

## **THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD (DofE) IN UNIVERSITI MALAYA (UM)**

### **What is the Duke of Edinburgh's International Award?**

The Duke of Edinburgh's International Award is a global framework for non-formal education and learning, which challenges young people to dream big, celebrate their achievements and make a difference in their world. Through developing transferable skills, increasing their fitness levels, cultivating a sense of adventure and volunteering in their community, the Award helps young people to find their purpose, passion and place in the world. It operates in more than 144 countries and territories, helping to inspire millions of young people. It contains four areas, known as **Section: Skills, Physical Recreation, Service and Adventurous Journey.**

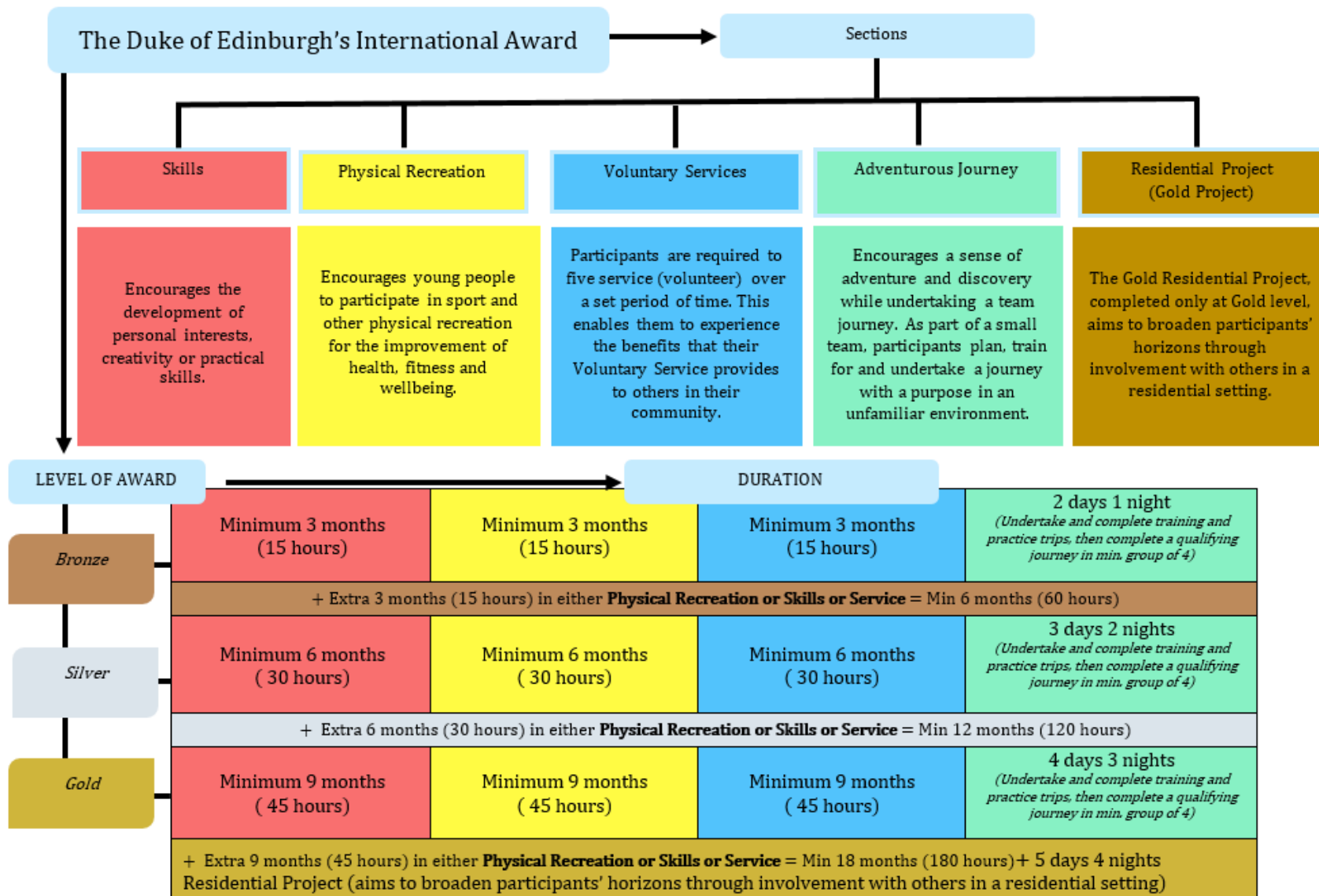
### **Who can take part in the Award?**

The Award is available to all young people aged 14 to 24 across the world. It is voluntary, non-competitive, enjoyable and balanced, and requires sustained effort over time. The Award encourages young people to design their own program of activities, set their own goals and challenge themselves to achieve their aims. **All UM students are welcomed to join and register this exciting program for world recognition!**

### **What are sections and how much time will it take to qualify for the awards?**

The exact time requirement of the award differs quite a lot across awards category. There are three levels to the award, Bronze, Silver and Gold. Each level of the award has four sections: skills, physical recreation, voluntary service, adventurous journey, and addition one section for Gold: Residential Project. Each level has different time requirements:

- Bronze – for those over 14 years. At least 6 months minimum participation required. The Adventurous Journey is two days and one night; average of six hours of purposeful effort per day; minimum 12 hours of purposeful effort in total;
- Silver – for those over 15 years. At least 12 months minimum participation required (or 6 months if a Bronze Award holder). The Adventurous Journey is three days and two nights; average of seven hours of purposeful effort per day; minimum 21 hours of purposeful effort in total;
- Gold – for those over 16 years. At least 18 months minimum participation required (or 12 months if a Silver Award holder). The Adventurous Journey is four days and three nights; average of eight hours of purposeful effort per day; minimum 32 hours of purposeful effort in total. Gold Award participants must also complete a Gold Residential Project.



## What are you expected to do?

Decide on which main activities you intend to follow for each of the section. You should aim to pursue each of these activities throughout the academic year. The meaning and activities involved in each section are as follows:

### i. **Physical Recreation (all activities that we learn and required major physical movements)**

Encouraging healthy behaviors has benefits, not only for participants but also for their communities, whether through improved health, or active participation in team activities. This section specifically aims to improve the team skills, self-esteem and confidence of participants, which in turn can help improve both their physical and mental health.

Examples of Physical Recreation:

- Ball sports – football, rugby, volleyball, basketball, cricket, golf, tennis
- Athletics – running, jumping, throwing, biathlon, triathlon, decathlon
- Water sports – canoeing, kayaking, swimming, water polo, diving, kite boarding
- Winter sports – skiing, snowboarding, curling, bobsleigh, ice hockey
- Martial arts – karate, judo, kickboxing, boxing, taekwondo, kendo

### ii. **Skills (all activities that we learn and not required major physical movements)**

This section provides the opportunity for a participant to either improve on an existing skill, or to try something entirely new. As with the other sections, a level of commitment is required over time to progress a skill. It leads to a sense of achievement and well-being, and possibly improved employability through the development of life and vocational skills.

Examples of Skills:

- Music – singing, learning to play an instrument, music event management
- Sports related – sports officiating, umpiring/refereeing, sports ground maintenance
- Arts and crafts – ceramics, embroidery, jewelry making, drawing, painting, sculpture, photography
- Nature and the environment – agriculture, astronomy, bee keeping, conservation, fishing, forestry, gardening
- Communication – film and video, languages, reading, writing, public speaking, journalism, website development
- Games – billiards, snooker or pool, chess, darts, backgammon

### iii. Voluntary Service

For this section participants are required to give service (volunteer) over a set period of time. This enables them to experience the benefits that their Voluntary Service provides to others in their community.

Examples of Voluntary Service:

- First aid
- Visiting and supporting people in need, such as the elderly, or those with disabilities
- Volunteering at a hospital or local care home
- Sports coaching
- Charity work

### iv. Adventurous Journey

The journey can be an exploration or an expedition but must be a challenge. The aim of this section is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork and health. Participants are taken out of their comfort zone but kept within a safe and secure setting, achieved through suitable training and supervision.

Examples of Adventurous Journeys (explorations and expeditions):

- Exploring the natural world: glaciation, erosion, geology, coastal studies
- Exploring river valleys, plant studies, exploring human impact: visitor pressure in national parks, pollution
- Carrying out health surveys or health education in remote areas
- Completing a demanding journey by foot, cycle, canoe or kayak
- Kayaking the entire navigable stretch of a river
- An extensive sail across an ocean
- Climbing the Alpine, Himalayan or other mountainous peaks
- Cycling from one end of a country to another

**v. Gold Residential Project (or Gold Project)**

Participants have the opportunity to share a purposeful experience with people who are not their usual companions and work towards a common goal, set out by the participants themselves. Through the Gold Residential Project participants will meet new people, explore life in an unfamiliar environment, develop new skills and, hopefully, have a life changing experience.

Examples of Gold Residential Projects:

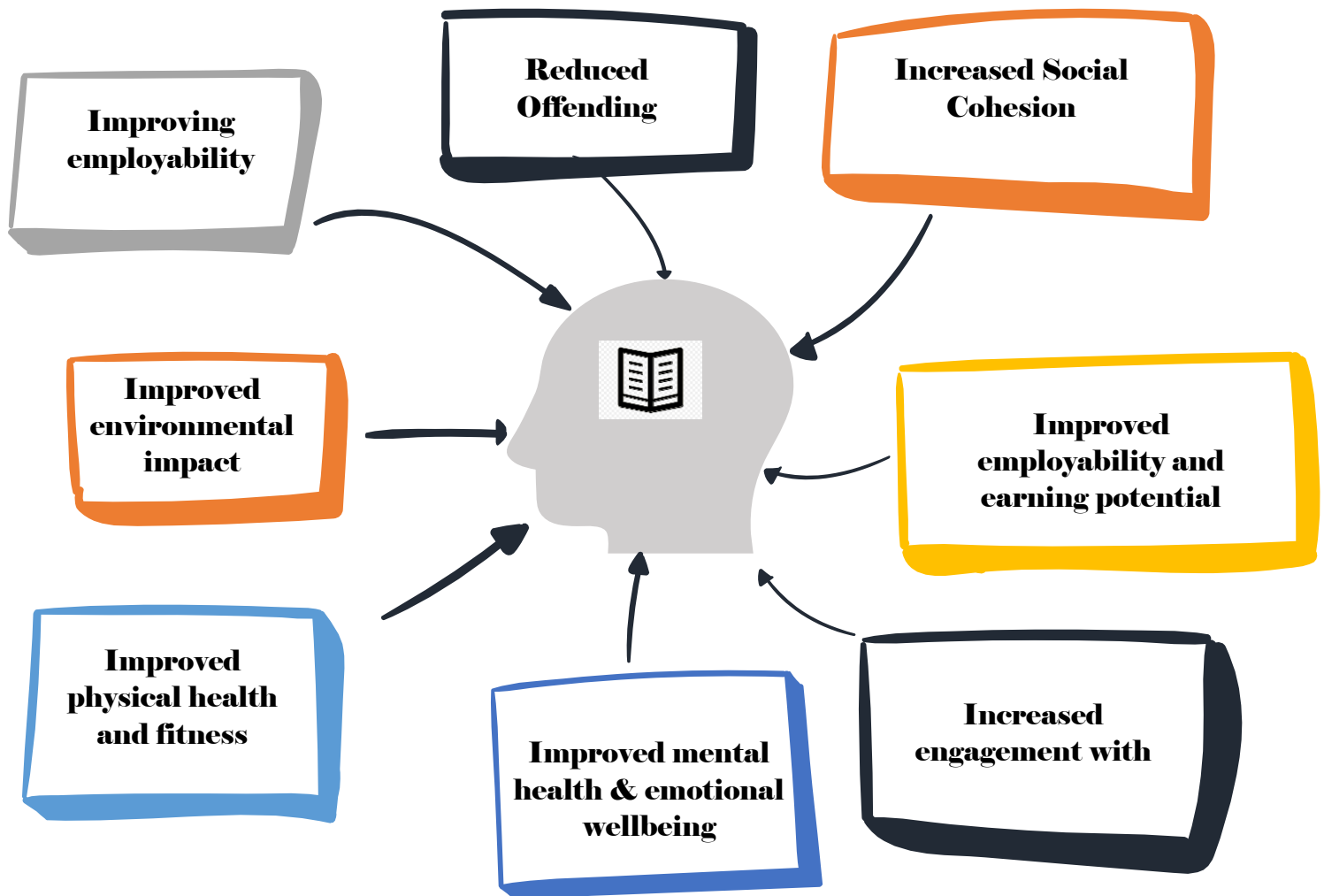
- Residential language courses
- Youth camp overseas
- Voluntary work with national parks, youth parliaments, sports coaching
- Crew member on a tall ship
- Work for an international charity
- Restoration projects

**Why I should join this award?**

This Award provides a healthy balance to the rigors of the academic curriculum by encouraging students to:

- Participate in physical activities
- Learn new skills
- Be involved with work which will benefit others
- Develop a sense of responsibility and commitment
- Become more self-confident
- Improve employment opportunities

**What participants experience after received the award?**



For complete stories, please click: <https://intaward.org/impact/award-stories/>

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Physical Activities



Learn New Skills



Find Your Own Identity



Community Service



Learn New Things



Provide New Experiences



Adventures Journey