

# Duke of Edinburgh - Nadeen School

Wednesday 24th January 2024



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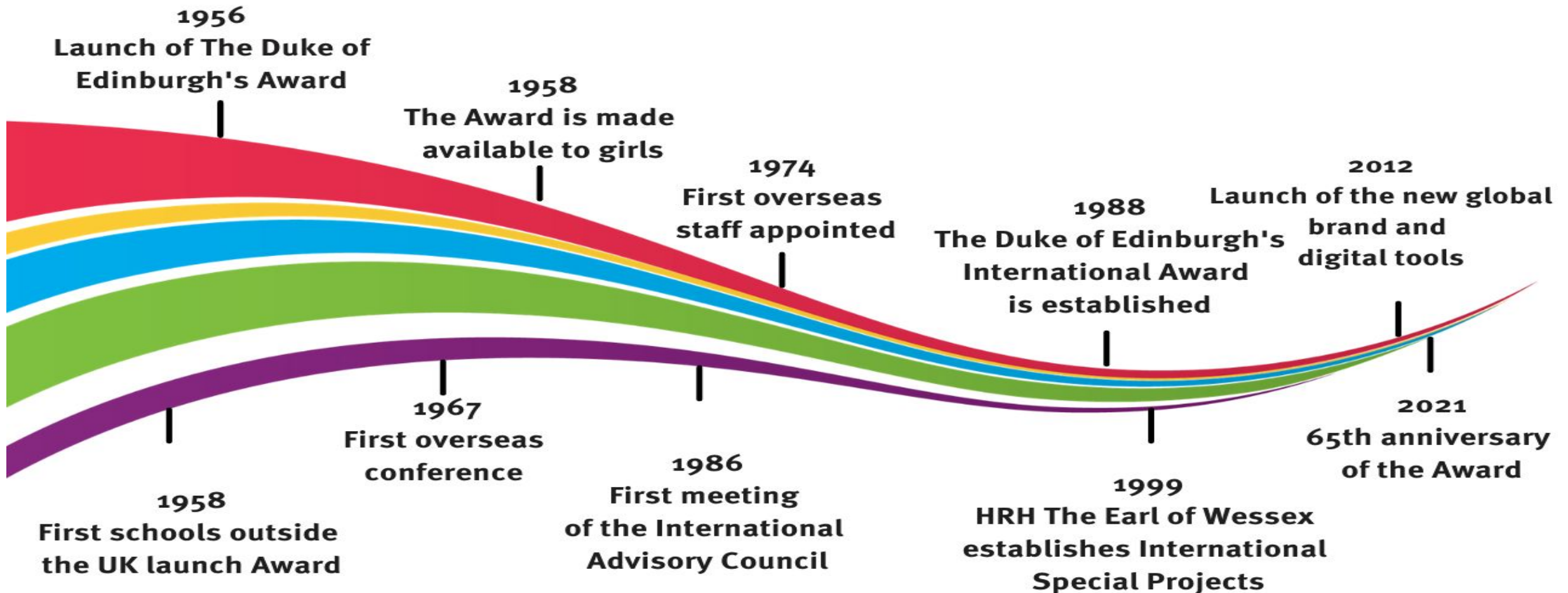
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# WELCOME TO OUR THE D of E MEETING



# History of the Award





# History of the Award

- Began in 1956
- Started by Prince Phillip in conjunction with Kurt Hahn, the German educationalist. Modelled on Hahn's 'Moray Badge' scheme,
- The aim was to motivate young adults aged between 15 and 18 to become involved in a balanced program of voluntary self-development activities to take them through the potentially difficult period between adolescence and adulthood.
- **Six decades** later and millions of young people have been inspired to transform their lives and discover what they are truly capable of achieving – every day more than 1,800 young people aged between 14 and 24 embark on their Duke of Edinburgh's International Award. With 13+ million Award journeys started and 6+ million Awards gained since its inception.

# History of the Award

The purpose and principles are perhaps best explained by His Royal Highness in the foreword to the International Handbook for Award Leaders, composed circa 2000:

*“Young people growing up in this modern and complicated world have many difficulties to face, and opportunities for personal achievement are often limited. At the same time, parents, teachers, voluntary organisation leaders and employers who recognise their responsibilities towards young people who also have their challenges.”*

*“The Award is intended to help both the young as well as those who are concerned for their welfare. The object is to provide an introduction to worthwhile leisure activities and voluntary service, as a challenge to the individual to discover the satisfaction of achievement, and as a guide those people and organisations who would like to encourage the development of their young fellow citizens.”*

# How the Bronze Award is Assessed

**BRONZE**

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night

*PLUS a further 3 months in the Volunteering, Physical or Skills section.*



# What is the Duke of Edinburgh Award

## Physical Recreation

**The Physical Recreation section of the Award encourages young people to participate in sport and other physical recreation for the improvement of health, fitness and wellbeing.**

Encouraging healthy behaviours has benefits, not only for participants but also for their communities, whether through improved health, or active participation in team activities. This section specifically aims to improve the team skills, self-esteem and confidence of participants, which in turn can help improve both their physical and mental health.

Examples of Physical Recreation:

Ball sports – football, rugby, volleyball, basketball, cricket, golf, tennis

Athletics – running, jumping, throwing, biathlon, triathlon, decathlon

Water sports – canoeing, kayaking, swimming, water polo, diving, kite boarding

Winter sports – skiing, snowboarding, curling, bobsleigh, ice hockey

Martial arts – karate, judo, kickboxing, boxing, taekwondo, kendo





# What is the Duke of Edinburgh Award

## Skills

**The Skills section of the Award encourages the development of personal interests, creativity or practical skills.**

This section provides the opportunity for a participant to either improve on an existing skill, or to try something entirely new. As with the other sections, a level of commitment is required over time to progress a skill. It leads to a sense of achievement and well-being, and possibly improved employability through the development of life and vocational skills.

Examples of Skills:

Music – singing, learning to play an instrument, music event management

Sports related – sports officiating, umpiring/refereeing, sports ground maintenance

Arts and crafts – ceramics, embroidery, jewellery making, drawing, painting, sculpture, photography

Nature and the environment – agriculture, astronomy, bee keeping, conservation, fishing, forestry, gardening

Communication – film and video, languages, reading, writing, public speaking, journalism, website development

Games – billiards, snooker or pool, chess, darts, backgammon



# What is the Duke of Edinburgh Award

## Voluntary Service

**For this section participants are required to give service (volunteer) over a set period of time. This enables them to experience the benefits that their Voluntary Service provides to others in their community.**

Examples of Voluntary Service:

First aid

Visiting and supporting people in need, such as the elderly, or those with disabilities

Volunteering at a hospital or local care home

Sports coaching

Charity work



# What is the Duke of Edinburgh Award

## Adventurous Journey

**The Adventurous Journey section encourages a sense of adventure and discovery while undertaking a team journey. As part of a small 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 of this section is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork 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 of Adventurous Journeys (explorations and expeditions):

Exploring the natural world: glaciation, erosion, geology, coastal studies

Exploring river valleys, plant studies, exploring human impact: visitor pressure in national parks, pollution

Carrying out health surveys or health education in remote areas

Completing a demanding journey by foot, cycle, canoe or kayak

Kayaking the entire navigable stretch of a river

An extensive sail across an ocean

Climbing the Alpine, Himalayan or other mountainous peaks

Cycling from one end of a country to another



# Why do The Duke of Edinburgh Award?

- Makes you a good citizen
- Great for University applications - stand out from the rest
- Shows ability to take of extra activities
- Shows determination
- Shows team working skills
- Shows the ability to work well with others
- Displays problem solving skills
- Shows commitment to sessions and completing sections of the award in your own time
- Shows organisational skills as you have to find your desired place to complete your skills, volunteering and practical sections



# Where we Are and Where we are Going

## The Award framework

The Award is comprised of three levels and four sections and is designed to provide a balanced programme of personal development and challenge. Participants complete all four sections at each level in order to achieve their Award. At Gold level, participants also complete a Gold Residential Project.

Bronze: For those over 14 years old.

Silver: For those over 15 years old.

Gold: For those over 16 years old.





# Where we Are and Where we are Going

## Time requirements

Bronze – for those over 14 years. At least 6 months minimum participation required. The Adventurous Journey is two days and one night; average of six hours of purposeful effort per day; minimum 12 hours of purposeful effort in total;

Silver – for those over 15 years. At least 12 months minimum participation required (or 6 months if a Bronze Award holder). The Adventurous Journey is three days and two nights; average of seven hours of purposeful effort per day; minimum 21 hours of purposeful effort in total;

Gold – for those over 16 years. At least 18 months minimum participation required (or 12 months if a Silver Award holder). The Adventurous Journey is four days and three nights; average of eight hours of purposeful effort per day; minimum 32 hours of purposeful effort in total. Gold Award participants must also complete a Gold Residential Project.



# Year 9 Experiences so Far



# Leaflets for Parents - Located in the School Reception Area

Bronze DofE Award

## LIFE-CHANGING STUFF

**YOUTH WITHOUT LIMITS**

Information for parents and carers

## THE JOURNEY STARTS HERE

By taking on DofE the young person in your life has made a life-changing decision. One that will help them to build life-long belief in themselves – and you can play a vital part.

Whatever their ability, interest or background, DofE is the chance for any young person to take on their own challenges, follow their own passions, discover new skills and make a difference in their community. What's more, achieving a DofE Award can help make their applications to colleges, universities and employers really stand out.

Time and again, we've seen that when young people build belief in themselves, there are no limits to what they can achieve. Thank you for supporting your young person on their DofE adventure.

**"I feel proud of myself for having done it" Fraser, 14**

### STAY IN THE KNOW

Our regular newsletter for parents and carers is full of tips, helpful resources and recommended kit and expedition advice. Plus, you'll get access to exclusive discounts, events and prize draws. Sign up at [DofE.org/preferences](https://www.dofe.org/preferences)

### WHAT YOU NEED TO KNOW

The DofE is open to any young person aged 14-24. The Awards are progressively more demanding in terms of commitment with Bronze being the entry level Award and Gold the highest.

**The sections**  
To achieve Bronze DofE each young person needs to choose and complete their own programme of activities in these four sections.

**VOLUNTEERING**  
Make a difference in their community by helping individuals or organisations.

**PHYSICAL**  
Improve in an area of sport, dance or fitness.

**SKILLS**  
Develop and discover practical and social skills and interests.

**EXPEDITION**  
Plan, train for and complete an adventurous journey.

The activities within each section are up to each participant – so every programme really is unique and personal. From photography to wheelchair basketball, fundraising for a charity to mentoring a sports team, they can try something totally new or aim to get better at something they already love. The possibilities are endless.

**The timescales**  
Doing DofE takes commitment, but it's easy for young people to fit DofE around their studies and social life. Participants should expect each activity to take one hour a week for a set period of time.

**The impact**  
Since starting in 1956, millions of young people have built life-long belief in themselves through DofE. From having fun with friends, to physical fitness and wellbeing, to essential skills for work and life, here are just a few of the benefits of doing DofE for young people:

- Earn a recognised mark of achievement that's great for CVs, university and job applications
- Try something new and become more confident in all areas of life
- Develop resilience and learn how to overcome challenges
- Get fitter, happier, and healthier
- Play an active role in helping their local community
- Improve social skills and make new friends.

Find out more about DofE at [DofE.org/do](https://www.dofe.org/do)

### FOUR THINGS FOR PARENTS & CARERS

From Bronze right through to Gold, parents and carers can play a vital supporting role in any young person's DofE adventure.

- 1. Be supportive**  
Every DofE Award is a commitment. To make sure your young person has the best chance of completing, encourage them to choose activities that excite them, are available locally and suit your budget. They will also be likely to need help with transport and buying kit and equipment. And as their DofE comes to an end, encourage them to ensure they have their Assessors' reports, so they can get their Award signed off.
- 2. Be saving**  
Every DofE participant gets a DofE Card that gives you great discounts at leading outdoor shops such as GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso. You can help make sure they're getting the best possible deals by visiting [DofE.org/shopping](https://www.dofe.org/shopping)
- 3. Be sure**  
Make sure they check their plans with their DofE Leader so that everything counts and fits in the right sections. Remind them to update their eDofE pages online, or through the free DofE app, using photos and other evidence of progress.
- 4. Be safe**  
It's important to know that if they are under 18, you are responsible for ensuring that proper safeguarding checks and procedures are in place wherever they are doing their DofE activities, particularly if you have arranged the activities yourself.

You may also need to help them find an Assessor to sign off sections, such as a sports coach, art teacher or activity leader (not a family member).

When using eDofE young people should never share their username or password and ensure that anything they post is useful and polite. If you have any safeguarding concerns around bullying or harassment or are subject to anything sexual or racially offensive, you should report it to your young person's school or youth organisation. You can find additional support at: [www.childline.org.uk](https://www.childline.org.uk) or [www.nspcc.org.uk](https://www.nspcc.org.uk)

Further safeguarding information can be found on our website [DofE.org/run/safeguarding](https://www.dofe.org/run/safeguarding)

[@DofE](https://twitter.com/DofE)
[theDofE](https://www.facebook.com/DofE)
[theDofEUK](https://www.youtube.com/channel/UC02263)
[DofEUK](https://www.instagram.com/DofEUK)
[DofE.org](https://www.dofe.org)

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# How to Take Part



**COME AND JOIN IN**

Every Monday in the  
Secondary Computer  
Room



# For Further Information

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**If you require any further information please do not  
hesitate to contact Miss Jade at:  
[j.larkin@nadeenschool.com](mailto:j.larkin@nadeenschool.com)**





Thank you for listening.