



WHAT IS THE DUKE OF EDINBURGH'S AWARD?

'The Duke of Edinburgh's Award is a voluntary, non-competitive programme of practical, cultural and adventurous activities, designed to support the personal and social development of young people regardless of gender, background or ability...'

In other words, it's a chance for you to do loads of things you never thought you would or could do and walk away with an award at the end of it!

At Canterbury College we co-ordinate and promote the Duke of Edinburgh's Gold Award Scheme for our students and anyone in the Canterbury area.

WHAT DO YOU HAVE TO DO?

At the Gold Award level, there are 5 sections of activities you need to complete. In each area there are hundreds of things you could choose to do, but it's up to you what you want to do! You can choose something you already enjoy to work at harder or discover more about, or you could choose to do something you've never done before!

The 5 elements are...

SERVICE, PHYSICAL RECREATION, SKILL, EXPEDITION and RESIDENTIAL

ARE THERE BORING MEETINGS?

We do run meetings, about one each month, but we use them to train you and teach you the skills you'll need to complete your Gold Award. We will go through everything from First Aid to Cooking on your Expedition, with a bit of Navigation and Route Planning theory along the way.

We also meet for practical training sessions and ask you to complete a practice Exploration before you start on the real thing, just to make sure you know everything you need to know!

HOW MUCH WILL IT COST?

This completely depends on what you want to undertake as part of your Gold Award.

To register for the Award, it costs £10 if you are a Canterbury College student or £16.50 if you are registering with us externally. After that it's completely up to you!

The Expeditions are obviously the most expensive part of the Award, but we aim to help with as much equipment as possible as well as subsidising any trip that we organise for you. The cost of the trip including both your Expedition and Residential project can range from £600 to £1000. You will need some equipment especially for you though... a good pair of walking boots is essential!

IS IT WORTH IT? WHAT DO YOU GET OUT OF IT?

Well, the Duke of Edinburgh's Gold Award is a great achievement to put on your CV or your UCAS application! You will also have the chance to make new friends, develop loads of new skills and interests, get fit and build your self confidence.

And don't forget... you get an Award at the end, presented to you at Buckingham Palace!

SERVICE aims to encourage service to individuals and the community.

The idea of this element is to get you to think about volunteering your time to something in your community that needs your help!

For your Gold Award, you need to complete and record your Service for 12 or 18 months.

At Canterbury College we have Becky, a Volunteering Co-ordinator from a charity called VSU Youth in Action, who run the 'Millennium Volunteers' programme. They can help you get ideas, find a project and log your hours... and you get a certificate recognising your volunteering from them too!



Millennium Volunteers

PHYSICAL RECREATION aims to encourage participation and improvement in physical activity.

This section provides you with the opportunity to improve your level of fitness, discover new abilities, set new challenges for yourself and get that great sense of achievement when you meet them!

For your Gold Award, you must complete and record your Physical Recreation for 6, 12 or 18 months.

To help you complete your Physical Recreation, the Sports Centre on site allows you to join the gym for FREE if you are going as part of your Duke of Edinburgh's Award!

SKILL aims to encourage the discovery and development of practical and social skills as well as personal interests.

The purpose of this segment is for you to choose an activity, follow it and show progression as well as sustained interest over time so you become more accomplished at your chosen skill.

For your Gold Award, you must complete and record your Skill for 6, 12 or 18 months.

There are loads of different things you can do to complete your Skill section, including...

Circus skills, Drawing, IT, Languages, Photography or Sports Umpiring!

You could also run as a Student Union Officer under the Democracy heading!

EXPEDITION aims to encourage a spirit of adventure and discovery.

During an Expedition, the main aspect is to journey over a certain distance in a set period of time. This element is sometimes also called an Exploration, in which the focus is less on journeying and more on first-hand investigation of a particular site.

The purpose of this section is to provide you with the opportunity to plan a task, carry it out, develop self-reliance and work as a member of a team.

For your Gold Award, you must complete 80km / 50miles journeying, or at least 10 hours journeying each day for 4 days and 3 nights.

At Canterbury College we put a lot of effort into this section of the Award! We have arranged Expeditions as far away as South Africa as well as Explorations to deserted villages in the South of France.

Just ask for more details of this year's trip!

RESIDENTIAL aims to broaden young people's experiences through involvement with others in a residential setting.

The idea of this section of the Gold Award is to help you meet new people in an unfamiliar environment and work as a team. They are normally completed in Youth Hostels or Camps.

During the Residential project, you along with the others working on the Gold Award will undertake a shared activity away from home for 5 days.

When you complete the Expedition, we aim for you to complete your Residential too! If your Expedition is to South Africa, you could complete your Residential working in a village there or perhaps a Game Reserve!