  
• Free-diving  
• Kite surfing  
• Kayaking  
• Rowing & sculling  
• Sailing  
• Skiing  
• Sub aqua (SCUBA diving & snorkelling)  
• Surfing/body boarding  
• Swimming  
• Synchronised swimming

Underwater sports  
• Ballroom dancing  
• Belly dancing  
• Bharatnatyam  
• Country dancing  
• Country & Western  
• Flamenco  
• Folk dancing  
• Jazz  
• Line dancing  
• Morris dancing  
• Waltzing

Music  
• Architectural  
• Art  
• Athletics  
• Astronomy  
• Biochemistry  
• Biology  
• Botany  
• Chemistry  
• Computer science  
• DJing  
• Early education  
• Environmental  
• Ethics  
• Film studies  
• Food technology  
• Geography  
• Genetics  
• Geology  
• Government  
• History  
• Human rights  
• Information technology  
• International relations  
• Invention  
• Journalism  
• Law  
• Leisure  
• Linguistics  
• Literature  
• Media studies  
• Mechanics  
• Music  
• Physics  
• Philosophy  
• Politics  
• Psychology  
• Religion  
• Sociology  
• Sports leadership  
• Speech & drama  
• Theatre  
• Ventralism  
• Yoga  
• Zoroastrianism

SKILLS

Performance arts  
• Ballroom dancing  
• Ceremonial drill  
• Circus skills  
• Street luge

Martial arts  
• Aikido  
• Capoeira  
• Ju-jitsu  
• Judo  
• Karate  
• Kendo  
• Mixed martial arts  
• Self-defence  
• Sumo  
• Tai Kwon Do  
• Tai Chi

Team sports  
• American football  
• Baseball  
• Basketball  
• Boccia  
• Camogie  
• Cricket  
• Rugby  
• Football  
• Frame football  
• Futsal  
• Goalball  
• Handball  
• Hockey  
• Ice hockey  
• Judo

Care of animals  
• Agriculture (keeping livestock)  
• Aquaculture  
• Beekeeping  
• Caring for reptiles  
• Dog training & handling  
• Horse/donkey/lama/  
• Alpaca cooking & 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  
• Improving melodies  
• Listening to, analysing &  
• Describing music  
• Music appreciation  
• Playing a musical  
• Instrument  
• Playing in a band  
• Reading & notation music  
• Understanding music in  
• Relation to history & culture

Natural world  
• Agriculture
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 during the Thames cycle path.
- Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.
- Creating a video diary of the expedition, recording each team member’s experiences.
- Following part of the Gerald of Wales route of 1188 through Pembroke.

By boat
- Sailing the Norfolk Broads to explore modern and ancient uses of the area.
- Explore different team roles needed on a boat and getting 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 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 locks on the Caledonian Canal.
- Investigating samples of the river bed on 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 challenge 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. Researching 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 horse-riding 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 A field studies course.
- 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 astrophysics 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 re-enactment society.