

Proud to deliver



The Duke of Edinburgh International Award aims to inspire, guide and support young people in their self-development and recognize their individual achievements. This is facilitated through enjoyable, challenging and rewarding programs of personal development which are of the highest quality and the widest reach.

What is involved in The Duke of Edinburgh's Award?

The Duke of Edinburgh's Award is a voluntary, non-competitive and flexible program of cultural and adventurous activities for all young people aged between 14 and 25 years old, whatever their background or ability.

What is the main purpose of the Award?

An opportunity to discover new interests and talents. A tool to develop essential skills for life and work. A recognized mark of achievement; respected by employers. The DofE is many things to many people, supporting generations to successfully navigate adult life.

How do you get a Duke of Edinburgh Award?

To join a group and get your adventure started, please register using the enrolment form from the student life department. You'll need to decide which level of The Duke of Edinburgh's Award you are going to sign up to, either Bronze (for beginners), Silver or Gold and make the appropriate payment to complete the registration (€25). CAS projects and period 9 activities do count for this program.



Sections to complete:

Volunteering Section

Choosing to give time to help people, their community or society, the environment or animals. Participants make a positive contribution to society and demonstrate social responsibility. Example: tutoring

Physical Section

Choose anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would count. Enjoy healthy lifestyles for good mental and physical well-being.

Skills Section

Choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill. Broaden abilities, increase self-confidence and improve employability. Example: chess

Adventurous Journey

Plan, train for and complete an unaccompanied, self-reliant expedition with an agreed aim. Discover a spirit of adventure and gain a deeper understanding of the environment. At ISR this activity must be done with external providers like Natur Bewegt and will require extra costs.

BRONZE	SILVER	GOLD
Volunteering 3 months Physical 3 months Skills 3 months	Volunteering 6 months Physical Skills	Volunteering 12 months Physical Skills
<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>	<i>Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.</i>	<i>Plus an extra 6 months in the Volunteering, or longer of the Skills or Physical sections, if you haven't got Silver.</i>
Expedition 2 days 1 night 	Expedition 3 days 2 nights 	Expedition 4 days 3 nights 
		Residential 5 days 4 nights

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