



**THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD**

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EDWARD VELLA
AWARD CO-ORDINATOR



MCAST

Malta College of Arts, Science & Technology

GUIDING PRINCIPLES

- Individual
- Non-Competitive
- Achievable
- Voluntary
- Development
- Balanced
- Progressive
- Inspiration
- Persistence
- Enjoyable

Doing

Challenge yourself and discover the world around you. The Award provides you with skills and experiences that are consistently recognised by employers and educational institutions worldwide.

OPERATIONAL PRINCIPLES

- Participants need to be between their 14th and 25th Birthdays
- Four mandatory sections
 - Service
 - Skills
 - Personal Development
 - Adventurous Journey



BENEFITS

- Self Believe and Self Confidence
- Discovering your strengths and weaknesses
- You will become more aware of your own potentials
- Self motivating attitude
- A sense of responsibility to others
- Connection with a broader society
- New or improved skills and abilities
- Willingness to try new things
- New Friends and enhance Team skills

RECOGNITION

- Once accomplished the person receives a certificate and pin and/or medal at a suitable ceremony
- In the Case of Gold the ceremony is often held in the presence of the Head of State or prominent dignitary
- Can make an impact if included on your CV



LEVELS

- There are 3 Levels of the Award: Bronze, Silver and Gold
- In each level participants will set goals
- Goals should be achievable and progressive
- The Award Leader and Assessor will help you to identify and achieve these goals



SECTIONS

- Service
 - Which aims to understand the value of giving service to others in the community
- Skills
 - Which encourage the development of personal interest
- Physical Recreation
 - Which encourages participation in sport, physical recreation and improvement of health and fitness
- Adventurous Journey
 - Which encourages a spirit of adventure and discovery whilst working within a group
- Residential Project (Gold Only)
 - Enhances involvement with others

PARTICIPATION AGE REQUIREMENTS

- The minimum starting ages for each level are
 - Bronze – 14 Years
 - Silver – 15 Years
 - Gold – 16 Years
- New entrants may opt to start at any level as long as they fit within the permissible age limit.
- The awards need to be fully accomplished before you reach the age of 25yrs

MINIMUM PERIOD OF PARTICIPATION

Level	Direct Entrants	Award Holders
Bronze	6 months	Not applicable
Silver	12 months	6 months if bronze holders
Gold	18 months	12 months if Silver holders

MINIMUM TIMESCALE FOR EACH LEVEL BY SECTION

	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 recreational 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 recreational 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 recreational or skills or service	4 days + 3 nights

In Gold: An additional requirement of 5 days & 4 nights Residential Project

THE PROCESS

- Enrol to the Award – you will be given a Record book
- Make an action Plan
- Discuss this plan with your mentor
- Plan approved by Assessor
- Undertake the activities and report on the Record Book – participants will be asked to hand over a proof of the activity signed by a mentor
- Assessor will review reports and issue award

SERVICE

- Aim – To learn how to give useful service to others and the communities
- Ethos – Participants should learn and benefit from undertaking this service
- Duration – The service should be carried out over a period of time, rather than in a short concentrated time period.
- It is hoped that the person will develop a lifelong commitment to voluntary service

SERVICE - EXAMPLES

- Community work
 - Visiting people in need such as elderly or disable on regular basis. Providing assistance ex shopping, cleaning, maintenance or simply to keep them company
 - Voluntary work in hospital, care centres
 - Visiting prisons or detention centres
 - Helping in the local council, radio or newspaper
 - Coaching sports
 - First Aid course and act as a first Aider for a number of hours

COMMUNITY SERVICE



SERVICE - EXAMPLES

- Youth Work
 - Acting as a leader in a youth club or at a uniformed youth organisation
 - Assisting teaching in a primary school
 - Assisting fellow participants to attain either the silver or bronze award (only for gold participants and under the guidance of one's own Award Leader)



SERVICE - EXAMPLES

- Environmental Service
 - Participation in an conservation project eg clearing wasteland, cleaning valleys, caring of wildlife
 - Caring of a public or school garden
 - Caring for animals
 - Working in a clean up campaign



SERVICE - EXAMPLES

- Charity work
 - Fundraising for a charity event
 - Creating or maintaining a charity website or newsletter



SERVICE - EXAMPLES

- Emergency Services
 - Helping an emergency service team eg. Fire services, life-saving, civil defence, first aid
 - Assisting with local or national disaster operations



SKILLS

- Introduction – Provides an opportunity to enhance your skills or try something new
- Aim – To encourage the development of personal and practical skills



EXAMPLES OF SKILLS

- Music
 - Play an instrument
 - Learn the musical theory
 - Singing
 - Music and Event management



EXAMPLES OF SKILLS

- Sports
 - Sports officiating
 - Umpiring and refereeing
 - Sports equipment maintenance
 - Sports ground maintenance



EXAMPLES OF SKILLS

- Arts and Crafts
 - Ceramics
 - Clay modelling
 - Embroidery
 - Dress making
 - Glass Painting
 - Jewellery making
 - Drawing
 - Painting
 - Photography
 - Graphic Design



EXAMPLES OF SKILLS

- Nature and Environment
 - Agriculture
 - Aquarium keeping
 - Bird Watching
 - Dog Training & handling
 - Fishing
 - Gardening
 - Horse Care and Handling



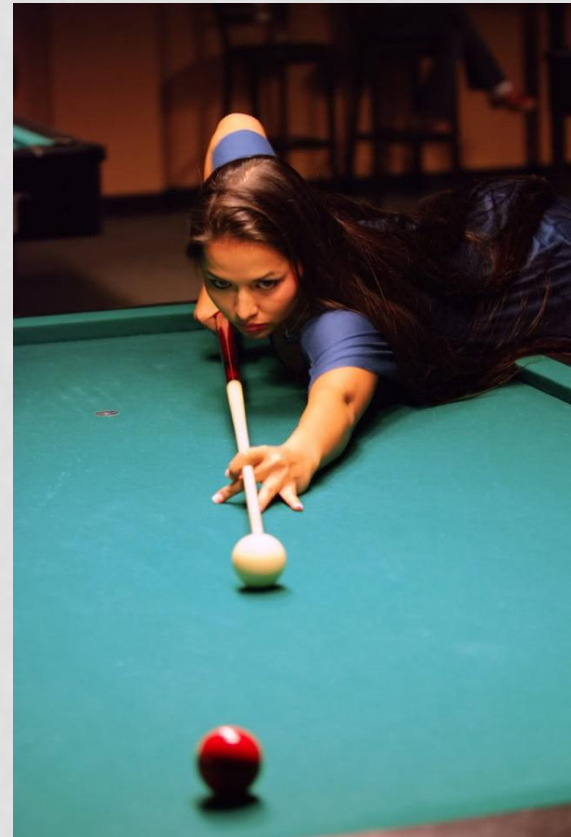
EXAMPLES OF SKILLS

- Communication
 - Film and video making
 - Film Studios
 - Foreign Language
 - News paper or magazine production
 - Writing
 - Digital media
 - Website Development



EXAMPLES OF SKILLS

- Games
 - Billiards, snooker or pool
 - Card Games
 - Chess
 - Draughts
 - Darts
 - Other Table Games



EXAMPLES OF SKILLS

- Life Skills
 - Business management
 - Financial literacy
 - Entrepreneurship
 - Health Awareness



EXAMPLES OF SKILLS

- Technical and Vocational Skills
 - Accounting
 - Hair dressing
 - Vehicle maintenance
 - Engineering
 - Fashion
 - Woodwork
 - Metal work
 - Cookery
 - Tailoring



EXAMPLES OF SKILLS

- Performance Skills
 - Drama and theatre skills
 - Carnival related skills



PHYSICAL RECREATION

- Aim – To encourage participation in physical recreation and to help improve performance
- Ethos – Encourage participants to improve their personal physical activity. Making physical recreation as an enjoyable experience
- Duration – The physical recreation should be carried out over a period of time, rather than in a short concentrated time period.



EXAMPLES OF PHYSICAL RECREATION

- Ball Sports
 - Football
 - Volley ball
 - Net ball
 - Hand Ball
 - Tennis
 - Squash
 - Table tennis
 - Rugby



EXAMPLES OF PHYSICAL RECREATION

- Athletics
 - Running
 - Jumping
 - Triathlon



EXAMPLES OF PHYSICAL RECREATION

- Water Sports

- Canoeing
- Swimming
- Water Polo
- Sailing
- Diving
- Scuba Diving
- Rowing



EXAMPLES OF PHYSICAL RECREATION

- Martial Arts
 - Karate
 - Kickboxing
 - Judo
 - Fencing
 - Aikido



EXAMPLES OF PHYSICAL RECREATION

- Fitness Activities

- Aerobics
- Running
- Walking
- Weight lifting
- Body Building
- Cycling



EXAMPLES OF PHYSICAL RECREATION

- Adventure Sports
 - Climbing
 - Abseiling



ADVENTUROUS JOURNEY

- Aim – to encourage a spirit of adventure and discovery whilst undertaking a journey in a group
- Ethos
 - To provide participants with a unique challenge and a memorable experience
 - Key elements
 - Teamwork
 - Planning
 - Real challenge in an unfamiliar environment
 - Undertake a challenging physical effort

ADVENTUROUS JOURNEY

- Requirements
 - Journey should have a specific purpose
 - Participants should have appropriate skills
 - Should undertake training and be self reliant
 - The team should be not less than 4 and not more than 7
 - All members should be involved in the planning
 - All the journey will be supervised
 - The journey could be on foot, cycle or paddle
 - Accommodation should be in portable tents
 - Environment should be unfamiliar
 - On completion a report should be presented

ADVENTUROUS JOURNEY

- Distance to be covered
 - Bronze – 28 kilometres
 - Silver – 48 kilometres
 - Gold – 80 kilometres



ADVENTUROUS JOURNEY

- Necessary Skills
 - Understanding the goals
 - First Aid and Emergencies
 - Necessary equipment and how to use it
 - Route planning
 - Orienteering
 - Camp craft; including food and cooking
 - Technical skills and mod of travel
 - Observation and recording skills
 - Appreciating and protecting the environment

RESIDENTIAL PROJECT ONLY FOR GOLD PARTICIPANTS

- The Residential Project is the last activity for the participants – Duration 5 days 4 nights
- It is an opportunity to use the skills attained during the completion of the award
- Aim
 - To broaden experience through involvement with others in a residential project



IMPACT AND BENEFITS OF THE RESIDENTIAL PROJECT

- Meeting new people
- Building new relationships
- Working as a part of a team
- Accepting Responsibility
- Developing communication
- Gaining self confidence
- Showing initiative
- Learning new skills
- Enjoying working and living with others

ASSESSMENT OF THE PROJECT

- Personal standards (application, punctuality and so on)
- Relationship with others on the activity
- Willingness to show initiative and take responsibility
- Development of skills throughout the activity



EXAMPLES

- Personal Training Course
 - Language course
 - Leadership training
 - Skills development
 - Youth camps



EXAMPLES

- Environmental and conservation Projects
 - Environmental clean up
 - Volunteer work with national parks
 - Restoration of buildings



EXAMPLES

- Service to other people and communities
 - Provision of facilities
 - Construction projects
 - Assisting a leader at an annual camp for young people
 - Working with overseas aid charity
 - Working in a care home or hospital



EXAMPLES

- Activity Based
 - Outdoor adventure course
 - Sports coaching
 - Sports skills development



WHAT IS NEXT???

- Fill in the application Form
- Pay the fee (15 Euro)
- You will receive the Record book upon confirmation of your application
- Make an action plan
- Have it approved by your mentor
- Carry out the activities and have them recorded
- Forward your Record book to the Assessor

