



HARROW
INTERNATIONAL
SCHOOL
BANGKOK

The Duke of Edinburgh's International Award

A guide for completing the International Award at Harrow Bangkok



Proud to deliver



What is the International Award?



The Award enables 14-24 year-olds to learn practical skills that are valuable to their personal and professional development.

It is comprised of three levels: Bronze, Silver and Gold. Participants set themselves challenging personal goals in four sections: Service, Skills, Physical Recreation and Adventurous Journey at each level in order to achieve their Award. At Gold level, participants also complete a Residential Project.

Throughout the programme, participants can develop existing interests, but should be encouraged to do something new that would be challenging and enjoyable. Once participants have set their goals they strive to achieve them, showing improvement throughout their Award journey.

How to Record Progress?



All sections (Skill, Service, Physical Recreation and Adventurous Journey) must be fully recorded in the [Online Record Book](#) (ORB).

This means;

- Each activity must be logged for the correct period of time
- Assessor details must be filled in and a report submitted when completed.
- After all criteria have been met, the student can request 'Award Leader Sign Off'

Online Record Book: <https://www.onlinerecordbook.org>

You can also download the 'ORB Participant' App to access the Online Record Book



<https://goo.gl/ehp1so>

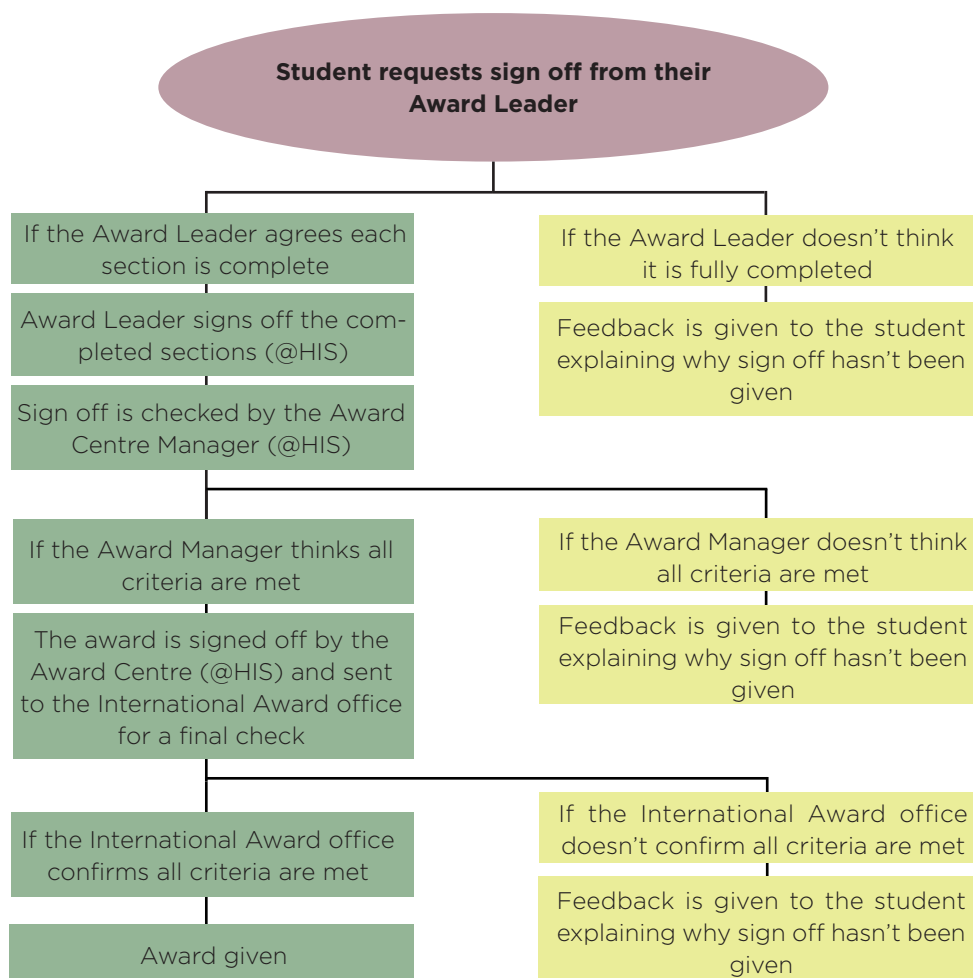


<https://goo.gl/rYHU7E>

How the International Award is awarded?

1. Students create an account on the Online Record Book (ORB) and they are allocated an 'Award Leader'.
2. In the relevant section, on the ORB, students fill in their assessor details for each activity.
3. Once the activity has been completed, the student requests for an assessor report to be completed (this is done electronically through the ORB)

Students must have completed the minimum time requirement in each section, with each activity fully recorded and have a completed assessor report, before they can request their award sign off.



How to Complete the Bronze Award?



Skill Section

Young people must spend approximately one hour per week learning a new life skill (outside of school lessons).

Minimum Time Commitment	Minimum time commitment
3 months OR 6 months	Skill section must be completed for a minimum of 3 months, and one section for an additional 3 months (6 months total)



Service Section

This section requires young people to spend approximately one hour per week doing voluntary work. This gives young people the opportunity to get out into their communities and give something back.

Minimum Time Commitment	Minimum time commitment
3 months OR 6 months	Service section must be completed for a minimum of 3 months, and one section for an additional 3 months (6 months total)



Physical Recreation Section

This section requires young people to spend one hour per week of their own time engaging in physical recreation. It can be any form of activity and does not need to be in a team or competitive environment.

Minimum Time Commitment	Minimum time commitment
3 months OR 6 months	Physical Recreation section must be completed for a minimum of 3 months, and one section for an additional 3 months (6 months total)



The Bronze Adventurous Journey (expedition) must be for 2 days, 1 night and each day, there must be 4.5 hours of journeying over a 7 hour period of time. During this time, participants must be completely self-sufficient.

There must be a clear purpose for the expedition and a presentation of their findings must be presented once they return to school. The Adventurous Journey (AJ) cannot be completed without this.

Day	Night	Minimum hours of purposeful effort	Maximum hours of travel time
2	1	9	14



You can make notes here

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How to Complete the Silver Award?



Skill Section

Young people must spend approximately one hour per week learning a new life skill (outside of school lessons).

Minimum Time Commitment

**6 months
OR
12 months**

If Bronze has been completed

**Skill Section must be completed for a
minimum of 6 months**

If Bronze has NOT been completed

**Two sections must be completed for a
minimum of 6 months and one section for
12 months**



Service Section

This section requires young people to spend approximately one hour per week doing voluntary work. This gives young people the opportunity to get out into their communities and give something back.

Minimum Time Commitment

**6 months
OR
12 months**

If Bronze has been completed

**Service Section must be completed for a
minimum of 6 months**

If Bronze has NOT been completed

**Two sections must be completed for a
minimum of 6 months and one section for
12 months**



Physical Recreation Section

This section requires young people to spend one hour per week of their own time engaging in physical recreation. It can be any form of activity and does not need to be in a team or competitive environment.

Minimum Time Commitment	If Bronze has been completed
	Physical Recreation Section must be completed for a minimum of 6 months
6 months OR 12 months	If Bronze has NOT been completed
	Two sections must be completed for a minimum of 6 months and one section for 12 months



Adventurous Journey Section

The Silver Adventurous Journey (expedition) must be for 3 days, 2 nights and each day, there must be 4.5 hours of journeying over a 7 hour period of time. During this time, participants must be completely self-sufficient.

There must be a clear purpose for the expedition and a presentation of their findings must be presented once they return to school. The Adventurous Journey (AJ) cannot be completed without this.

Day	Night	Minimum hours of purposeful effort	Maximum hours of travel time
3	2	13.5	21

How to Complete the Gold Award?



Skill Section

Young people must spend approximately one hour per week learning a new life skill (outside of school lessons).

Minimum Time Commitment

**12 months
OR
18 months**

If Silver has been completed

**Skill Section must be completed for a
minimum of 12 months**

If Silver has NOT been completed

**Two sections must be completed for a
minimum of 12 months and one section
for 18 months**



Service Section

This section requires young people to spend approximately one hour per week doing voluntary work. This gives young people the opportunity to get out into their communities and give something back.

Minimum Time Commitment

**12 months
OR
18 months**

If Silver has been completed

**Service Section must be completed for a
minimum of 12 months**

If Silver has NOT been completed

**Two sections must be completed for a
minimum of 12 months and one section
for 18 months**



Physical Recreation Section

This section requires young people to spend one hour per week of their own time engaging in physical recreation. It can be any form of activity and does not need to be in a team or competitive environment.

Minimum Time Commitment	If Silver has been completed
	Physical Recreation Section must be completed for a minimum of 12 months
	If Silver has NOT been completed
	Two sections must be completed for a minimum of 12 months and one section for 18 months



Residential Section

This section requires young people to undertake a shared activity in a residential setting away from home for 5 days and 4 nights.



Adventurous Journey Section

The Gold Adventurous Journey (expedition) must be for 4 days, 3 nights and each day, there must be 4.5 hours of journeying over a 7 hour period of time. During this time, participants must be completely self-sufficient.

There must be a clear purpose for the expedition and a presentation of their findings must be presented once they return to school. The Adventurous Journey (AJ) cannot be completed without this.

Day	Night	Minimum hours of purposeful effort	Maximum hours of travel time
4	3	18	28

Completing the Adventurous Journey

Each level of the International Award has different requirements and at Harrow Bangkok we have many opportunities for students to complete their award. A requirement of this section is that all students must complete two adventurous journeys: one practice and one qualifying.

Bronze

Age 14 and above (Year 9)

Destination: Khao Yai, Thailand

Type of Expedition: Hike and kayak

Date: February expedition week

Both the practice and qualifying are completed during this time

Silver

Age 15 and above

Students need to complete two expeditions (one practice and one assessed during the two year period)

Expedition 1

Destination: Pu Luong National Park, Vietnam

Type of Expedition: Hike

Date: November DoE Weekend

Expedition 2

Destination: Pu Luong National Park, Vietnam

Type of Expedition: Hike

Date: February expedition week

Gold

Age 16 and above

Students need to complete two expeditions (one practice and one assessed during the two year period)

Destination: Kanchanburi, Thailand

Type of Expedition: Paddle board and Hike

Date: September DOE Weekend and February expedition week



Use of International Trained Activity Providers (ITAPs)

To allow us to offer the range of adventurous journeys we have at Harrow Bangkok, we carefully select the activity providers to lead our expeditions.

Most of our expeditions are lead by outdoor adventure companies that specialise in leading Duke of Edinburgh's International Award expeditions, and we work closely with these companies to ensure a safe and rewarding experience for our students.

For more information about individual expeditions, please approach the Expedition Leader once the trip has been advertised.



First Aid and Emergency Access

Each expedition will have at least one member of Harrow Bangkok staff, who is a qualified 'Emergency First Responder' and, should the trip involve travelling through water, there will also be a qualified lifeguard.

Each trip is carefully assessed, with emergency evacuation routes and medical clinics/hospitals close to the route. We work closely with our activity providers to ensure that help is always close by, should we need it.



You can make notes here



**“There exists within everyone a grand passion,
an outlandish thirst for adventure, a desire to live
boldly and vividly through the journey of life.”**

*Kurt Hahn
Founder of the International Award*