



# DOVER COLLEGE

## #ONLINE

## #Life Skills – skills for life

Being away from school gives you an amazing opportunity to do something positive to add to your life skills. A skill is an activity in which you improve over time through practice. You might want to learn a new language or a musical instrument or improve upon your juggling skills... Here are some more ideas and where to go to get started...

**First Aid Skills:** This is definitely a skill for life! St. John's Ambulance have an amazing online course . You can find the workbook at: [www.sja.org.uk/DofEselfteachworkbook](http://www.sja.org.uk/DofEselfteachworkbook) DofE participants can use this to complete their Skills section – and prepare for the expedition section.

**Photography:** Join an online club to improve your photography skills. Visit the website at [www.sharpshotsphotoclub.co.uk](http://www.sharpshotsphotoclub.co.uk)

**Film Appreciation:** Visit [www.IMBD.com](http://www.IMBD.com) for the chance to wade through their online film collection, log and score each film with your own summary of that film. Bring your own popcorn!

**Sign Language;** Definately a skill for life - There is a special Covid 19 offer – sign up for just 33 for the 20 hour online course!

**Living Skills:** improve your own life skills – especially aspects like money management and budgeting online with [www.barclayslifeskills.com](http://www.barclayslifeskills.com)

**Film making:** Join the online course with the British Film Institute and learn all about film making for just £25. [www.bfi\\_film\\_Academy](http://www.bfi_film_Academy)

**Gamer:** Improve your gaming skills with [www.discord.com](http://www.discord.com)

**Wellbeing:** Many websites on this. You could start by going to Mind – our own school charity. You could join their Youth Voice Network... [www.mind.org.uk](http://www.mind.org.uk)

**Digital, Enterprise and Employability skills:** Go online to improve all these skills for free at [www.idea.org.uk](http://www.idea.org.uk)

**All sorts:** Affordable and fun 12 week courses from £29 to complete skills. Ideal for DofE!  
[www.ubee.org.uk](http://www.ubee.org.uk)

DofE participants can find more skills at: [www.dofe.org/finder](http://www.dofe.org/finder)