

Gold Award

Information  
for parents  
and carers

# LIFE- CHANGING STUFF



THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD



GAISCE  
THE PRESIDENT'S  
AWARD



THE DUKE OF  
EDINBURGH'S AWARD

# THE JOURNEY STARTS HERE

By taking on the Award the young person in your life has made a life-changing decision. One that will help them to build life-long belief in themselves – and you can play a vital part.

Whatever their ability, interest or background, it's the chance for any young person to take on their own challenges, follow their own passions, discover new skills and make a difference in their community. What's more, achieving an Award can help make their applications to colleges, universities and employers really stand out.

If your young person has completed Bronze or Silver you'll know just how powerful the Award programme can be. Gold is the ultimate Award achievement, so to get there takes an even bigger commitment. There's an additional 'residential' section to complete, and the whole programme is longer, harder – but even more rewarding.

Time and again, we've seen that when young people build belief in themselves, there are no limits to what they can achieve. Thank you for supporting your young person on their Award adventure.

**"The Award taught me that I am more than enough."** Lucy, 21

## STAY IN THE KNOW

Our regular newsletter for parents and carers is full of tips, helpful resources and recommended kit and expedition advice. Plus, you'll get access to exclusive discounts, events and prize draws.

**Sign up at [theawardni.org](https://theawardni.org)**





# WHAT YOU NEED TO KNOW

**The Award is open to any young person aged 14-24. They become progressively more demanding in terms of commitment with Bronze being the entry level Award and Gold the highest.**

## **The sections**

To achieve Gold young person needs to choose and complete their own programme of activities in these five sections.

### **VOLUNTEERING**

Make a difference in their community by helping individuals or organisations.

### **PHYSICAL**

Improve in an area of sport, dance or fitness.

### **SKILLS**

Develop and discover practical and social skills and interests.

### **EXPEDITION**

Plan, train for and complete an adventurous journey.

### **RESIDENTIAL**

Take part in a shared activity away from home.

The activities within each section are up to each participant – so every programme really is unique and personal. From photography to wheelchair basketball, fundraising for a charity to mentoring a sports team, they can try something totally new or aim to get better at something they already love. The possibilities are endless.

## **The timescales**

Doing the Award takes commitment, but it's easy for young people to fit it around their studies and social life. Participants should expect each activity to take one hour a week for a set period of time.

## **The impact**

Since starting in 1956, millions of young people have built life-long belief in themselves through the Award. From having fun with friends, to physical fitness and wellbeing, to essential skills for work and life, here are just a few of the benefits of doing the Award for young people:

- Earn a recognised mark of achievement that's great for CVs, university and job applications
- Try something new and become more confident in all areas of life
- Develop resilience and learn how to overcome challenges
- Get fitter, happier, and healthier
- Play an active role in helping their local community
- Improve social skills and make new friends.

**Find out more about the Award at [theawardni.org](http://theawardni.org)**

# FOUR THINGS FOR PARENTS & CARERS

From Bronze right through to Gold, parents and carers can play a vital supporting role in any young person's Award adventure.

## 1. Be supportive

Every Award is a commitment.

To make sure your young person has the best chance of completing, encourage them to choose activities that excite them, are available locally and suit your budget. They will also be likely to need help with transport and buying kit and equipment. And as their Award comes to an end, encourage them to ensure they have their Assessors' reports, so they can get their Award signed off.

## 2. Be saving

Every participant gets an Award card that gives you great discounts at leading outdoor shops such as GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso. You can help make sure they're getting the best possible deals by visiting [theawardni.org](http://theawardni.org)

## 3. Be sure

Make sure they check their plans with their Award Leader so that everything counts and fits in the right sections. Remind them to update their Award pages online, or through the free app, using photos and other evidence of progress.

You may also need to help them find an Assessor to sign off sections, such as a sports coach, art teacher or activity leader (not a family member).

## 4. Be safe

It's important to know that if they are under 18, you are responsible for ensuring that proper safeguarding checks and procedures are in place wherever they are doing their Award activities, particularly if you have arranged the activities yourself.

When using our online system young people should never share their username or password and ensure that anything they post is useful and polite. If you have any safeguarding concerns around bullying or harassment or are subject to anything sexual or racially offensive, you should report it to your young person's school or youth organisation. You can find additional support at: [www.childline.org.uk](http://www.childline.org.uk) or [www.nspcc.org.uk](http://www.nspcc.org.uk)

Further safeguarding information can be found on our website [theawardni.org](http://theawardni.org)

## Contact:

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