



نفر بتقديم

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



The Duke of Edinburgh's International Award

Information for Parents

The Duke of Edinburgh Award at Canadian International School

Our team:

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Overview of the Award

The Duke of Edinburgh's International Award is available to all 14-24 year olds and is the world's leading youth achievement award. It equips all young people for life regardless of their background, culture, physical ability, skills and interests. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognizes their achievements consistently.

Taking part in the Duke of Edinburgh's International Award is a rewarding and enjoyable experience that will involve your child undertaking a variety of activities. The ethos of the Award is that these activities take place within the participant's own time and where possible in their local community. The Duke of Edinburgh's International Award Foundation licenses appropriate organisations and schools to deliver the Award through a robust quality assurance process.

This means that staff and volunteers will have the appropriate skills, qualifications and background to work with young people. For example, if your child is completing their Award through their school and the school has an after school environmental project that participants can use for their Service section of their Award, then the school will ensure this activity meets all required safety standards.

However, in the course of working towards their Award programme your child will probably take part in activities that are not directly under the control of our staff, and you should be aware that the responsibility for ensuring the safety of such activities rests with yourself rather than the Award Leader. While most of these organisations and schools will have their own policies in place to protect your child, we would advise that you satisfy yourself that they are suitable in the same way that you would treat any activity your child takes part in. For example, if your child chooses to coach younger children at a

local sports club for their Service section of their Award, then it is your responsibility to satisfy yourself that this is a safe and appropriate organisation.

We would therefore recommend that you discuss with your child which activities they will be completing for the Service, Skills and Physical Recreation sections of the Award and which organisations they will be using to complete these activities. Students will have access to the **D of E On-line Record Book (ORB)** to log their activities regularly.

The Award is comprised of three levels (Bronze, Silver, Gold) and four sections (Service, Skills, Physical Recreation and Adventurous Journey). Participants complete all four sections at each level in order to achieve their Award.

The 4 sections:

1. Service (At least an hour a week):

The 'Service' section encourages young people to volunteer their time and to understand the benefits of this service to their community. Participants are required to give service (volunteer) over a set period of time that enables them to experience the benefits that their service provides to others.

Examples: first aid, visiting and supporting people in need, volunteering at a local care home or hospital, sports coaching, charity work, voluntary activities at school, but out of school hours.

Bronze – at least 3 months. Silver – at least 6 months. Gold – at least 12 months.

2. Skills (At least an hour a week):

The 'Skills' section encourages the development of personal interests and practical and social skills. It provides the participant with the opportunity to improve on an existing skill or experience something new.

Examples: music (singing, learning an instrument, music event management), sports related (officiating, refereeing, ground maintenance), arts and crafts (ceramics, embroidery, drawing, photography), nature/environment (agriculture, astronomy, fishing, gardening), communication (film and video, languages, reading, public speaking, web development).

Bronze – at least 3 months. Silver – at least 6 months. Gold – at least 12 months.

3. Physical Recreation (At least an hour a week):

The 'Physical Recreation' section encourages young people to participate in sport and other physical recreation for the improvement of health and fitness. It also encourages the development of team skills, self-esteem and confidence.

Examples: ball sports, athletics, water sports, martial arts.

Bronze – at least 3 months. Silver – at least 6 months. Gold – at least 12 months.

4. Adventurous Journey:

The 'Adventurous Journey' section encourages a sense of adventure and discovery whilst undertaking a team journey or expedition. As part of a team, participants plan, train for and undertake a journey with a purpose in an unfamiliar environment. The journey can be an exploration or an expedition but must be a challenge. The aim is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, team work and health. Participants are taken out of their comfort zone but kept within a safe and secure setting, achieved through suitable training and supervision.

Examples:

- Completing a demanding journey by foot, cycle, canoe or kayak
- Exploring the natural world: erosion, coastal studies
- Cycling from one end of a country to another
- An extensive sail across an ocean

Bronze – 2 days and 1 night (average of 6 hours of purposeful effort per day, total 12 hours minimum)

Silver – 3 days and 2 nights (average of 7 hours of purposeful effort per day, total 21 hours minimum)

Gold – 4 days and 3 nights (average of 8 hours of purposeful effort per day, total 32 hours minimum).

Summary of time requirements:

	Physical Recreation	Skills	Service	Plus...	Adventurous Journey
Bronze	3 months	3 months	3 months	All participants must do an extra 3 months in either Physical Recreation or Skills or Service	2 days + 1 night
Silver	6 months	6 months	6 months	Non Bronze holders must do an extra 6 months in either Physical Recreation or Skills or Service	3 days + 2 nights
Gold	12 months	12 months	12 months	Non Silver holders must do an extra 6 months in either Physical Recreation or Skills or Service	4 days + 3 nights

Expectations of Participants:

The Duke of Edinburgh is prestigious and respected, and an award which is recognized worldwide. Participants must give an undertaking to be fully committed to each section of the award. Students will work alone for some elements and others will involve team work.

Participants are responsible for setting their own personal challenges or goals. They will choose their own **Skill**, **Physical Activity** and **Service Element** and they will set personal goals for these. (See the handout 'D of E Programme Ideas' for further detail). Staff members will assist them in ensuring their

goals are challenging but achievable. Students will have access to the Duke of Edinburgh On-line Record Book (ORB) and will log each element. Staff will support participants in completing the ORB.

Students will work in groups to plan and complete an Adventurous Journey (AJ). As part of their D of E membership they will be taught specific skills to prepare them for this section of the Award, such as camp craft, orienteering, personal safety. Participants will be expected to attend all planned sessions and activities so that they are equipped to plan and complete the AJ. (Dates will be provided on the CIS Duke of Edinburgh Calendar).

*If one team member fails to complete a journey it may result in that team having to repeat that section of the Award and this could result in additional costs as a further AJ will have to be completed.

Equipment Requirements:

Participants are required to provide their own equipment, for example hiking boots, sleeping bags, rucksacks, water bottles. **A complete equipment list will be distributed.**

The school will provide tents, cooking equipment, maps, compasses, and other equipment.

Expectations of Parents:

- Support your son/ daughter whilst they work on the elements of the Award.
- Ensure your son/ daughter attends all Duke of Edinburgh sessions
- Ensure your son/ daughter has all the required equipment.
- Return all relevant forms: consent forms, medical consent form.
- Provide the D of E team with a copy of their Emirates ID and health insurance details.

Please be aware that your son/ daughter will work as part of a team during the Adventurous Journey (AJ) section of the Award. They must give an undertaking to give their full commitment to the planning and preparation, and execution of the journey. If one team member fails to complete a journey it may result in the whole team having to repeat that section of the Award and this could result in additional costs as a further AJ will have to be completed.

Cost of the Award:

The cost for the program is 1200aed. The cost includes: extended after-school training sessions; hiking trip or other team-building fieldtrip (day); registration fee; AJ practice and AJ assessment (this includes insurance and transportation). Please make your first payment of 600aed to reserve your son/ daughter's place in the program.

*Payments to be handed to Ms. Jan or Ms. Jaemie marked clearly with the student's name, date and D of E Payment.