

MOVE, HELP, EXPLORE

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

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Over 450,000 young people take part in the programme in the UK every year, and many more in 130 countries around the world. What is it? The Duke of Edinburgh's International Award (DofE).

DofE is a programme for anyone aged from 13 to 24. What does it involve? Doing some physical activity, developing a skill, some volunteering, and an adventurous journey. If you have some free time, if there are things that you always wanted to try but were never able to start, and if you like to travel, you may be interested in taking part.

In the programme, you do what you enjoy and get awarded for it. You'll get a certificate valued by employers and international universities. Besides, the programme helps you to stay fit, work on your skills and help others.

Almost any activity can be part of a DofE Award. Your physical activity could be anything from jogging or tennis to parkour

or contemporary dance. Your skill could be playing a musical instrument, learning to program, writing poems or something completely different. As a volunteer, you could give extra lessons to your friends or help out at the local dog shelter. And your adventurous journey will improve your outdoor skills.

The programme was started in 1956 by Prince Philip, Duke of Edinburgh, husband of Queen Elizabeth II. The Czech Republic joined the programme in 1995 and today more than 4,000 students take part here every year. The programme is still supported by the British royal family, and every few years somebody from the royal family meets the Czech participants to give them their awards.



HOW DOES IT WORK?

Anyone aged 13–24 can participate. There are three levels of DofE you can choose from:

- Bronze (for people aged 13+, takes at least 6 months)
- Silver (for people aged 15+, takes at least 12 months)
- Gold (for people aged 16+, takes at least 18 months)

There are four sections from which you can pick activities:

- Physical Recreation (= sport)
- Skills (= improving any kind of skills)
- Voluntary Service (= volunteering)
- Adventurous Journey (= a several-day camping trip)

You can get involved at your school or through the virtual platform iDofE. For more information, check out www.dofe.cz. You can also find "dofeczech" on Instagram, Twitter and Facebook.