

The President's Award Portfolio

PRM40

NAME:

SCHOOL/ORGANISATION:



LEVEL COMPLETED:

Date of enrolment:

Date of submission for assessment:

Proud to be

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

In South Africa



Summary of Award Programme Guidelines

BRONZE LEVEL



For those over 14 and under 25 years old. Minimum completion period of 6 months

The participant must complete the requirements in each of the four sections below:

SERVICE
At least 24 hours spread over 3 months

PHYSICAL RECREATION
Select an activity and show regular effort and improvement spread over 3 months

SKILLS
Select an activity and show regular effort and improvement spread over 3 months
Examples: debating, photography, chess

ADVENTUROUS JOURNEY
Undertake a journey with an agreed purpose over 2 consecutive days and 1 night in a group of no fewer than 4 peer equals and supervised and assessed by an experienced adult(s).
6 hours planned activity per day.
Accommodation in tents, trail huts or similar.

Walk: 24 km, or
Cycle: 80 km, or
Horseback: 48 km
Canoe: 4 hours per day, or
Sail: 6 hours per day

PLUS, A PARTICIPANT MUST DO AN EXTRA 3 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.

SILVER LEVEL



For those over 15 and under 25 years old. Minimum completion period of 6 months for Bronze Award holders and 12 months for non-Bronze Award holders

The participant must complete the requirements in each of the four sections below: **PLEASE NOTE** that involvement is for 12 months for non-Bronze Award holders

SERVICE
At least 48 hours spread over 6 months

PHYSICAL RECREATION
Select an activity and show regular effort and improvement spread over 6 months
Examples: horse-riding, netball, rock-climbing

SKILLS
Select an activity and show regular effort and improvement spread over 6 months
Examples: toastmasters, sewing, art

ADVENTUROUS JOURNEY
Undertake a journey with an agreed purpose over 3 consecutive days and 2 nights in a group of no fewer than 4 peer equals and supervised and assessed by an experienced adult(s).
7 hours planned activity per day.
Accommodation in tents, trail huts or similar.

Walk: 48 km, or
Cycle: 145 km, or
Horseback: 96 km
Canoe: 5 hours per day, or
Sail: 7 hours per day

PLUS, NON-BRONZE AWARD HOLDERS MUST DO AN EXTRA 6 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.

GOLD LEVEL



For those over 16 and under 25 years old. Minimum completion period of 12 months for Silver Award holders and 18 months for non-Silver Award holders

The participant must complete the requirements in each of the five sections below:

SERVICE
At least 72 hours spread over 12 months

SKILLS
Select an activity and show regular effort and improvement spread over 12 months
Examples: learner's / driver's licence, drama, musical instrument

RESIDENTIAL PROJECT
Undertake a shared purposeful activity with people who are not your usual colleagues or friends, in an unfamiliar residential setting for at least 4 nights and 5 consecutive days

PHYSICAL RECREATION
Select an activity and show regular effort and improvement spread over 12 months
Examples: karate, waterskiing, soccer

ADVENTUROUS JOURNEY
Undertake a journey with an agreed purpose over 4 consecutive days and 3 nights in a group of no fewer than 4 peer equals and supervised and assessed by an experienced adult(s).
8 hours planned activity per day.
Accommodation in tents, trail huts or similar.

Walk: 80 km, or
Cycle: 225 km, or
Horseback: 160 km
Canoe: 6 hours per day, or
Sail: 8 hours per day

PLUS, NON-SILVER HOLDERS MUST DO AN EXTRA 6 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.

General Notes and Guidelines for Participants

- Welcome to the President's Award!
- The Award Programme provides a structure or framework for you to follow, there are no prescribed activities.
- While working co-operatively with your Award Leader and activity coaches can assist you and enhance your experiences doing the Award, you are ultimately responsible for completing the activities and achieving your goals.
- You are expected to keep a record and log all of your activities in each of the sections of the President's Award Programme.
- Evidence of participation and achievement, certificates, awards, testimonies, etc. should be submitted with your portfolio as well as signed comments from the adult who supervised or presented or assessed the activity, i.e. called the Assessor's Report). **NB: An assessor must be independent. Therefore they CANNOT be a family member or friend.**
- Completion of each section must be certified IN PEN in the relevant section of your record book and/or portfolio.
- Please ensure that you are aware of the requirements for the particular level and adhere to these minimum requirements. If you are unsure whether an activity will meet a particular requirement, e.g. is dancing a skill or physical recreation; it is best to verify it with your Award Leader or The President's Award office.
- The Adventurous Journey has very specific requirements that must be met. You can read more about it on The President's Award website at www.presidentsaward.co.za
- A guide to 'regular participation' is at least an hour a week.
- Attach photographs for each section, if possible.
- A maximum of 4 hours of service a day is acceptable for the Programme. You may record the full number of hours you complete e.g. 6 hours at SPCA, but when you tally your hours for the Award, only count 4 hours
- Please complete and sign the declaration on the final page.
- Have FUN!!!

Service

To learn how to give useful service to others

Date commenced (ddmmyy) Date completed (ddmmyy)

My goal(s) for Service is?

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Who did I help? (Forms of Service)

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Why did I choose this for my service?

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What did I learn through doing this service?

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Name of Assessor (Activity supervisor).....

Assessor's report (*reflect on the participant's regular commitment and growth over the required period*)

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Assessor's signature: Contact number: Date.....

Attach any photographs you may have taken to each section.

Skills

To encourage the development of personal interests and practical skills

Date commenced (ddmmyy) Date completed (ddmmyy)

A description of my skill(s).

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Who did I learn this skill from?

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How often did I practice or engage with this skill?.....

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Why did I choose this for my skill?

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How will I use this skill in the future?

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Full name of Assessor

Assessor's report (*reflect on the participant's regular commitment and development. The participant must demonstrate sustained interest over the required period of time*)

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Assessor's signature: Contact number: Date.....

Attach any photographs you may have taken to each section.

Physical Recreation/Sport

To encourage participation in physical recreation and improvement of performance

Date commenced (ddmmyy) Date completed (ddmmyy)

A description of my Physical Recreation/Sport activity(s).

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How often did I take part in the chosen Physical Recreation

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Why did I choose this for my Physical Recreation/Sport activity?

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What did I learn?

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How did I improve in my physical recreation activity/sport?

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Full name of Assessor (Activity Coach).....

Qualification/Position

Assessor's report (*reflect on the participant's regular commitment and growth over the required period*)

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Assessor's signature: Contact number: Date.....

Attach any photographs you may have taken to each section.

Adventurous Journey (AJ)

To encourage the spirit of adventure and discovery

Date commenced (ddmmyy) Date completed (ddmmyy)

Name and area of AJ :.....

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What did the AJ entail?.....

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What did I do in preparation for the AJ?

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What did I learn from the AJ?

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Day by day description of journey (journal entry)

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Residential Project (Gold Only)

Broaden experience through involvement with others in a residential setting

Date commenced (ddmmyy) Date completed (ddmmyy)

Description of the Residential Project: Outline programme and activities undertaken.

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What did we do as a group:.....

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What was my role:

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Where and who did we stay with:

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What I learnt/gained from this residential project:

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Full name of Assessor/adult supervisor.....

Position and role at the Residential project
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Assessor's report (*reflect on the participant's participation and commitment to the project and group*)

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Assessor's signature:

Contact details: Date.....

Attach any photographs you may have taken to each section.

Reflections

Why did you sign up to do the President's Award Programme?

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Would you recommend other young people to do The Award and why?

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What have you enjoyed most about doing The Programme?

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What was your biggest challenge in doing The Award?

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Any other Awards/certificates and accolades you have received during this level of The Award.

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Full name of Award Leader

Contact details of Award Leader :.....

Comments from Award Leader:

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Signed _____

Date _____

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Declaration

I declare that all activities submitted for the President’s Award in this portfolio to be my own work and does not involve plagiarism or teamwork other than that authorised in the general terms above or that authorised for any particular piece of work. I declare that all the above mentioned statements and descriptions of events to be accurate and true, to the best of my knowledge.

Signed: _____

Participant

Date: _____

Place: _____