

DofE goes on in quarantine

Life has changed for everyone because of COVID-19 pandemic. However, you don't have to quit the DofE programme because of the quarantine. You can continue from home!

It is easy, just get in touch with your DofE leader and they will help you with choosing a substitute activity. There's no need to quit your Volunteering, Skills or Physical section.

You have two options:

- You can **change your activity** so that you can keep working on yourself even in the current situation. You **will carry on with this activity until the end of your Award level** - in this case it is necessary to pick a new goal and change the activity in the application. Hours in the logs from the previous activity are counted in.
- You can choose a **substitute activity only for the duration of the quarantine measures** - in this case, you don't have to pick new goals and you only create log records of a new activity in the app adding a note: **quarantine**.



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LET'S VÁMI

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
CZECH REPUBLIC



Where to begin?

We have prepared tips on activities that you can do during the quarantine while keeping yourself and everyone else safe. We live in times where one can find almost everything on the internet so why not start with something you're interested in?

Choose something you enjoy. It will help you maintain physical and mental well-being in these complicated times.





SKILLS

Foreign language

Start with a new language or get better at the one you are learning already.

<http://bit.ly/2WuohQG>

Cooking

We have to eat even during the quarantine so learn new recipes and don't be afraid to try new things :)

<http://bit.ly/2IVUSd8>

Creative handicraft

It's a great opportunity to try creative handicraft. You can pick up sewing, origami or building models from matches.

<http://bit.ly/2vzco5n>

Music

Get started with the old guitar standing in the corner, work on your singing technique or read Mozart's biography.

<http://bit.ly/2U1Ct4U>



PHYSICAL ACTIVITY

Working out

You can work out even at your home.

<http://bit.ly/2xKPqaC>

Dance

Connect movement and music. You can try ballet, street dance or even latin dances.

<http://bit.ly/2x8n2PC>

Tabata

Find out what is hiding behind this mysterious name.

<http://bit.ly/2vvK2HE>

Yoga

Refreshing exercise that will bring you peace of mind.

<http://bit.ly/2J1phqo>



VOLUNTEERING

Face mask sewing

Help out by making protective equipment for those who need it.

<http://bit.ly/2x7m5a8>

Online tutoring

School is now online and you can easily become someone's tutor online.

Making YT videos

Create educational videos about how to cope with these new conditions: How to wash your hands correctly, how to make a face mask, games for younger kids, what to cook at home etc.

Help those in need

Get involved directly with those who are in need during this outbreak of COVID-19. Someone might need your help with their shopping or with walking their dog.

<http://bit.ly/3baYP9Q>