



Proud to deliver

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



COMMUNITY SERVICE

➤ **Examples of types of service People in the Community:**

- ✓ Visiting people in need such as the elderly or disabled on a regular basis
- ✓ Voluntary work in hospitals and care centers e.g. crèches, orphanages, old-age homes
- ✓ Sports coaching
- ✓ Organise events for farm labourers or children of farm labourers
- ✓ Santa Shoe Box
- ✓ Sandwich Spread
- ✓ Habitat for Humanity

➤ **Youth Work:**

- ✓ Acting in leadership role at a youth club e.g. church, mosque or scouts
- ✓ Assisting in teaching of primary school children (E.g. Macassar Maths)

➤ **Environmental Service:**

- ✓ Participating in a conservation project e.g. river/beach clean ups, hacking alien vegetation, replanting of indigenous vegetation, rehabilitation projects
- ✓ Run a recycling programme
- ✓ Caring for animals e.g. SPCA

➤ **Charity Work:**

- ✓ Fundraising for a charity
- ✓ Working for a charity e.g. Marshalling or helping staff a stall at a fundraising event

➤ **Emergency Services:**

- ✓ Life Saving, Mountain Rescue, First Aid
At school (outside academic hours only)





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SKILL

Examples of recognised skill

- **Arts**
- ✓ calligraphy, photography, sculpture, art (in addition to classroom art)
- ✓ drama and theatre skills (involvement in a school play over and above drama classes)

- **Communication:**
- ✓ film and video making, sign language, foreign language, debating and public speaking, newsletter/magazine production, touch typing courses

- **Crafts:**
- ✓ bookbinding, cake decoration, candle making, ceramics, clay modelling, knitting, jewellery making, leatherwork, wine making, carpentry

- **Life Skills:**
- ✓ First Aid, learner's/driving license, cookery

- **Music:**
- ✓ instrument, theory, ensemble (orchestra, choir, jazz band).

- **Nature:**
- ✓ aquarium keeping, astronomy, bee keeping, bird watching, dog training, fishing, gardening or horticulture, horse care and handling

- **Spiritual:**
- ✓ Confirmation course, Bar(bat)mitzvah preparation, Alpha course
- **Sports Related:**
- ✓ refereeing, cricket scoring, umpiring, coaching courses





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PHYSICAL RECREATION

Examples of recognised sports

- **Ball sports:**
- ✓ Football, rugby, volleyball, basketball, netball, handball, cricket, hurling, baseball, softball, hockey (ice, field and indoor), tennis, squash, table tennis, badminton
- Athletics

- **Water sports:**
- ✓ Canoeing, kayaking, swimming, water polo, sailing, surfing, windsurfing, kite boarding, water-skiing, diving, rowing.

- **Martial Arts:**
- ✓ Karate, aikido, judo, fencing

- **Animal sports:**
- ✓ Horse riding, polo

- **Fitness activities:**
- ✓ Aerobics, jogging, weight training, walking

- **Adventure sports:**
- ✓ Rock climbing, mountaineering, caving, paragliding

- **Dancing:**
- ✓ Ballet, modern, etc.
- **Other:**
- ✓ Cycling, gymnastics, skateboarding (competition level), adventure racing, yoga





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Adventurous Journey

- ✓ The adventurous journey is a journey with a purpose, with people of a similar age and with the following minimum requirements:
- ✓ Participants are expected to do the Adventurous Journey with at least three other participants and one adult.
- ✓ Family hikes are not recognised by the President's Award.
- ✓ An independent Assessor (who is not a family member) is required to sign off the Adventurous Journey.
- ✓ Accommodation should be in tents, or other simple self-catering accommodation such as hostels, huts or similar shelters (It can also be under the stars!).
- ✓ It is expected that the participants are involved in the planning of the journey under the supervision of responsible adults/guides.
- ✓ Participants are expected to enclose photographs and where possible a map of their Adventurous journey.

