



## **The Duke of Edinburgh's Award**

**2009/2010**

## What is the Award?

The Duke of Edinburgh's Award, a registered charity, is a voluntary, non-competitive programme of activities for anyone aged 14-25. It offers an individual challenge and encourages young people to undertake exciting, constructive, challenging and enjoyable activities in their free time.

The Award is widely recognised by employers and people involved in education. Some of the benefits to young people include developing self-confidence and self-reliance; gaining a sense of achievement and a sense of responsibility; discovering new skills, interests and talents and developing leadership skills and abilities. They can also discover exciting opportunities; make new friends; experience teamwork, problem-solving and decision-making; increase their motivation; enhance their self-esteem and develop their communication skills. They will also, of course, have fun!

The Award is a four-Section programme with three levels:

- Bronze (for those aged 14 and over)
- Silver (for those aged 15 and over) and
- Gold (for those aged 16 and over).

The Sections involve:

- Service/Volunteering (helping people in the community)
- Skills (covering almost any hobby, skill or interest)
- Physical Recreation (sport, dance and fitness)
- Expeditions (training for, planning and completing a journey on foot (horseback, boat or cycle are also other methods of completing an expedition)
- Residential Project (Gold Award only) a purposeful enterprise with people not previously known to the participant that lasts for a minimum of 5 days and 4 nights

At Ardingly College students have the opportunity to enrol in the award at the beginning of their academic year from the remove year upwards. The level they choose will depend on their age and experience.

At Ardingly the decision has been made to concentrate on the Silver and Gold level Awards with training fore the expeditions taking place in the Shell year.

**Shell: Expedition training – Blackland Farm camp**

**Remove: Opportunity to join the D of E Award at Silver level**

**Fifth: Opportunity to join the D of E Award at Silver level or if 16 years old to join the award at Gold level**

**L6th: Opportunity to join the Award at Gold level**

**U6th: This is the year to complete the Gold Award**

## **DURATION**

### **SILVER**

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
These are the minimum requirements however you will be required to undertake a further 6 months in either the volunteering or the longer of the physical recreation or skill sections so you end up with 12 months, 6 months and 3 months			

### **GOLD**

Volunteering	Physical	Skills	Expedition	Residential
12 months	one section for 12 months and other section for 6 months		Plan, train for and complete a 4 day 3-night expedition	Undertake a shared activity in residential setting away from home for 5 days and 4 nights
If you have not achieved the Silver level then you must undertake a further 6 months in either the volunteering or the longer of the physical or skill sections.				

**Expeditions dates are as follows**

**Silver: Practice - April 16/17/18 2010 (End of Easter Holiday).  
 Practice/Assessment - May 28/29/30 2010 (Beginning of May half term)  
 Assessment - June 28/29/30 2010 (Fifth form only) – this is held at  
 the same time as the Shell Blackland Farm camp**

**Gold: Practice/Assessment - October 17-21 (October half term) 2009**

**These dates will be at the same time of the year, every year.**

	= School holiday
	17 = expedition

2009-2010 The Duke of Edinburgh's Award Calendar

September 2009							October 2009							November 2009						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
		1	2	3	4	5					1	2	3	<del>1</del>	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	<del>18</del>	<del>19</del>	<del>20</del>	<del>21</del>	<del>22</del>	<del>23</del>	<del>24</del>	22	23	24	25	26	27	28
27	28	29	30				<del>25</del>	<del>26</del>	<del>27</del>	<del>28</del>	<del>29</del>	<del>30</del>	<del>31</del>	29	30					

  

December 2009							January 2010							February 2010						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
		1	2	3	4	5						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>	7	8	9	7	8	9	10	11	12	13
<del>13</del>	<del>14</del>	<del>15</del>	<del>16</del>	<del>17</del>	<del>18</del>	<del>19</del>	10	11	12	13	14	15	16	14	15	16	17	18	19	20
<del>20</del>	<del>21</del>	<del>22</del>	<del>23</del>	<del>24</del>	<del>25</del>	<del>26</del>	17	18	19	20	21	22	23	21	22	23	24	25	26	27
<del>27</del>	<del>28</del>	<del>29</del>	<del>30</del>	<del>31</del>			24	25	26	27	28	29	30	28						
							31													

  

March 2010							April 2010							May 2010						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6					1	2	3							1
7	8	9	10	11	12	13	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del>	<del>8</del>	<del>9</del>	<del>10</del>	2	3	4	5	6	7	8
14	15	16	17	18	19	20	<del>11</del>	<del>12</del>	<del>13</del>	<del>14</del>	<del>15</del>	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
<del>28</del>	<del>29</del>	<del>30</del>	<del>31</del>				25	26	27	28	29	30		23	24	25	26	27	28	29
														30	31					

  

June 2010							July 2010							August 2010						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
		1	2	3	4	5					1	2	3	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del>
<del>6</del>	7	8	9	10	11	12	<del>4</del>	<del>5</del>	<del>6</del>	<del>7</del>	<del>8</del>	<del>9</del>	<del>10</del>	8	9	10	11	12	13	14
13	14	15	16	17	18	19	<del>11</del>	<del>12</del>	<del>13</del>	<del>14</del>	<del>15</del>	<del>16</del>	<del>17</del>	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				<del>25</del>	<del>26</del>	<del>27</del>	<del>28</del>	<del>29</del>	<del>30</del>	<del>31</del>	29	30	31				

### Kit list

Walking boots (with high ankle support- leather is recommended)  
Full set of change of clothing (in case you get soaked through)  
Warm jacket for campsite  
Hat (woollen if cold/sun hat if hot)  
Gloves (if cold)  
Torch (spare batteries)  
Matches  
Pencil and paper  
First aid kit (plasters for blisters/antiseptic wipes etc)  
Plate/bowl/KFS/mug (non breakable)  
Emergency rations (choc bars/dried fruit etc)  
Water bottle (any plastic bottle will do)  
Wash bag (toothbrush/flannel(washing/drying)/soap/deodorant etc)  
Suntan lotion (if hot)  
Full set of waterproofs (trousers and jacket- limited number can be borrowed from stores)  
Sleeping bag (can be borrowed from stores)  
Sleeping mat (can be borrowed from stores)  
Rucksack (a limited number can be borrowed from stores)

*Tent / stove / fuel / mess tins will be issued*

**You need to provide food for the following meals.**

**Food - Silver - Evening meal x2 /Breakfast x2 /Lunch x2 /snacks  
Gold - Evening meal x4 /Breakfast x4 /Lunch x 4 /snacks**

*Line your rucksack with a polythene bag (bin liner) to keep the contents dry. Heavy things at the top – Items needed for the walk in the side pockets.*