



Choice Lists

for Service, Skills and Physical

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Service Choice List

Guideline

CHOICE LISTS

31.08.2017

Helping people

- Helping children
- Helping older people
- Helping people in need
- Helping people with special needs
- Youth work

Community action and raising awareness

- Citizens' initiative
- Drug and Peer Education
- Health Education
- Home accident prevention
- Personal safety
- Road safety
- Volunteer Service Centre
- Youth Parliament

Coaching, teaching and leadership

- Award Leadership
- Group Leader in Youth Work

- Sports Tutor
- Student Tutor (different fields; Schülermentor)

Working with the environment or animals

- Animal Welfare
- Environmental Protection
- Nature Conservation & Protection

Helping a charity or community organisation

- Fair Trade Shop (Weltladen)
- Faith communities
- Federal Agency for Technical Relief (THW)
- Firefighters (Feuerwehr)
- Fund-raising
- German Lifeboat Institution (Deutsche Gesellschaft zur Rettung Schiffbrüchiger)
- Mountain Rescue Service

(Bergwacht, ...)

- Order of Malta (Malteser)
- Railway Mission (Bahnhofsmision)
- Red Cross
- Road Safety Association (Straßenwacht)
- Religious education
- Samaritans (Arbeiter-Samariter-Bund)
- Search dog team (Rettungshundestaffel)
- SOS Children's Villages (SOS-Kinderdörfer)
- Soup Kitchen (Tafel)
- St John's Ambulance (Johanniter Unfallhilfe)
- Water Rescue (DLRG, Wasserwacht)
- Welfare Centre (Sozialstation)
- ...

Skills Choice List

Guideline

CHOICE LISTS

31.08.2017

Life skills

- Casualty simulation
- Committee skills
- Cyclist training
- Democracy in action
- Digital Lifestyle
- Driving - car/motorcycle maintenance
- Driving - car/motorcycle road skills
- Event planning
- First Aid
- Health and Style
- Household (power saving included)
- Learning about Balanced Diet
- Learning about Consumer Information/Protection
- Learning about the Emergency Services (including Ambulance service, Civil Aid, Fire service, Lifesaving, ...)
- Learning about Lifeboats
- Library and information skills
- Model United Nations
- Money management
- Power saving
- Navigation
- Public speaking and debating
- Saving, private insurance and provision
- Skills for Employment
- Typewriting
- Young enterprise

Performance arts

- Ballet appreciation
- Cabaret
- Carnival: show, speech, ... (NOT dance!)
- Ceremonial drill
- Cinema appreciation
- Circus skills and Clowns
- Comedy
- Conjuring and magic
- Dance appreciation
- Drama & Theatre skills
- Majorettes and 'Gardetanz'
- Pantomime

- Puppetry
 - Theatre appreciation
- ### Science and technology
- Biology
 - Chemistry
 - Electronics
 - Information technology
 - Physics
 - Young engineers

Creative arts

- Basket making
- Batik
- Boat work
- Bookbinding
- Braiding
- Brass rubbing
- Broom making
- Cake decoration
- Camping gear making
- Candle making
- Canvas work
- Carnival/Festival float construction
- Carpeting
- Car restoration
- Carving
- Ceramics
- Clay modelling
- Cookery
- Corn dollies and straw work
- Creative embroidery
- Crocheting
- Cross-stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Enamelling
- Engraving
- Etching
- Fabric printing
- Felting
- Floral decoration
- French polishing
- Fretsaw

- Furniture restoration
 - Glass painting
 - Glass work
 - Interior design
 - Jewellery
 - Knitting
 - Lace making
 - Leather work
 - Lettering and calligraphy
 - Marquetry
 - Metal work
 - Model construction
 - Mosaic
 - Origami
 - Painting & Design
 - Paper craft
 - Patchwork
 - Pewter working
 - Photography
 - Pottery
 - Quilting
 - Rope work
 - Rug making
 - Salt dough modelling
 - Sculpture
 - Sewing
 - Silk painting
 - Soft furnishing
 - Soft toy making
 - Stonemasonry
 - Straw dolls
 - Tailoring
 - Tatting
 - Taxidermy
 - Textiles
 - Tin figurines
 - Turnery
 - Weaving and spinning
 - Wine making
 - Wood engraving
 - Woodwork
- ### Media and communication
- Amateur radio
 - Communicating with people who have a hearing impairment or are

- visually impaired
- Film and video making
- Journalism
- Languages
- Newsletter and magazine production
- Rhetoric
- Signalling
- Survey
- Writing

Music

- Composing
- Conducting
- Disc jockey
- Music appreciation
- Music - playing an instrument
- Singing
- Church bell ringing

Natural world (Working with animals and plants)

- Agriculture (Keeping livestock)
- Aquarium keeping
- Beekeeping
- Budgerigars and canaries
- Cacti growing
- Conservation
- Dog training and handling
- Horses - handling and care
- Groundsman ship
- Forestry
- Gardening
- Insects

- Keeping of pets
- Orchid growing
- Pigeon breeding and racing
- Plant growing
- Reptiles
- Sheep

Learning and collecting

- Aeronautics
- Aircraft recognition
- Archaeology
- Architecture
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Collections, studies and surveys
- Costume study
- Criminology
- Ecology
- Fashion
- Gemstones
- Geology
- Genealogy
- Heraldry
- History
- History of art
- Local history
- Mapping
- Philosophy
- Reading
- Religious studies

- Ship recognition
- Signs and symbols (defined topic)
- Stamp collecting
- Weather / meteorology

Games and (recreative) sports*)

- Board Games
- Card Games
- Chess, Queen and other
- Clay target shooting
- Cycle maintenance
- Darts
- Fantasy games
- Fishing/fly-fishing
- Flying
- Gliding
- Historical period re-enacting
- Karting
- Kite contraction and flying
- Marksmanship
- Model construction and racing
- Motor sports
- Parlour Games
- Power boating
- Snooker, pool and billiards
- Sports appreciation
- Sports officiating
- Table games
- War games

*) Activity must not be listed in the Physical section's list.

Physical Choice List

Guideline

CHOICE LISTS

01.09.2017

Individual sports

- Archery
- Athletics
- Biathlon/Triathlon/Pentathlon/Decathlon
- Boxing
- Carpet Bowling
- Croquet
- Cross country running
- Cycling
- Fencing
- Flat Green Bowls
- Golf
- Hill running
- Horse riding
- Nordic Walking
- Orientating
- Pet an que, Boccia, Boule
- Racewalking
- Running

Fitness

- Aerobic
- Cheerleading
- Fitness activities
- Gymnastics
- Jogging
- Keep fit
- Medau movement
- Physical achievement
- Pilates
- Trampolining
- Walking
- Weight lifting
- Yoga

Martial arts

- Aikido
- Judo
- Jujutsu
- Karate
- Kendo
- Kung-fu
- Self-defence
- Wrestling

Extreme sports

- Bob run

- Caving and potholing
- Climbing
- Ice hockey
- Ice skating
- Mountain biking
- Parachuting/sky diving
- Skateboarding
- Snow sports (Skiing, snowboarding, snowshoeing)

Racquet sports

- Badminton
- Real tennis
- Squash
- Table Tennis
- Tennis

Dancing

- Ballet
- Boogie-woogie
- Folk-dance
- Historical dance
- Jazz dance
- Latin dances
- Modern dance
- Rock and Roll
- Standard dances

Team sports

- American Football
- Baseball
- Basketball
- Boccia
- Bounce Basketball
- Camogie
- Carriage Driving
- Cricket
- Curling
- Dodgeball
- Fist ball
- Fives
- Football
- Handball
- Hockey
- Hurling
- Indiacca
- Kabaddi
- Korfball

- Lacrosse
- Netball
- Polo
- Prellball
- Rounders
- Rugby Football League
- Rugby Football Union
- Softball
- Stool ball
- Street ball
- Tchoukball
- Ultimate Flying Disc
- Volleyball

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Rowing and sculling
- Sailing
- Sub aqua (SCUBA diving and snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Water polo
- Water skiing
- Windsurfing

