

Volunteering	Physical	Skills	Expedition	Residential
<p>This section aims to encourage service to individuals and to the community.</p> <p>Volunteering is all about making a difference to other people's lives. Perhaps you're interested in animals or conservation? Or you might like to work with older people or raise money for a cause that means a lot to you?</p> <p>It could include: helping with Cub Scouts as a Young Leader; being a member of a campsite service crew; leading outdoor activities as an instructor; as well as many other ideas.</p>	<p>Physical aims to encourage participation and improvement in physical activity.</p> <p>It's a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless.</p> <p>Improve your football; rock climbing; or dance skills; or try a completely new sport or activity. Join a team or do it on your own. You don't have to be super fit or world class – it's about setting your own challenges, giving 100% and being the very best you can be.</p>	<p>Skill aims to encourage the development of practical and social skills and personal interests.</p> <p>A skill is about discovering what you're really good at. May be you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website? The activity you chose should allow you to show progression and sustained interest over a period of time.</p> <p>By developing practical and social skills and nurturing your personal interests and talents, you'll boost your self-esteem and your CV.</p>	<p>As part of a small team, you'll plan and complete a practice and final expedition that will truly stretch your horizons and encourage a spirit of adventure and discovery.</p> <p>You'll improve your communication and leadership skills and take a rucksack full of memories home with you.</p> <p>The adventurous journey should be in the countryside; or on the water; by foot; cycle; horse; canoe; boat; or dinghy. Whatever you decide to do, you'll have an unforgettable experience getting to grips with the great outdoors.</p>	<p>The Residential (QSA and DofE Gold only) will broaden young people's experiences through involvement with others in an unknown setting.</p> <p>You can choose from a range of residential activities – from helping at a National Trust site in the UK to working with children in India.</p> <p>You'll spend five days and four nights taking part in a shared, worthwhile activity with people you've never met before. It will boost your independence and confidence and is a great way to leave a positive footprint on your life and other people's.</p>