Dear students,

Our school offers The Duke of Edinburgh's International Award programme. It is the world's leading youth personal development programme and is run in over 140 countries. Since the Award's inception in 1956, over 8 million young people have participated in the programme. Participation is highly regarded, especially by employers, but also by universities worldwide.

**What is it about?**

If you are between 14 and 24 years old, you can participate in the programme at Bronze, Silver or Gold leves. You set personal goals and challenge yourself to achieve them. Participation lasts 6, 12 or 18 months depending on the level. Each activity is done 1h/week in your free time.

**Levels and sections**

Each level has four sections: Service, Fitness, Skills and Expeditions (and on Gold level: Residential Project)

**Service:** you engage with our school or community and show social responsibility. For example: class representative, mediator, school ambulance service, school without racism, youth fire brigade, reading to younger children, playing games with senior citizens, tutoring, campaigning, fundraising, helping neighbours...

**Fitness:** You improve your fitness, develop sports-related skills and do something for your health. Example: You take part in a sports club, train to improve at skateboarding, do regular sports at home or in a club/gym, dance, do yoga, learn to walk on your hands...

**Skills:** You develop a special skill and increase your self-confidence. For example: playing an instrument, learning or improving a language, taking part in a theatre club, learning to sew, gardening, photography, shooting, DJing, doing a history project, taking part in a contest, writing a screenplay or a short story, making a film...

**Expeditions:** You develop your spirit of adventure and enjoy challenges. You take part in an expedition training and complete two 2-4 day expeditions with a group of 4-7 young people on your own responsibility.

**What do you have to do?**

* Choose the appropriate level with your Award Leader
* Choose one activity for each of the sections. Think of something you have always wanted to do!
* Sign the registration form together with your parents and turn in both
* Register on the Online Record Book (download the app “ORB Participant")
* At the end of your level, you will receive your Award

Kind regards,

Your Duke of Edinburgh's International Award Team