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/sections 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 it meets all the criteria (see DofE.org/residential for the requirements).

Programme IDEAS

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
  - Sea Cadets
  - Air Cadets
  - Jewish Lads’ and Girls’Brigade
  - St John Ambulance
  - Croquet Association
  - Air Training Corps
  - Army Cadet Force
  - Boys’ Brigade
  - CCF
  - Church Lads’ & Girls’ Brigades
  - Girlguiding UK
  - Girls’ Brigade
  - Sports leadership
  - Music tuition

PHYSICAL

Individual sports
- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/
  Pentathlon/Aquathlon
- Bowls
- Boxing
- Golf
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motorcross
- Orienteering
- Paintballing
- Petanque
- 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
- Skiing
- Skateboarding
- Surfing (sub ACUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance
- Ballet
- Balloon dancing
- Belly dancing
- Blanga dancing
- Ceroc
- Contradance
- 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
- Batminton
- Racketball
- Racquetball/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness
- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Microad movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- WII-fit
- Yoga

Extreme sports
- BMX
- Caving & potholing
- Climbing
- Freerunning (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Paragliding
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts
- Akido
- Capoeira
- Jeet Kun Do
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Taekwondo
- Tai Chi

Team sports
- American football
- Baseball
- Basketball
- Boccia
- Cockney/football
- Goalball
- Handball
- Hockey
- Horseball
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Ice hockey
- Ice golf
- Kabaddi
- Korfbal
- Latrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rounders
- Rounders
- Rugby
- Rugby
- Sitting Volleyball
- Rugby (union/League)
- Snooker
- Sledge hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

SKILLS

Performance arts
- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Major spots
- 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
- Web design meteorology
- Website design
- Zoology

Care of animals
- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/lama/
  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
- Improving melodies
- Listening to, analysing &
  describing music
- Music appreciation
- Playing a musical
  instrument
- Singing
- In a band
- Reading & notating music
- Understanding music in
  relation to history & culture

Natural world
- Agriculture
**Genealogy**
- Trees (i.e. bridge)
- Chess
- Clay target shooting
- Cycling
- Cycle maintenance
- Darts
- Dominos
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting
- Historical period-running
- Event planning
- Kite construction & flying
- Mah Jong
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

**Games & recreation**
- **Media & communication**
  - Amateur radio
  - Blogging
  - Communicating with people who are visually impaired
  - Communicating with people who have a hearing impairment
  - Film & video making
  - Journalism
  - Newsletter & magazine production
  - Signalling
  - Vlogging
  - 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
  - Crochet
  - Cross stitch
  - DIY
  - Dough cookery
  - Drawn work
  - Dressmaking
  - Egg decorating
  - Embroidery
  - Enamelling
  - Fabric printmaking
  - Feng Shui
  - Floral decoration
  - French polishing
  - Furniture restoration
  - Glass blowing
  - Glass painting
  - Interior design
  - Jewellery making
  - Knitting
  - Lace making
  - Leatherwork
  - Lettering & calligraphy
  - Macrame
  - Marquetry
  - Model construction
  - Mosaic
  - Painting & design
  - Patchwork
  - Photography
  - Pottery
  - Quilting
  - Rope work
  - Rug making
  - Snack cooking
  - Soft toy making
  - Tatting
  - Taxidermy
  - Textiles
  - Weaving & spinning
  - Wine/beer making
  - Woodwork

**EXPERIMENT**
- **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 self 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 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 Pembrokeshire.

**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 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 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. 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 station.
- Studying coral bleaching in the South Atlantic Ocean.
- 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 astronaut’s theme 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-sport residential, studying different sports.
- Joining an ACF activity week with members of different detachments you don’t know.
- Learning to snowboard on an intensive course in Scotland.
- Joicing an historical re-enactment society.