Programme ideas: Volunteering section

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 Volunteering 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 www.DofE.org/volunteering

It’s your choice…

Helping people:
- Helping children
- 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

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

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
- Helping with clubs/sports with younger students
- DofE Leadership
- Dance leadership

Top Tip

Understand the difference between skills and physical:

Physical activities are activities with a strong physical element ie you will get fitter/stronger/faster/out of breath!

Skills must be non-physical skills. Anything that is suitable for the physical section should not be used for the skills section.
PHYSICAL
Programme ideas: Physical section

Your Physical section should involve doing something which will improve your physical fitness, suppleness or strength. Some activities which are “sports” are classed as skills rather than physical activities eg snooker & darts.

Individual sports:
Archery
Athletics (any field or track event)
Biathlon/Triathlon/Pentathlon
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 (SCUBA diving & snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

Dance:
Any type of dancing

Racquet sports:
Badminton
Makot
Racketlon
Rapid ball
Real tennis
Squash
Table tennis
Tennis

Fitness:
Aerobics
Cheerleading
Fitness classes
Gym work
Gymnastics
Medau movement
Physical achievement
Pilates
Running/jogging
Trampolining
Walking
Weightlifting
Yoga

Martial arts:
Aikido
Capoeira
Ju Jitsu
Judo
Karate
Self-defence
Sumo
Tae Kwon Do
Tai Chi

Team sports:
American football
Baseball
Basketball
Boccia
Camogie
Cricket
Curling
Dodge disc
DodgeballFives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Polo
Rogaining
Rounders
Rugby
Sledge hockey
Ultimate flying disc

Extreme sports:
Caving & potholing
Climbing
Free running (parkour)
Ice skating
Mountain biking
Mountain unicycling
Parachuting
Skateboarding
Skydiving
Speed skating
Snow sports (skiing, snowboarding, snowkiting)
Street luge

Underwater rugby
Volleyball
Wallyball
Water polo
SKILLS

Programme ideas: 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. This should be a non-physical skill – you cannot develop physical skills eg dance/sports in this section. Some games/sports are classified as non-physical eg snooker, fishing and can be done in this section. You can also learn theoretical aspects of sports eg refereeing, learning to be a coach – be careful though – the activity is learning to... rather than actually coaching – coaching would be classed as volunteering. Please ask for help if you are unsure.

Performance arts
Ballet appreciation
Ceremonial drill
Circus skills
Conjuring & magic
Dance appreciation
Majorettes
Puppetry
Singing
Speech & drama
Theatre appreciation
Ventriloquism
Yo-yo extreme

Science & technology
Aerodynamics
Anatomy
Astronomy
Botany
Chemistry
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
Keeping of pets
Looking after birds (i.e. budgies & canaries)
Pigeon breeding & racing

Music
Church bell ringing
Composing
DJing
Evaluating music & musical performances
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

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

Games & sports (non physical)
Cards (i.e. bridge)
Chess
Clay target shooting
Cycle maintenance
Darts
Dominoes
Fishing/fly fishing
Flying
Gliding
Go-karting
Historical period re-enacting
Kite construction & flying
Mah Jongg
Marksmanship
Model construction & racing
Motor sports
Power boating
Snooker, pool & billiards
Sports appreciation
Sports leadership
Sports officiating
Table games
War games

Life skills
Alternative therapies
Cookery
Democracy in action
Digital lifestyle
Driving: car maintenance/car road skills
Driving: motorcycle maintenance/road skills
Event planning
First Aid – St John/St Andrew/BRCS
Hair & beauty
Learning about the emergency services
Learning about the RNLI (Lifeboats)
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
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

**Creative arts**
- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Canoe building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling
- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork

**Media & communication**
- Amateur radio
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Writing
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pimping
- Soft toy making
- Tatting
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork