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/ do 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 that it meets all the criteria (see DofE.org/ do 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 carers
- Youth work

**Community action & raising awareness**

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Transport 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/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
- Head student
- Leading a voluntary organisation group
- Girls’ Venture Corps

**PHYSICAL**

**Individual sports**

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/
  Pentathlon/Aquathlon
- Bowls
- Boxing
- Cricket
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motorcross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Super cross
- Ten pin bowling
- Trampolining
- Wheelchair fencing
- Wrestling

**Racquet sports**

- Badminton
- Batball
- Racketball
- Racketball (rackets)
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

**Fitness**

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

**Water sports**

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

**Underwater boxing**

- Wakeboarding
- Windsurfing

**Dance**

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

**Racquet sports**

- Badminton
- Batball
- Racketball
- Racketball (rackets)
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

**Fitness**

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

**Extreme sports**

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Snowboarding
- Snow sports (skiing, snowboarding, snowkiting)

**SPORTS**

**Team sports**

- American football
- Baseball
- Basketball
- Bowls
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Kerball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

**Skills**

- Ballet appreciation
- Ceremonial drill

**Music**

- Church bell ringing
- Composing
- Dúing
- Evaluating music &
  musical performances
- Handbell ringing
- 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

**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
- 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
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/ maintenance
- Pigeon breeding & racing

**Coaching, teaching and leadership**

- Dance leadership
- DoE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
- Girls’ Venture Corps

**Programme ideas**

- 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
- Underwater boxing
- Wakeboarding
- Windsurfing
- Speed skating
- Street luge
- Martial arts
- Aikido
- Capoeira
- Ju-Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Taek Woon Do
- Tai Chi
- Team sports
- American football
- Baseball
- Basketball
- Boccia
- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby

- Circus skills
- Conjuring & magic
- Majorrettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriklism
- Yo-yo extreme

- Girls’ Venture Corps
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 using the Thames cycle path.
- Plan a cycle of remembrance which visit 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 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 an 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 lochs on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each other.
- Carrying out a canoe trip and create a storyboard (photo/painted/drawn) of your expedition.
- Choosing a location to spouse 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 could 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. Research the 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 your views, taking photos along the way so that you can paint a picture of your favourite scenes 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 of 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 residential summer camp.
- Volunteering at a residential summer school.
- 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.
- Helping the preservation team of a railway or canal.
- Studying coral bleaching in Australia.
- 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.
- Developing 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 astronomy 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.

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