

The Duke of Edinburgh's Awards

www.dofe.org



THE DUKE OF EDINBURGH'S AWARD.

BRONZE	
Volunteering 3 months	PLUS a further 3 months in the Volunteering, Physical or Skills section.
Physical 3 months	
Skills 3 months	
Expedition 2 days 1 night	

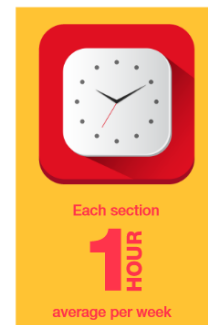


If you choose to run a yearlong outdoor learning programme for your students and a formal qualification structure - such as the [Gateway of Progression Qualifications](#) - is not appropriate, The Duke of Edinburgh's Award scheme offers an alternative approach. It can provide a loose framework for your course whilst allowing students to engage in activities that challenge and motivate them.

Achieving a **Bronze Award**, outlined opposite, should be feasible as part of a yearlong programme for **14 year olds** but it does require commitment and support from the school, teaching staff and participants. As the premise of the Award is that students select their own opportunities and activities, leaders also have to be very flexible in their planning and open to student-led learning.

The Benefits of The Duke of Edinburgh's Awards (extract from DofE website)

- Provides amazing new experiences and opportunities to do something completely new
- Takes students out of their comfort zone, building confidence, resilience, skills and friendship groups
- Colleges, universities and employers regard a DofE Award highly



"I previously had no idea what I wanted to do but working towards my DofE made me realise the career path I wanted to pursue and I am now studying towards becoming a qualified youth worker. DofE saved my future as I still wouldn't know what I want to do. It got me out of the house, gave me confidence and developed my life skills. My life has been completely shaped as a result of participating in my DofE." Kyle Kinsella, Bronze and Silver Award holder



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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 guidance on how to do it, which you can find under the links on www.DofE.org/sections

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:

- Carrying a flag
- 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
- Zookeepers/volunteer work

Helping a charity or community organisation:

- Administration
- Being a charity intern
- Being a volunteer fireguard
- 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:
- Girls' Venture Corps
- 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

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:

- Aerobics
- Athletics (any field or track event)
- Ballroom/latin/low/Para-ballet
- Bowling
- Boxing
- Croquet
- Cross country/running
- Cycling
- Fencing
- Golf
- Horse riding
- Modern pentathlon
- Orientation
- Pilates
- Roller skating
- Hunting
- Static trapeze
- Wrestling

Water sports:

- Canoeing
- Diving
- Dragon Boat Racing
- Free diving
- Kitesurfing
- Kayaking & sailing
- Sailing
- Scuba diving
- Sub aqua (SCUBA) diving & snorkelling

- Surfing/body boarding
- Swimming
- Synchronised swimming
- Windsurfing

Dance:

- Ballet
- Ballet/dance
- Belly dancing
- English dancing
- Conte
- Conte-dance
- Country & Western
- Honoring
- Folk dancing
- Jazz
- Line dancing
- Modern dancing
- Salsa (or other Latin style) dancing
- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing
- Hip-hop
- Swing
- Tap dancing

Paired sports:

- Badminton
- Martial arts
- Pack-a-punch
- Rapid ball
- Pool tennis
- Squash
- Table tennis
- Tennis

Etiquette:

- Aerobics
- Chairloading
- Fitness classes
- Gym work
- Gymnastics
- Media movement
- Physical achievement
- Pilates
- Running/jogging
- Taekwondo
- Weightlifting
- Yoga

Extreme sports:

- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skateboarding
- Skyskiing
- Snow sports (skiing, snowboarding)
- Snowkiting
- Speed skating
- Street luge

Martial arts:

- Aikido
- Capoeira
- Ju-Jitsu
- Judo
- Karaté
- Soft-dance
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports:

- American football
- Baseball
- Basketball
- Bocce
- Canoe polo
- Cricket
- Curling
- Dodge ball
- Dodgeball
- Floorball
- Football
- Hockey
- Hurling
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopush
- Polo
- Rugby
- Rugby
- Rugby
- Shuffleboard
- Stoolball
- Tennisball
- Ultimate flying disc
- Underwater rugby
- Volleyball
- 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
- Carrom/dart/disk
- Cross skills
- Conjuring & magic
- Dance appreciation
- Magician
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism

Yoyo-extreme

Science & technology

- Aerodynamics
- Anatomy
- Astronomy
- Biology
- Botany
- Chemistry
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Cosmography
- Palaeontology
- Physics
- Robot making
- Taxonomy
- Wild environmental science
- Website design
- Zoology

Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse riding/turning/peace handling & care
- Keeping of pets
- Looking after birds (i.e. budgies & canaries)
- Pigeon breeding & racing

Music

- Church bell-ringing
- Composing
- DJing
- Distilling music & musical performance
- Improving 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

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable-growing

PDF1 - Duke of Edinburgh's Award Programme ideas



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Games & sports

- Cards (i.e. bridge)
- Cheese
- Clay target shooting
- Cycle maintenance
- Dirks
- Dominoes
- Fairly tricky fishing
- Fishing
- Go fishing
- Go hiking
- Historical period re-enacting
- Kits construction & flying
- Mini-jongg
- Model-making
- Model construction & racing
- Motor sports
- Power tooling
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

Life skills

- Alternative therapies
- Cookery
- Emergency first-aid
- Digital literacy
- Driving car maintenance/ car road skills
- Driving motorcycle maintenance/coach skills
- Event planning
- First Aid - St John's 2
- Arduino/1:1C2
- Hair & beauty
- Learning about the emergency services
- Learning about the FBU (UK fire)
- Library & information skills
- Life skills
- Massage
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronomy
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collectors, studies & surveys
- Comics
- Contemporary legends
- Costume study
- Criminology
- Dressing & chinking
- Fashion
- Forensic insights
- Genealogy
- Genetics
- Genealogy
- Heritability
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

Media & communication

- Air mixer radio
- Communicating with people

who are visually impaired

Communicating with people who have a hearing impairment

Film & video-making

Journalism

Newsletter & magazine production

Signaling

Writing

Construction

- Basket making
- Book work
- Drum-making
- Duplicating/repairs & refurbishing
- Cake decoration
- Camping gear making
- Ceramics-making
- Course building
- Course work
- Carnival/Street festival construction
- Genetics
- Clay-modelling
- Crocheting
- Cross-stitch
- DIY
- Doughcraft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling
- Fabric-pinning
- Fang chiu
- Rural decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Leach making
- Leatherwork
- Lettering & calligraphy
- Mosaic
- Mosaics
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Sneak pinning
- Soft toy making
- Tinting
- Tweedmaking
- Toolties
- Weaving and spinning
- Wine-bear 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 trout life on the South Downs.

- Exploring teamwork by reconstructing a different leader each day.
- Searching for items of fungi, recording and sketching them.
- 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.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code round the Mourne Mountains.

By bicycle

- Using the cycle system in the Netherlands to undertake a research project on the problems and quality of cycle paths compared to trails.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Doing a cycle of remembrance, taking in the historic war-time sites in Normandy.
- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gravel of Wales route of 1886 through Flintshire.

By boat

- Exploring the Norfolk Broads using sailing dinghies.
- Exploring different learn roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along the Danube in Germany looking camp sites in advance.
- Planning a cross-channel journey in a yacht.
- Using simple mapping techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.
- Planning a historic sailing expedition on Lakes Ulster in the Lake District.

By canoe or kayak

- Recording the wildlife found on the Shropshire Lough canoe trail.
- Taking a series of photos to come up with a guide to a section of canal systems.
- Making a study of the locks and levers on the Caledonian Canal.
- Investigating samples of the liver bed on routes and comparing them with each other.
- Carrying out a wilderness trip in Canada using 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 user's 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.
- Planning a route in Cropton 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 leave along the towpath using the expedition to gather photographs and sketches to illustrate the guide.
- Creating an expedition music playlist that reflects the team's experiences.

On horseback

- Planning an expedition on horseback in the countryside including identifying suitable team campsites and bridleways.
- Evaluating accessibility and bridlepaths in the Devon Decours.
- Planning an expedition with one slow in Devon, 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 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 English overseas.
- Helping out on an overseas playground (i.e. in Lourdes or Mexico).
- Using a teacher at an overseas children's camp that promotes healthy eating and exercise.
- Rebuilding a school roof

in Lourdes.

- Helping disabled young people and adults to enjoy a holiday.
- Being an assistant to support an acrobatically aware project at an outdoor education centre.
- Assisting at a summer camp for Gleebies.
- Helping of an orphanage.

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.
- Doing city stunts walking in the West Tyne Valley in the shadow of Hadrian's Wall.
- Helping the preservation team of a narrow gauge railway in mid Wales.

Learning

- Studying a coolie course.
- Doing a history course.
- Studying traditional dances.
- Studying art history in Florence.
- Doing a photography course run by a university and exhibiting your work.
- Learning to brew beer 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.
- 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 multi-faith residential, studying different religions.
- Joining an historical re-enactment of the Battle of Tewkesbury.
- Joining an ACF activity week with members of different detachments.

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PDF1 - Duke of Edinburgh's Award Programme ideas (cont.)



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