



**THE DUKE OF
EDINBURGH'S AWARD**

Volunteering	Physical
<ul style="list-style-type: none"> • Reliable • Time management • Self-motivation • Commitment • Teamwork • Compassion/caring for others • Supporting the local community • Position of responsibility • Understanding of strengths and weaknesses • Leadership • Communication with others 	<ul style="list-style-type: none"> • Improved physical health and wellbeing • Working towards a goal • Having fun • Developing an interest • Working with others • Commitment • Recognising achievement • Meeting a challenge • Skill development and coordination • Understanding of rules and safety • Reflecting on progress • Leadership?
Skills	Expedition
<ul style="list-style-type: none"> • Development of social and practical skills • Increased confidence and self-esteem • Ability to learn new things • Working with others • Commitment • Meet new challenges 	<ul style="list-style-type: none"> • Working as a team • Problem solving, decision making and dealing with the consequences • Commitment • Communication with others • Leadership • Self-sufficient • Organised • Awareness of safety and recognising hazards • Dealing with unexpected challenges • Achievement of shared goals
Residential (Gold level only)	
<ul style="list-style-type: none"> • Confidence in an unfamiliar environment • Ability to meet new people and build new relationships • Accept responsibility for self and others • Develop respect and understanding for others • Develop skills and attitudes to live and work with others 	