



# 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 [DofE.org/volunteering](http://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?