

AWARD COMPONENTS



The Award is split into four main categories that each member has to comply with in order to receive an award for participating in the program.

To gain an award, the following components all need to be completed:

SERVICE



ADVENTUROUS JOURNEY



PHYSICAL RECREATION



SKILLS



For each component students need to have an instructor monitor their progress in that particular activity. Any responsible adult over the age 18 can be an instructor to record improvements and write a brief report at the conclusion of their activity. These activities can be from the EIS-J After School Activity Programme or they can be provided by agencies outside of the school. The activities selected are a result of student interest and available resources.

Students are required to record their progress on activity rosters.

The following contains more information for each award component:

SKILLS

Aim: To encourage the development of personal interests and practical skills.

Examples: A simple "rule of thumb" is that if the activity does not make you sweat, it's a Skill! Some examples are given here:

- Music: Playing an instrument; music appreciation; learning musical theory; singing in a choir or band; singing solo; bell ringing; being a disc jockey
- Sports related: Sports officiating; umpiring and refereeing; sports appreciation; sports equipment making and maintenance; sports ground maintenance; dance appreciation; flying; gliding; motor sports; marksmanship
- Crafts: basket weaving; cake decoration; candle making; ceramics; clay modeling; cookery; embroidery; dressmaking; egg decoration; enameling; flower arranging; glass painting; glasswork; jewellery making; knitting; lace making; leatherwork; origami; quilting; rug making; soft toy making; spinning; t-shirt painting; weaving;
- Arts: architectural appreciation; art appreciation; calligraphy; drawing; history of art; painting; photography; sculpture
- Nature: aquarium keeping; astronomy; bee keeping; conservation; fishing; gardening; horticulture; horse care and handling; keeping pets; weather studies / meteorology
- Communication: film and video making; film studies; sign language; foreign languages; newsletter and magazine production; writing; presentation skills; public speaking and debating
- Hobbies: aircraft recognition; brass rubbing; coin collecting; stamp collecting; ship recognition; model construction; model soldiers
- Games: billiards; snooker; pool; card games; chess; draughts; darts; backgammon; other table games; fantasy role playing games; war games
- Life skills: committee skills; democracy and political studies; event planning and organising; drugs awareness; health awareness; peer education; money management
- Vocational skills: accounting; hairdressing; vehicle maintenance; IT; engineering; journalism; fashion; furniture making; metal work; secretarial studies; woodwork; upholstery
- Performance skills: drama and theatre skills; circus skills; puppetry;

ADVENTUROUS JOURNEY

Aim: To encourage a spirit of adventure and discovery whilst undertaking a journey in a group.

There are two types of journey which qualify under this Section:

1. Exploration
2. Expedition (refer to the separate expedition section for more information)

PHYSICAL RECREATION

Aim: To encourage participation in physical recreation and improvement of performance

Examples: A simple "rule of thumb" is that if the activity makes you sweat, it's a Physical Recreation! Some examples are given here:

- Ball sports: football; volleyball; basketball; netball; handball; cricket; croquet; hurling; baseball; softball; rounders; hockey; tennis; squash; table-tennis; lacrosse etc.
- Athletics: running; jumping (high or long); throwing (hammer, javelin, shot put); biathlon; triathlon
- Water sports: canoeing; kayaking; swimming; water polo; sailing; surfing; windsurfing; kiteboarding; water skiing; diving; synchronized swimming; rowing; canoe polo etc.
- Winter sports: skiing; snowboarding; luge; skeleton; bobsleighing; ice skating; ice hockey; curling etc.
- Martial arts: karate; aikido; judo; kickboxing; boxing; tae kwon do; kung fu; fencing; kendo
- Animal sports: horse riding; polo
- Fitness activities: aerobics; jogging; skipping; walking; weight training
- Adventure sports: rock climbing; mountaineering; parachuting; caving and pot holing; hang-gliding; paragliding
- Dancing; gymnastics
- Miscellaneous: cycling; trampolining; wrestling; roller skating; skateboarding; BMX; orienteering; badminton

SERVICE

Aim: To learn how to give useful service to others.

Examples:

The following list gives some examples but is not exhaustive.

People in the Community

- Visiting people in need, such as elderly or disabled people, on a regular basis to provide assistance with shopping, gardening or other domestic tasks, or simply to keep them company
- Voluntary work in hospitals and care centres
- Helping with a local community radio or newspaper
- Sports coaching or leadership
- First aid - doing a course and then making their skills available to the benefit of the local community i.e. being a first-aider at football matches or dance competitions etc.

Youth Work

- Acting in a leadership role in a youth club or uniformed youth organisation
- Assisting in the teaching of primary school children

Community Education and Health Education

- Working with experienced persons to educate the local community, or specific groups within it, on important issues such as prevention of leprosy or malaria, AIDS education, primary health care, immunisation campaigns, drug / alcohol awareness education
- Teaching a person to read or write

Environmental Service

- Participating in a conservation project, e.g. eco or recycling club
- Caring for a public or school garden
- Providing, maintaining, and encouraging the use of public wastepaper bins
- Caring for animals under threat

- Working in a clean-up campaign

Charity Work

- Fundraising for a charity
- Creating or maintaining a charity website or newsletter

Emergency Services

- Helping an emergency service team, e.g. fire services, surf life-saving, lifeboats, coastguard, police, mountain rescue, civil defence
- Assisting with local or national disaster operations

RESIDENTIAL PROJECT

Aim: To broaden experience through involvement with others in a residential setting.

Examples:

This is only required at Gold level.

This is held in conjunction with the gold expedition and is often activity based.

*challenging
young people
everywhere*