



مدرسة جيمس فيرست بوينت
GEMS FirstPoint School
THE VILLA



Proud to be

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



<https://www.youtube.com/watch?v=4Av9NoUafq0>



Why do the Duke of Edinburgh's International Award?

- It is a global recognised award
- Make you stand out
- Learn new skills
- A challenge
- Make new friends
- Have fun!



What does the DofE Award include?

Keep doing what you are doing!!



Service



Skills



Physical Recreation



Adventurous Journey

BRONZE Ages 14+	3 months	3 months	3 months	2 days/1 night ¹
	Averaging at least one hour per week <i>on each section</i> , plus a further 3 months in one of the Service, Skills or Physical Recreation sections.			<u>Plus</u> Training and at least one Practice Journey

¹ With 6 hours of purposeful effort per day

Enrollment fee for DofE Bronze award?

We have to pay this in pound. So enrollment will be **270AED** to cover any exchange costs / currency fluctuation.

I. Participant Registration Fee (PRF) – International Schools/Commercial Organisations

Level	GBP	USD	EUR
Bronze	£50	\$65	€58
Silver	£50	\$65	€58
Gold	£55	\$71	€64

What they do on DofE expedition (Adventurous Journey)?

Arrive at the drop off location with map and equipment and food for the 2 days

Walk for the day – taking breaks along the way and meeting at checkpoints

Camp overnight– preparing their own food and setting up tents

Get up early morning and walk again for the day

(We will have a drop down day in school to prepare for this)

How much is the Adventurous Journey?

Bronze Award

16 – 17th Feb
3-4th March

- 1 night
- 2 days walking

Dates are aimed around February, both practice expedition and assessed expedition will be 2 weeks apart.

Dates to be confirmed based on numbers and external provider.

Price **700 AED** including equipment rental per students
We do this twice one practice, one assessed. (You will need to pay for both together)

Registration deadline: Friday 3rd March

AED for registration to DofE Bronze Award
270AED That might be different on Gems Connect

Dates for Adventurous journey:

February 16th -17th Practice expedition.

March 3rd -4th Assessed Expedition

Likely during school time, will depend on numbers and availability from the service provider and KHDA agreed half-term.

Additional information

p.ahern_fps@gemsedu.com

Please don't hesitate to contact with any questions I can help with.



Once students have enrolled, they will be given access to the **ORB**
Online Record Book

Here they can upload evidence of the progress they are making
towards their 3 areas.

These are approved or refereed back and this way we can keep a
track on their progress.

I will run a DofE ECA drop in section **Tuesday after school** for
students. But also I will check in on students at registration.

Service



Through the Service section you can volunteer in your community, meet people and see how your service benefits those around you.

Volunteering over a period of time enables you to meet people within the community whom you might not otherwise engage with and realize the positive difference you can make to your community. It can also help improve skills such as team work, communication and self-confidence.



"Even though I am actually working full time, I always find time to volunteer in a Cadet Corps every week. My experience as an Award holder helped me to gain new knowledge that I could transfer to a new generation of participants."

Rudy Allen, Canada

Example ideas

Here's a list of some Service ideas that you could do or use as a starting point to create a program of your own.

People in the community

- Visiting people in need, such as elderly or disabled people, on a regular basis to provide assistance with shopping, gardening or other domestic tasks, or simply to keep them company
- Voluntary work in hospitals and care centres
- Visiting prisons or detention centres under the auspices of the proper authorities
- Helping with a local community radio, newspaper or blog
- Sports coaching or leadership
- First aid – doing a course and then making their skills available to the benefit of the local community ie: being a first-aider at football matches or dance competitions and so on

Youth work

- Acting in a leadership role in a youth club or uniformed youth organisation
- Assisting in the teaching of primary school children

Community education and health education

- Working with experienced persons to educate the local community, or specific groups within it, on important issues such as prevention of leprosy or malaria, combating

- HIV/AIDS, primary health care, immunisation campaigns, drug or alcohol awareness education
- Teaching a person to read or write

Environmental service

- Participating in a conservation project such as clearing wasteland, cleaning a river, or caring for threatened wildlife or trees
- Caring for a public or school garden
- Providing, maintaining and encouraging the use of public waste collection
- Caring for animals
- Working in a clean-up campaign
- Promoting environmental sustainability

Charity work

- Fundraising for a charity
- Creating or maintaining a charity website or newsletter

Emergency services

- Helping an emergency service team, such as the fire services, surf life-saving, lifeboats, coastguard, police, mountain rescue or civil defence
- Assisting with local or national disaster operations

Physical Recreation



The Physical Recreation section of the Award encourages you to improve your health and fitness, whatever your starting point. You could choose to do a team sport, solo sport or any healthy activity. It could be something you already do regularly, have tried before or something completely new to you.

The Physical Recreation section should make you feel healthy and happy, and should help you build valuable team skills, self-esteem and confidence. It's also great fun!



Photo credit: Glenn McCreath

"I am working hard to be what I want to be. Cricket has changed my life and I would like to be a professional player."

Zukisani Simanga,
South Africa

Example ideas

Here's a list of some Physical Recreation ideas that you could do or use as a starting point to create a program of your own. If you break a sweat, it counts!

Ball sports

- Football (of any description such as rugby, soccer, Gaelic, Australian Rules, American)
- Volleyball
- Basketball
- Netball
- Handball
- Cricket
- Baseball
- Softball
- Hockey
- Tennis
- Squash
- Table-tennis
- Lacrosse

Athletics

- Running
- Jumping (high or long)
- Throwing (hammer, javelin, shot put)
- Biathlon, triathlon, heptathlon or decathlon

Water sports

- Canoeing
- Kayaking
- Swimming
- Water polo
- Sailing
- Surfing
- Windsurfing

- Kite boarding
- Water skiing
- Diving
- Synchronized swimming
- Rowing
- Canoe polo

Winter sports

- Skiing
- Snowboarding
- Luge
- Bobsleighbing
- Ice skating
- Ice hockey
- Curling

Martial arts

- Karate
- Aikido
- Judo
- Kickboxing
- Boxing
- Tae kwon do
- Kung fu
- Fencing
- Kendo

Animal sports

- Horse riding
- Polo

Fitness activities

- Aerobics
- Running
- Skipping

- Walking
- Weight training

Adventure sports

- Rock climbing
- Mountaineering
- Parachuting
- Caving and pot holing
- Hang-gliding
- Paragliding
- Kite surfing

Miscellaneous

- Dancing
- Cycling
- Gymnastics
- Weightlifting
- Trampolineing
- Wrestling
- Roller skating
- Skateboarding
- BMX
- Orienteering
- Badminton
- Ultimate Frisbee

Skills



Through the Skills section you can develop your personal interests, as well as practical and social skills.

You could choose to improve on an existing skill or try something new. This section is all about trying and learning something, getting better at it and giving yourself a sense of achievement and well-being. Colleges, universities and employers like to see that you have life skills too!



"Without the challenge of the Award, I would still be washing dishes. Today, my eyes are open to the endless possibilities that life offers. The Award has given me the confidence to grab my opportunities."

Vicky Roy, professional photographer, India

Example ideas

Here's a list of some Skills section ideas that you could do or use as a starting point to create a program of your own.

Music

- Playing an instrument
- Learning musical theory
- Singing
- Music event management

Sports related

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

Arts and crafts

- Ceramics
- Clay modelling
- Embroidery
- Dressmaking
- Glass painting
- Jewellery making
- Calligraphy
- Drawing
- History of art
- Painting
- Photography
- Sculpture
- Graphic design

Nature and the environment

- Agriculture

- Aquarium keeping
- Astronomy
- Bee keeping
- Bird watching
- Conservation
- Dog training and handling
- Fishing
- Forestry
- Gardening
- Horticulture
- Horse care and handling

Communication

- Film and video making
- Film studies
- Sign language
- Braille
- Foreign languages
- Newsletter and magazine production
- Reading
- Writing
- Presentation skills
- Public speaking and debating
- Digital media
- Journalism
- Information technology
- Website development

Games

- Billiards, snooker or pool
- Card games

- Chess
- Draughts
- Darts
- Backgammon
- Other table games

Life skills

- Business management
- Financial literacy
- Entrepreneurship
- Health awareness

Technical and vocational skills

- Accounting
- Hairdressing
- Vehicle maintenance
- Engineering
- Fashion
- Furniture making
- Furniture restoration
- Metal work
- Tailoring
- Carpentry
- Cookery

Performance skills

- Drama and theatre skills
- Circus skills
- Puppetry

To sign up you need to go to the ORB (Online Record Book)

[The Duke of Edinburgh's International Award - Landing page
\(onlinerecordbook.org\)](https://onlinerecordbook.org)




p.ahern_fps@gemsedu.com

Not Registered?

Register a new account as:

Award Participant



Select Country or Territory

United Arab Emirates × ▾

Select your Award Centre

GEMS First Point School L.L.C × ▾

Do you know your Award Leader's email address?

Yes

No

Enter Email Address

p.ahern_fps@gemsedu.com

Award Level

What level of the Award are you registering for?

Bronze Level

Silver Level

Gold Level



Login

Email

Required field

Password

[Forgot your password?](#)

Login

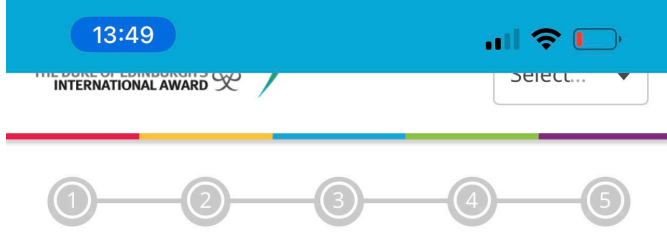
You can also download our **Participant App** to access the Online Record Book anytime, anywhere.



Not Registered?

Register a new account as:

- Award Participant
- Award Leader



Welcome to the Online Record Book (ORB)

You are now registering as an Award participant.

Select Country or Territory

United Arab Emirates

Select your Award Centre

GEMS First Point School L.L.C

Do you know your Award Leader's email address?

- Yes
- No

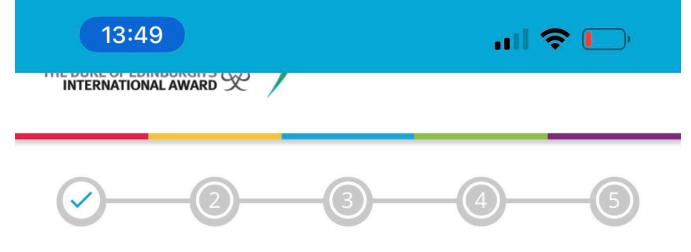
Enter Email Address

p.ahern_fps@gemsedu.com

Continue



p.ahern_fps@gemsedu.com



Award Level

What level of the Award are you registering for?

- Bronze Level
- Silver Level
- Gold Level

Continue



Only sign up for **Bronze**, otherwise I'll have to delete your account and start again.

