

Duke of Edinburgh's Award

The Duke of Edinburgh's Award is a highly successful programme for young people with over 2000,000 participants and a network of Award Groups throughout the UK. This section will tell you the aims of the Duke of Edinburgh's Award, and what young people will get out of it.

What is the Award?

The award is a programme of personal and social development with three progressive levels, Bronze, Silver and Gold. It gives young people aged 14-25 the opportunity to gain recognition and accreditation for their achievements in four different sections.

- Service
- Skills
- Physical recreation
- Expeditions

Through the programme young people can either develop existing interests or try something new. Participation in the award is not a competition, it is based on individual improvement and achievement. Before starting an activity, participants are encouraged to set their own goals, if they aim for those goals and show improvement, they will achieve their Award.

For more information and to get involved in the Award, contact Kerri on 01202 205165.

What Each Section of the Award Involves

Service

The aim of the service section is to encourage service to individuals and to the community.

This section should provide opportunities for young people to:

- Make a personal contribution to their communities and/ or those in need
- Appreciate the needs of others and contribution to their well being
- Trust and be trusted
- Understand their personal strengths and weaknesses
- Increase their self- esteem
- Overcome prejudice and fears
- Generate positive action in the community
- Accept responsibility

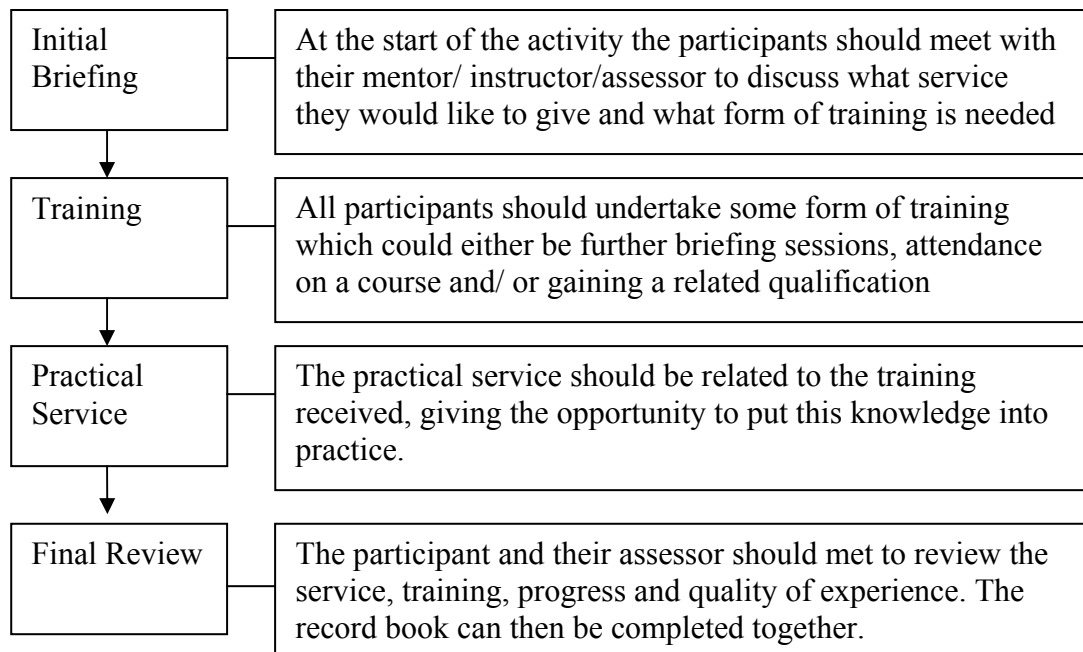
Requirements

Participants need to undertake some kind of training and to provide a service. They should first think about what service they would like to give and then find out what training is required for them to give that service.

Goals should be appropriate to the individual. Assessment should take into account where they started from (in terms of ability) and where they have progressed to (in terms of achievement).

The Process

At the start of the activity
At the start of the activity



Choices

Participants can choose from the following ideas list or develop their own programme. Further advice and information can be found in the Award Handbook, or on the Award's website www.theaward.org.

People in the community

- Assisting at day centres, crèches, play schemes
- Assisting children and young people at risk
- Award leadership
- Dance leadership
- Helping children and young people with special needs
- Learning support
- Mountain / expedition leadership
- Religious Education Leadership
- Sports Leadership
- Uniformed Youth Organisation Leadership
- Visiting Children in Care
- Youth Work
- Community Care
- Assisting with community based charities
- Child care
- Community support for elderly or disabled people
- First aid
- Helping at clubs, homes and day centres
- Support for elderly or disabled people
- Visiting elderly or disabled people

Emergency Services

- Ambulance service
- Assistance with Emergency services charities
- Civil aid
- Coastguard Services
- Fire Service
- Lifeboat Service
- Police Service

Environmental Service

- Assisting with a conservation or charity project
- Assisting with an animal or environmental charity
- Care for animals

Fundraising

- Fundraising for a charity project
- Fundraising for an animal or environmental charity
- Fundraising for children's charities
- Fundraising for community based charities
- Fundraising for rescue services
- Fundraising for emergency charities

- Fundraising for safety charities

Rescue Service

- Assisting rescue service charities
- Canoe lifeguard
- Cave rescue
- Mountain rescue
- Rescue coxswain (RYA)
- Life saving
- Surf lifesaving

Safety training

- Accident prevention
- Assisting with a safety charity
- Cycle Proficiency Instruction
- Road safety

The Time Scales for the Service Section

Bronze Award (14+ years)

Service	Skills	Physical Recreation	Expeditions
3 months	3 months	3 months	Plan prepare for and undertake a 2day, 1 night venture



All participants must undertake a further 3 months in either the Service, Skills or Physical Recreation

Silver Award (15+years)

Service	Skills	Physical Recreation	Expeditions
6 months	One section for 6 months and the other Section for 3 months		Plan, prepare for and undertake a 3 day, 2 night venture



People who do not have the bronze award must spend a further 6 months in either the Service or the longer of the Skills or Physical Recreation Sections

Taking part

As a participant you

- Should decide what service you would like to give, or continue with, and when you would like to do it. As a guide the Award recommends spending an hour a week.
- Need to have some kind of training or briefing before giving the service
- Can make commitments in your record book on the activity you choose, what you thought about it, what you have learned and what you have achieved

Contact Kerri on 01202 205165

What Each Section of the Award Involves

Skills

The aim of this section is to encourage the discovery and development of practical and social skills and personal interests.

This section should provide opportunities for young people to:

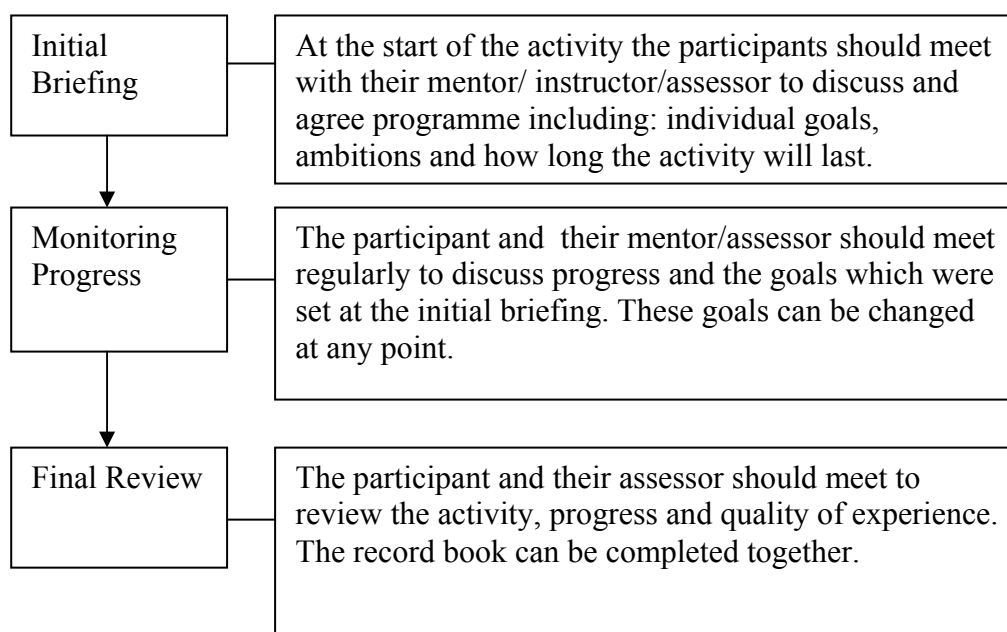
- Develop practical and social skills, discovering new talents
- Meet new people
- Organise and manage time
- Discover how to research information
- Set challenges and respond to them
- Work with other people

Requirements

Participants should choose an activity, there is a list of more than 200. They must follow this choice for the required period of time and show that they have progressed and improved. They also need to show that they have taken part regularly.

Goals set should be appropriate to the individual. Assessment should take into account where they started from (in terms of ability) and where they have progressed to (in terms of achievement).

The process



Choices

Young people can choose from the following ideas or write their own activity programme. Further advice and information can be found in the award handbook or on the award's website www.theaward.org.

- Agriculture ~ farming

- Aircraft ~ study of, recognition, flying, construction, restoration
- Animals ~ keeping, breeding, studying, racing, handling
- Art and design~ painting, drawing, sketching, calligraphy
- Enamelling
- Astronomy
- Audio broadcast ~ radio, DJ-ing
- Baton twirling and majorettes
- Book binding
- Bell ringing
- Billiards, Snooker, and Pool
- Boat building ~ construction, restoration
- Camp equipment ~ construction
- Candle making
- Cars ~ Maintenance
- Cars ~ Engineering and construction
- Casualty simulation
- Chess
- Circus skills
- Citizenship ~ political and democracy
- Coastal Navigation
- Coins ~ collecting, study of
- Committee Procedures
- Communication with people who have visual impairment
- Conjuring and magic
- Conservation
- Consumer information
- Customer information
- Cookery
- Criminology
- Cycle maintenance
- Darts
- Debating and public speaking
- Drugs and peer education
- Fantasy games
- Fashion ~ design, study, dressmaking
- Film and video production
- Fishing
- Floral art
- Furniture ~ making and restoration
- Gardening
- Geology
- Geometrical and technical drawing
- Hand bell ringing
- Health and style
- Historical period re-enactment
- IT ~ use of standard packages, design of systems, web site design
- Interior design ~ furnishing and decorating, DIY, soft furnishings

- Jewellery
- Journalism
- Karting
- Kite construction and flying
- Leatherwork
- Library and information skills
- Life skills
- Literacy ~ skills and literature
- Magazine and newsletter production
- Marksmanship
- Metal work
- Meteorology and weather study
- Money matters
- Mosaic
- Model construction
- Motorcycles and mopeds, road skills
- Motor sport ~ motocross, power boating, jet skiing
- Music appreciation
- Music playing
- Natural history
- Needlecraft
- Papercrafts
- Performing Arts
- Photography
- Printing, screen, fabric, lino, lithography
- Pottery and ceramics
- Plants ~ Study of, growing
- Radio construction
- Religion
- Rug making
- Sculpture, stone, clay, wood
- Sport appreciation
- Sport officiating
- Stamp collecting
- Table and indoor games
- Taxidermy
- Wine making
- Woodwork
- Young engineers
- Young enterprises
- Zoology

The Time Scales for the Skill Section

Bronze Award (14+ years)

The aim of the Physical Recreation section is to encourage participation and improvement in physical activity.

This section of the Award should provide opportunities for young people to:

- Enjoy keeping fit and improve their levels of fitness
- Discover new abilities
- Raise self esteem
- Extend personal goals
- Set and meet new challenges
- Experience a sense of achievement

Requirements

Participants need to take part in some form of physical activity and be assessed on their progress and achievements

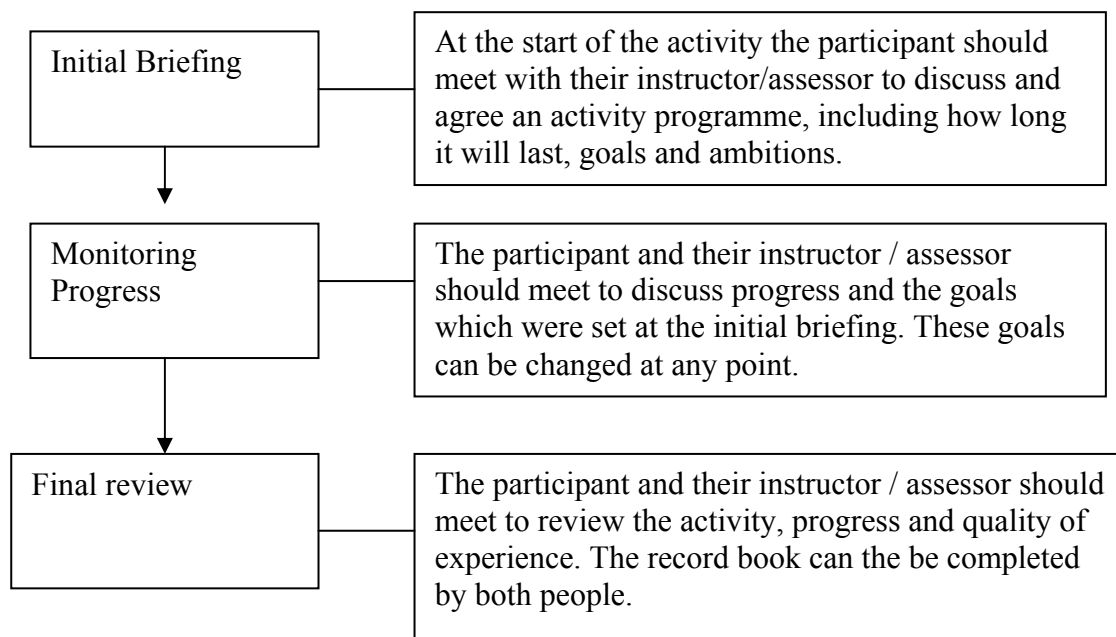
Achievements should include regular participation and improvement in personal performance over the required time.

Each participant should discuss and agree their activity programme with their instructor or assessor. This should include what they are going to do and what to aim for. One way of measuring performance and or progress could be the achievement of a national governing body award or standard.

Goals set should be appropriate to the individual, and assessment should take into account where the participant started from (in terms of ability) and where they have progressed to (in terms of achievement)

Participation should be undertaken in accordance with any national governing body safety requirements and, where possible, through clubs or organisations approved by the relevant governing body.

The Process



Choices

Young people can choose from the following ideas list or develop their own programme. If the choices of activity is not listed, the programme must be confirmed in advance by the Operating Authority.

Aerobics
Archery
Athletics
Badminton
Baseball
Basketball
BMX racing
Boccia
Bowling
Camogie
Canoe Polo
Canoeing
Carriage Driving
Caving and potholing
Climbing
Cricket
Croquet
Cross Country Running
Curling
Cycling
Dance
Dragon Boat Racing
Fencing
Fitness Activities ~ aquarobics, multi-gym, jogging
Football
Golf
Gymnastics
Hand Gliding
Hockey ~ Field, Ice, Roller, street
Hurling
Judo
Keep Kit
Lacrosse
Mountain Biking
Netball
Orienteering
Parachuting / Sky diving
Physical Achievement
Polo
Real tennis
Riding
Rounders
Rowing and sculling
Running
Rugby
Skating

Skiing
Skipping
Snowboarding
Squash
Sub Aqua
Swimming
Surfing / Boarding
Table cricket
Table Tennis
Tennis
Trampolining
Volleyball
Walking
Water Polo
Water Skiing
Weightlifting
Weight lifting
Weight training
Wrestling
Yoga
Wheelchair mobility

What Each Section of the Award Involves

Expedition

The aim of the Expedition section is to encourage a spirit of adventure and discovery.

This section of the Award should provide opportunities for young people to:

Plan and carry out a task

- Show enterprise and imagination
- Work as a member of a team
- Develop self reliance
- Develop leadership skills
- Recognise the needs and strengths of others
- Make decisions and accept the consequences
- Enjoy and appreciate the countryside

Requirements

All qualifying ventures must have a purpose