



# EXPEDITION

## Programme planner: Expedition section

### What is this programme planner for?

When completing each section of your DofE programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Expedition section. For help and support either see your DofE Leader or visit [www.DofE.org/expedition](http://www.DofE.org/expedition)

### The Expedition section – why do it?

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative.

### How long should I do activities for the Expedition section?

Level	Minimum time	Notes
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying).
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying).
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying).

**Programme plan for:** *(your name)* \_\_\_\_\_

**How do you want to travel on your expedition?** *(tick box)*

- By foot                       By bicycle                       By boat  
 By canoe or kayak            By wheelchair                       On horseback

**How will you research what you can do for your expedition?** *E.g. ask Leader/family/friends, research on the internet*

**Where will you go on the expedition? What will you do? Who will you go with?**

**How will this challenge you?**

**What are your goals? What do you want to achieve?**

**Who is going to help you complete your activity?** *E.g. Who is going to help you prepare for the expedition? Who is going to supervise you? Who is going to assess you?*

**What evidence will you collect to show your progress?** *E.g. How will you give your presentation?*

# Programme planner: Skills section

## What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Skills section.

For help and support see your DofE Leader or visit [www.DofE.org/skills](http://www.DofE.org/skills)

## The Skills section – why do it?

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.

## How long should I do activity for the Skills section?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	6 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

**Programme plan for:** *(your name)* \_\_\_\_\_

### What kind of skills do you want to develop? *(tick box)*

- Care of animals   
  Creative arts   
  Games and sports   
  Learning and collecting  
 Life skills   
  Media & communication   
  Music   
  Natural world  
 Performance arts   
  Science & technology

Detailed activity chosen:

Where are you going to do it?

What are your goals? What do you want to achieve?

Who is going to support and assess you?



# VOLUNTEERING

## Programme planner: Volunteering section

### What is this programme planner for?

When completing each section of your DofE programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Volunteering section. For help and support either see your DofE Leader or visit [www.DofE.org/volunteering](http://www.DofE.org/volunteering)

### The Volunteering section – why do it?

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. It gives you the opportunity to become involved in a project or with an organisation that you really care about.

### How long do I have to volunteer for?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	If you haven't achieved your Bronze you need to extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	12 to 18 months	If you haven't achieved your Silver you need to extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

**Programme plan for:** *(your name)* \_\_\_\_\_

### What kind of volunteering do you want to get involved with in your community? *(tick box)*

- |  |   |
|--|---|
| <input type="checkbox"/> Coaching, teaching and leadership           | <input type="checkbox"/> Community action and raising awareness |
| <input type="checkbox"/> Helping a charity or community organisation | <input type="checkbox"/> Helping people                         |
| <input type="checkbox"/> Working with the environment or animals     |   |

Detailed activity chosen:

Where are you going to do it?

What are your goals? What do you want to achieve?

Who is going to support and assess you?



PHYSICAL

## Programme planner: Physical section

### What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Physical section.

For help and support see your DofE Leader or visit [www.DofE.org/physical](http://www.DofE.org/physical)

### The Physical section – why do it?

Doing physical activity is fun and it improves your health and physical fitness.

### How long should I do activity for the Physical section?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	3 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	6 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

**Programme plan for:** *(your name)* \_\_\_\_\_

**What kind of physical activity do you want to start doing or improve at?** *(tick box)*

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Dance             | <input type="checkbox"/> Extreme sports | <input type="checkbox"/> Fitness        |
| <input type="checkbox"/> Individual sports | <input type="checkbox"/> Martial arts   | <input type="checkbox"/> Racquet sports |
| <input type="checkbox"/> Team sports       | <input type="checkbox"/> Water sports   |   |

Detailed activity chosen:

Where are you going to do it?

What are your goals? What do you want to achieve?

Who is going to support and assess you?