

**Duke of Edinburgh's Award
Notice Board Headers**

*Photocopy this page (enlarge if necessary, or try coloured paper) and use them
as Notice Board Headers.*

DUKE OF EDINBURGH'S AWARD

SKILLS

SERVICE

EXPEDITIONS

PHYSICAL RECREATION

I **What is the Duke of Edinburgh's Award?**
The Award helps young people like you learn new skills, help others, experience adventure and gain a great sense of achievement.

N **How old do I have to be?**
Anyone aged between 14 and 25 years old can take part in the Award. If you are under 14 and want to move through the Award with your friends, your CO can get arrange for you start a few months earlier.

F **How much does it cost?**
The first level currently costs around £8.50 to cover your Log Book and entrance pack (this includes a CD-ROM planner).

O **What are the Levels available for me?**
There are 3 Levels – Bronze, Silver and Gold – Bronze is the starting point.

R **What are the different Sections to complete?**
Skills Learn new interest
Service To encourage Service to others
Expedition To encourage the sprit of Adventure and Discovery
Physical Recreation Encourages participation in Sport

M **How long must I take for each Section?**
For Bronze Level, each Section must take at least 3 Months. In addition you must complete another 3 months in either the Skills or Service Section.

A **Can I use my Cadet activities toward the Award?**
YES – although there's a huge ranges of activities to choose from, there are dedicated Skills and Service activities for Cadets.

T **How long have I got to finish the Award?**
As long as you like – at Bronze level you must take at last 6 months.

I **What do I get for my efforts?**
The satisfaction of completing the Award, a Badge for your uniform, points towards the best Squadron/Detached Flight award (Marshal Trophy) and something great to add to your National Record of Achievement or CV.

O

N

S

What Skills are available?

There's a huge range of Skills available from Archery to Zoology.

K

Where can I find about a Skill I'm interested in?

Ask you Staff to see the Wing Award Guide, The Award Activity Folder or the Award website – www.theaward.org.

I

How long do I need to work on my Skill?

At least 3 Months. Remember that at Bronze level you will have to complete at least 6 months at either the Skill or Service Section.

L

Are there any ATC Skills?

Yes, lots – Skill such as Aeronautics, Flying, Gliding, Aircraft Recognition, Drill and Model making (plus many others) are just perfect for Air Cadets.

L

Can my Leading, Senior and Staff training count?

S

That's right, this is the Aeronautics Skill. It's simple – Leading counts for Bronze, Senior for Silver and Staff Part I for Gold.

Some Skills Ideas.....

Aeronautics
Aircraft Recognition
Amateur Radio
Ceremonial Drill
Conservation
Event Planning
Flying
Kite Construction
Playing Music
Photography
Weather
Writing
Young Engineers
Young Enterprise
Zoology

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S E R V I C E

What Service activities are available?

There are a large number of options ranging from ATC Service to Police Service – it's all about giving time to your local community.

Where can I find about a Service I'm interested in?

Ask you Staff to see the Wing Award Guide, The Award activity folder or the Award website – www.theaward.org.

How long do I need to work on my Service?

At least 3 Months. Remember that at Bronze level you will have to complete at least 6 months at either the Skill or Service Section.

Can I have training for my chosen Service?

Some Service Activities (Eg First Aid, Fire Service, Police Service) require training. If training is required it is shown, with an outline programme, in the Award Guide.

Does any of the training time count?

Yes, all of the training time towards your Service counts. Remember that all training must be followed up with practical Service.

How do I arrange a Service outside of ATC?

Talk to your Unit DEA Officer first – they may have some useful local contacts. Otherwise your local “civilian” DEA group may be able to help you – also many local organisations may have a youth officer.

Is there a dedicated ATC Service activity?

Yes, it's written especially for Air Cadets.

What's the ATC Service about?

At Bronze level you can help new recruits when they join the unit. At Silver you could be an NCO teaching other cadets or helping others with the Award and a Gold level a SNCO either helping others complete the Award or as a Staff Cadet at a VGS or AEF.

Some Service Ideas.....

Air Training Corps

Animal Welfare

Award Scheme Leadership

Child Care

Cyclist Training

Elderly People

Environment

Fire Service

First Aid

Fund Raising

Life Saving

Mountain Leader Award

People in Need

Police Service

Sports Leadership

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EXPEDITION

What do I have to do?

You'll get full training followed by a practice expedition. Then, after planning your qualifying expedition, it's up to you. You should have between three and seven Cadets in your group.

What's the point?

It's not just about having a great time camping with your mates – it's also about making a difference, maybe seeing how your local countryside copes with walkers or discovering the history around your route.

Do I have to Walk?

No, you can use other modes of transport – cycling, canoe, horse riding, etc. It's probably best to start off using a foot expedition at Bronze level to learn the skills required.

What training is there?

You'll learn how to put up tents, cook outdoors, work as a team, use maps and learn about general camp craft skills.

Does any other Cadet work count?

Yes – all Cadets learn about Camp Craft and Map work in First-Class and Leading - but you'll need to practice the skills again before your practice expedition.

Who plans my Expedition?

You do! You plan your route, the purpose of the expedition, the food, where you are camping, etc and submit it to your staff to check.

P What's Physical Recreation?

The idea is to improve at your chosen sport.

H What are the choices?

You can either choose a recognized sport, have a go at the Physical Recreation Tests or take part in one of the Wing Teams.

Y What Sports are available?

The list is almost endless from Aerobics to Triathlon and Athletics to Water Polo. Look in the Award Activity Folder or on the website – www.theaward.org.

S What Wing Sports Count?

Football, Hockey, Netball and Rugby. You can use time with the Wing Team or any other practice time (lunchtime and after school/college is OK, but not PE lessons/Sports sessions) towards your 3 months. To complete the Section you must also take part in an organised competition or game.

I What are the Physical Recreation Tests?

There are 7 tests that can be run on your Squadron or Detached Flight by your Staff. They include press-ups, sprints, sit-ups, endurance run and ball bounce.

C How are the Tests assessed?

It's simple – on the first week you learn the activities and set a score for them. Then, over the next 3 months you've got to work at improving your scores.

A Can we use a points system for our Tests?

Yes, but they are not compulsory.

L Can we work on the Physical Recreation Section as a Group?

Yes, it's a really good fun activity for the summer!

Some Physical Ideas.....

Aerobics
Athletics
Canoeing
Football
Hockey
Martial Arts
Netball
Rugby
Running
Swimming
Volleyball
Walking
Wall Climbing
Yoga

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3 Levels
4 Sections
1 Fantastic time

**Duke of
Edinburgh's
Award is HERE!**

If you are aged 14 or over, ask your Staff

or

Visit: www.theaward.org

or

e-mail: twawards@hotmail.com