



# The Duke of Edinburgh's Award Eco-friendly DofE activities

As you start deciding what to do for your sectional activities or expedition aim, you may want to consider the environment and the impact your chosen activities can have. Particularly for the Expedition section, you may want to consider choosing an aim that 'gives something back' to the environment you are undertaking your expedition in. Take a look at our eco-friendly suggestions below and make sure your DofE Leader approves of your chosen activity before you get started.

## Volunteering

- Campaign against climate change.
- Litter-pick in your local community.
- Set-up and run an Environmental awareness club at your school.
- Undertake the Energy Envoys online programme.
- Promote recycling at your school.
- Encourage your school to become more environmentally friendly.
- Undertake the Energy Envoys programme.
- Be a Conversation Volunteer for the Canal River Trust.



## Physical

- Walk or cycle to school.
- Plogging (litter-picking whilst jogging).
- Exercise outdoors instead of using an indoor gym.
- Put together an interpretative dance performance that represents climate change.



## Skills

- Grow your own vegetables and learn to cook vegetarian/vegan meals.
- Join a local conservation initiative.
- Investigate the impact of the climate change on your local area.
- Create artwork that depicts the issues of climate change.
- Create posters and flyers to put up around your school that outline what can be done to reduce climate change.

## Expedition

- Test the quality of water in the rivers and lakes you come across.
- Challenge your team to use no single-use plastics on expedition.
- Design an eco-friendly menu that involves low food miles and ethically sourced food.
- Create a group video demonstrating good countryside code to show future DofE groups.
- Set litter-picking as your aim.

## Residential

- Wildlife conservation.
- Canal restoration.
- Animal rescue.
- Conversation project.
- National Trust working group.

