

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD



Welcome to the Duke of Edinburgh's **International Award**

Purpose: The complete your registration for the Online Record Bureau

Purpose of today:

- Introduction to the ORB
- Using the ORB
- Using the ORB App



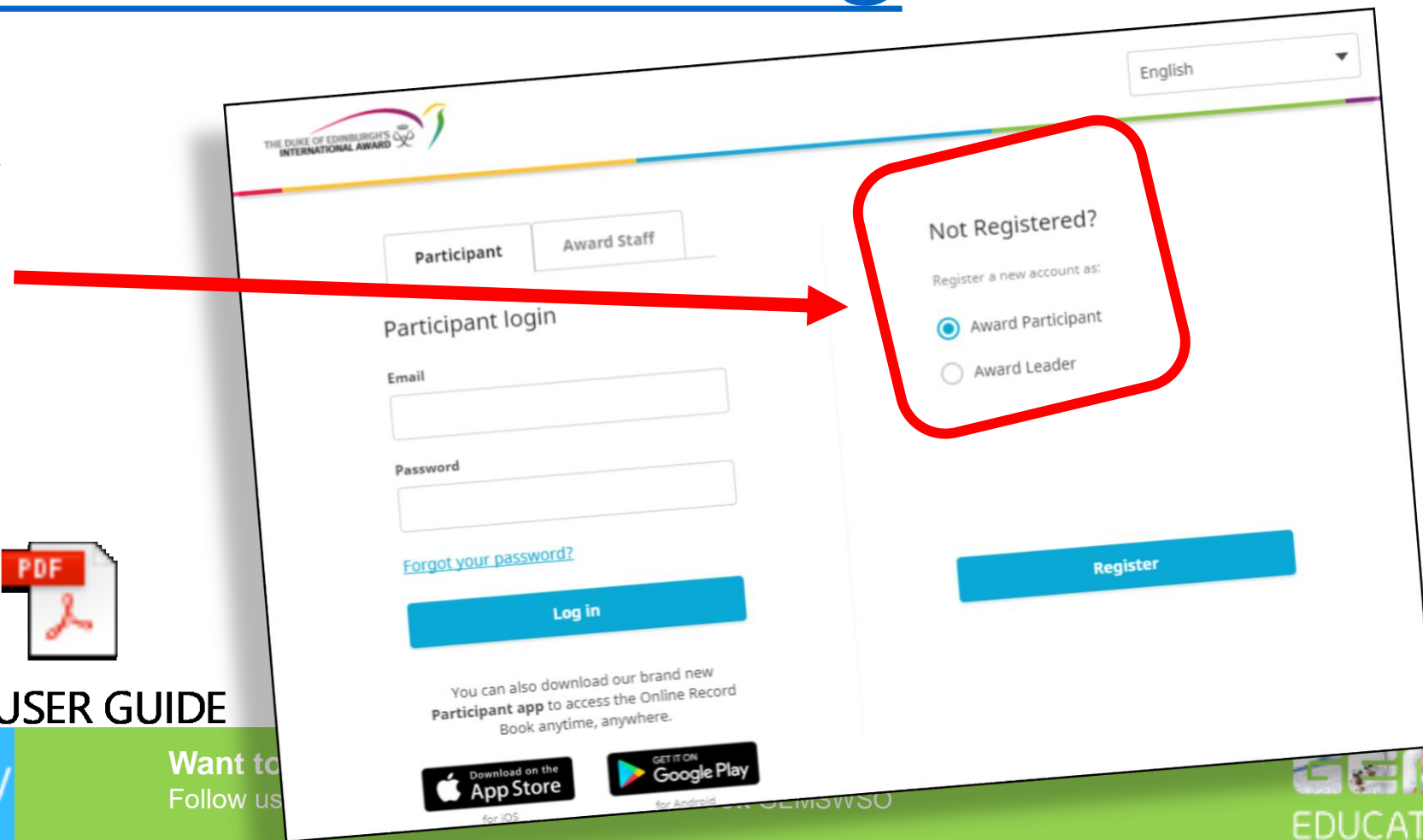
Using the ORB

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- www.onlinerecordbook.org

- Click here and go through the registration process.



Download the Full Website User Guide Here



ORB USER GUIDE

Stage 2:

*Enter your country and
our school name:*

Gems Wellington Academy

Stage 3:

*Select your Award – Bronze,
Silver or Gold*

Stage 4:

Enter your contact details (+971)

Stage 5

Enter your personal details

Stage 6

Confirm your password

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Welcome to the Online Record Book

You are now registering as an Award participant.

Select Country

United Arab Emirates

Select your Award Unit

GEMS Wellington Academy Dubai Silicon Oasis
PO Box 49746, Dubai

Do you know who your Award Leader is?

Yes

No

Continue

Award Level

What level of the Award are you registering for?

What level of the Award are you registering for?

Bronze Level

Silver Level

Gold Level

Continue

Contact Details

Email

hello@gmail.com

Phone number

+971564432823

Confirm email

hello@gmail.com

Phone type

Mobile

Continue

Personal Details

Title

Select

First Name

Middle Name

Date of Birth

Date

Gender

Male

Female

Prefer not to say

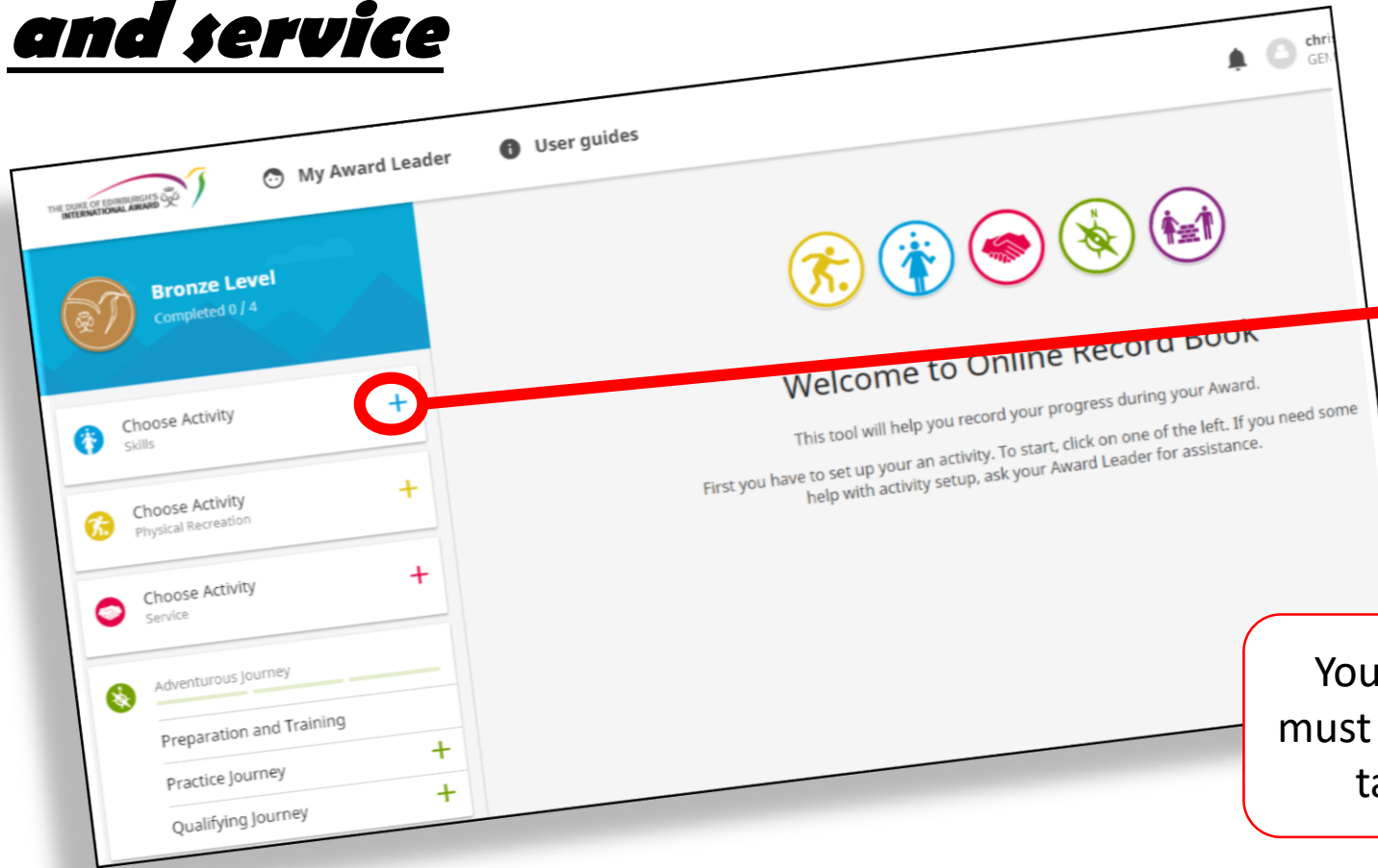
Nationality

Select

Employment Status

Selecting your skills, physical recreation and service

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New Activity [X]

Activity Details

Category
Select

Goal
[]

Assessor Details

Title
Select

Name
[]

Goal

I aim to achieve a grade 7 in my guitar by Ju

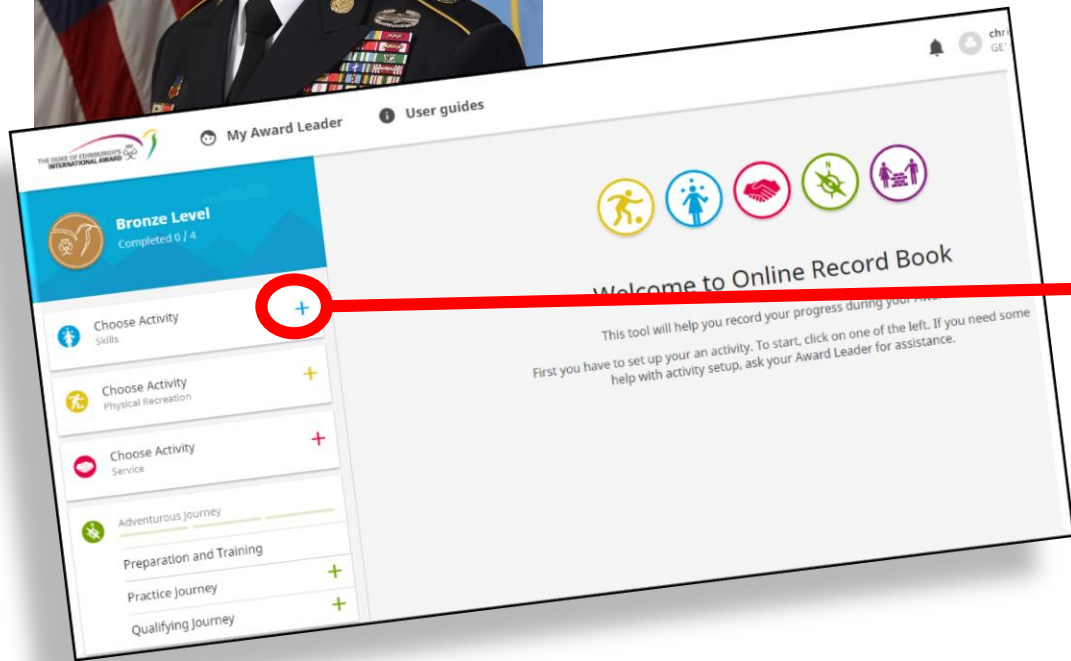
Assessor Details

Title
Mr.

Name
A Coustic

Your targets must be SMART targets.

Selecting your Major



New Activity

To hold a skype conversation with my french friend for 30 minutes.

Assessor Details

Title
Ms. X ▼

Name
Dawn French

Email
d.french@gmail.com

Choose as Major activity

Major activity means that you have to spend an extended amount of time on this activity compare to others. For Gold and Silver the extra time required is six months, for Bronze it is three months.

SETUP



Changing your Major

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My Award Leader User guides

Chris Mulgrew
GEMS Wellington Academy

Profile
Settings
Award Summary
Change Major Activity
Logout

Welcome to Online Record Book

This tool will help you record your progress during your Award.
First you have to set up your activity. To start, click on one of the left. If you need some help with activity setup, ask your Award Leader for assistance.

Bronze Level
Completed 0 / 4

- French Skills
- Snowboarding Physical Recreation
- Numeracy Service
- Adventurous Journey
- Preparation and Training
- Practice Journey
- Qualifying Journey

Select your Major Activity

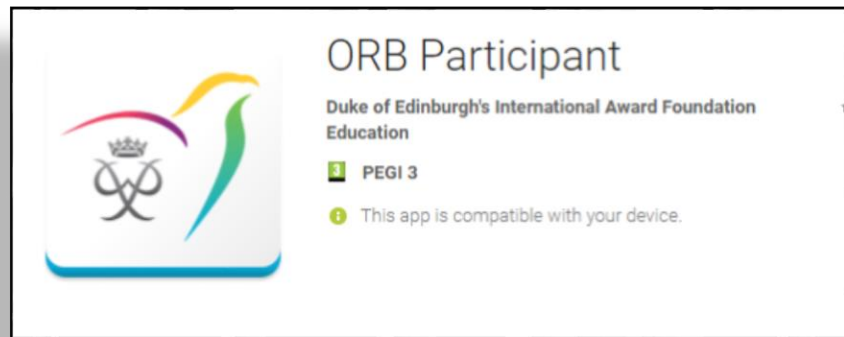
Major Activity means that you will have to spend an extended amount of time on this activity compared to the others. For Gold and Silver the extra time required is six months, for Bronze it is three months.

- Skills
- Physical Recreation
- Service

SAVE

FOR THE TECH SAVVY – THERE'S AN APP

I recommend you do your set up on the website. However, completing your logs and providing picture evidence is super easy on the app. The app is called **ORB Participant** and is available on both platforms.



Download the Full APP
User Guide Here



App User Guide

Setting some SMART Targets

Activity Type
Gym / Personal Programs x ▾


Activity
Cycling x ▾

Goal
To cumulatively cycle a total of 600 kilometers. To cycle a total of 50 kilometers per month.

Activity Type
Foreign Languages x ▾

Activity
German x ▾

Goal
To develop a greater understanding and deeper knowledge of foreign languages, including German and Korean. To complete the Talk to Me In Korean course up to Level 5. To complete half of the Duolingo 'German'





 Adventurous Journey Settings

Goal
The principal goal was to capture the various landscapes, species, and views I see throughout the journey through photography techniques I have learnt from my teammates. I hope to complement this through collaboration, creativity, and evaluation of my photography skills that I develop there.






Note
During DofE, I travelled with a group of 6 other students across Musandam, Oman. This journey was part of the assessed component of the DofE award and prior to this, we completed the "Practice" journey, in which we would use lessons learned from it to prepare for this trip.

Examples of documents you need to upload - Skill

Detail Silver Level History Log

Award detail  Physical Recreation  Skills  Service  Adventurous Journey 1-1-1 Documents Add Activity

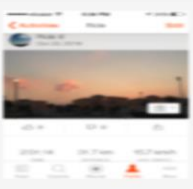
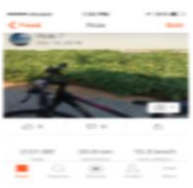
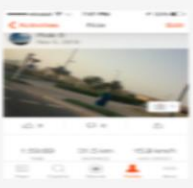
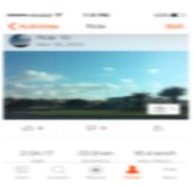
Create new

File	Title	Uploaded by	Date	Section	Assessor report	Action
	Duolingo German Evidence		11/07/2016	Skills	×	Remove
	Duolingo German Evidence		11/07/2016	Skills	×	Remove
	Duolingo German Evidence		11/07/2016	Skills	×	Remove
	Duolingo German Evidence		11/07/2016	Skills	×	Remove
	Duolingo German Evidence		17/07/2016	Skills	×	Remove

Examples of documents you need to upload - Service

	Session 1		19/11/2016	Service	✘	Remove
	Session 2		19/11/2016	Service	✘	Remove
	Session 3		19/11/2016	Service	✘	Remove
	Session 4		10/12/2016	Service	✘	Remove
 PDF	Practice Expedition Reflective Presentation		10/12/2016	Adventurous Journey	✘	Remove
	TTMIK Korean Evidence		20/12/2016	Skills	✘	Remove
	TTMIK Korean Evidence		20/12/2016	Skills	✘	Remove

Examples of documents you need to upload - Physical

	Cycling Evidence		28/12/2016	Physical Recreation	✗	Remove
	Cycling Evidence		28/12/2016	Physical Recreation	✗	Remove
	Cycling Evidence		28/12/2016	Physical Recreation	✗	Remove
	Cycling Evidence		28/12/2016	Physical Recreation	✗	Remove

Descriptions must be included each section

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Physical Recreation							
Status	Major	First Activity Start Date	Hours Completed	Weeks Completed	Hours Required	Weeks Required	% Complete
In progress	No	28-Aug-2016	30.00	26.64	26.00	26.00	100

Gym / Personal Programmes, Cycling		
Date	Hours	Description
28-Aug-2016	2: 0	On my first ride, I cycled a total of 25.8km in 2 hours as evidenced by photos.
31-Aug-2016	1: 0	Ride 2: I cycled a total of 15.1 kilometers in approximately 1 hour. My average speed was 15.2 km/h - an increase of 2.1 km/h from my previous speed.
09-Sep-2016	1: 0	Ride 3: I cycled a total of 17.1 kilometers in approximately 1 hour. My average speed was 17.1 km/h - an increase of 1.9 km/h from my previous speed.
14-Sep-2016	1: 0	Ride 4: I cycled a total of 19.6 kilometers in approximately 1 hour. My average speed was 19.6 km/h - an increase of 2.5 km/h from my previous speed.
23-Sep-2016	1: 0	Ride 5: I cycled a total of 19.1 kilometers in approximately 1 hour. My average speed was 19.1 km/h - a decrease of 0.4 km/h from my previous speed.
30-Sep-2016	1: 0	Ride 6: For this ride, I decided to increase the gear from 7 to 8, which increases resistance. I cycled a total of 17.1 kilometers in approximately 1 hour. My average speed was 17 km/h - a decrease of 2.0 km/h from my previous speed.
15-Oct-2016	2: 0	Ride 7: I decided to cycle for 2 hours, rather than 1, in order to focus on improving my stamina. Hence, I cycled a total of 30.8 kilometers with an average speed of 15.3 km/h. I also lowered the gear to avoid straining my muscles too much, however I do plan to increase it for the next ride.
22-Oct-2016	2: 0	Ride 8: I continued cycling for 2 hours. This time I cycled 31.7 kilometers with an average speed of 15.7 km/h. This is an increase of 0.9 kilometers and 0.4 km/h from my previous riding session.
05-Nov-2016	2: 0	Ride 9: I am becoming more accustomed to cycling for 2 hours at a time. During this session I cycled for a little under 2 hours, doing so for 31.5 kilometres with an average speed of 15.9km/h. This is an increase of speed of 0.2km/h but a decrease in distance of 0.2m from my previous session. This is expected as I cycled for slightly longer during my previous session.
19-Nov-2016	2: 0	Ride 10: During this session, I cycled 33.9 kilometers with an average speed of 16.4 km/h. This was a distance increase of 2.4 kilometers and a speed increase of 0.5 km/h from my previous session. So far, this has been my best riding session for 2 hours and I attribute this to having a high-energy meal prior to cycling. I also have been doing more warm-up exercises throughout the two weeks so this helped too.
03-Dec-2016	1: 0	Ride 11: I cycled 32.8 kilometers with an average speed of 16.3 km/h. This was a distance decrease of 1.1 kilometers and a speed decrease of 0.1 km/h from my previous session. During this session, I felt particularly tired and had delayed the ride until night-time, thus increasing my fatigue. However, surprisingly the session did leave me feeling more energised.
17-Dec-2016	2: 0	Ride 12: Today, I cycled on a different track which had a slightly rougher terrain. I cycled 33.7 kilometers with an average speed of 16.6 km/h. This was a distance increase of 0.9 kilometers and a speed increase of 0.3 km/h from my previous session.

You need to sign off your section when it is complete. You will print it, get it signed by your supervisor and upload it.

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08-Apr-2017	2:0	Seeing as we didn't have tennis this week (as a result of school breaks) I worked on fixing up the databases involved in the charity and completing administrative work. This included adding pictures and profiles of newcomers as well as deleting volunteers/athletes that had left. I also worked on creating promotional posters for the charity so that I could advertise it at my school.
22-Apr-2017	2:0	Today I attended the final session of DTLW. We changed the structure of the session so that us volunteers were able to collaborate and create our own drills and games to play with the athletes. In doing so, we had a lot of fun and used several team-building skills. Although it was quite emotional, it was magnanimous that everyone was to return again next year with as much light and spirit as before.
29-Apr-2017	2:0	Today I attended the last final session of DTLW's 2017 season in which we spent 1 hour recapping our skills over the season and playing indoor tennis games and the next hour having a small end of season celebration to mark our accomplishments this season. For this reason, it was quite emotional as we made several strong ties with both athletes and volunteers as well as several lifelong friends. This consequently encourages me evermore so to join next year's volunteer team in hopes of developing my coaching skills in improving the athletic skills of the athletes.
13-May-2017	2:0	This week I spent time with the administrative team planning for future development of the organisation. Next year, I hope to continue volunteering for DTLW and further my relationships with the various members that attend the club. We plan to implement further measures in terms of t-shirt designs, drill protocols, and session focuses - all of which will come to fruition during September of this year.

ASSESSOR REPORT

Certify That as the Assessor of this activity that the participant has met the requirements. Please comment on the participant's improvement/performance/commitment.

Amoerch did a fantastic job supporting this charity and always put 100% into each session. As a result of this, she has had opportunities to reflect & improve her own practise, something that is equally as important.

Signed: Enda Day Date: 7/6/17
 Name: Enda Day Contact Phone/Email: enda01@gmail.com
 Qualifications: Teacher
 Experience: n/a.

Adventurous Journey

Examples of Adventurous Journeys (explorations and expeditions)

- Exploring the natural world: flora, fauna, 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 mountainous peaks
- Cycling from one part of a country to another
- Undertaking a challenging journey in an urban environment

<https://quik.gopro.com/v/SIQeHC5pkX/>

Time requirements

Level	Days	Nights	Minimum total hrs purposeful* effort	Minimum average hrs purposeful* effort/day
Bronze	2	1	12	6
Silver	3	2	21	7
Gold	4	3	32	8

Adventurous Journey



Route/Map

Throughout the trip, we trekked ~50 kilometres.

- Stops when needed
- Frequent meals - no fixed time
- Proper meals at checkpoints



Food List

The problem:

Unequal distribution in proper meals to snacks.

Days	Breakfast	Snacks	Lunch	Dinner
Day 1:		KiKat Chunky Cereal bars	Turkey sandwiches, Veggie sandwiches	Beans Rice S'mores
Day 2:	Oatmeal Peanut Butter/Nutella Sandwiches	beVita biscuits Trail mix	Tuna and arabic bread, Hummus	Instant soup, Rice, Potato
Day 3:	Pancakes Jam sandwiches	Dried fruit Dark chocolate M&M's	Instant noodles	

Food that would have been **better** to carry would be:

- Pre-packed sandwiches (instead of bread loaves)
- Ready-made pasta (instead of rice)
- More beans (as they were high in energy)
- Dates
- Glucose/energy powder

Practice Journey Review

Include:

- photos
- Route/ map
- Food diary
- Equipment list

Equipment List

Problems:

- Heavy equipment (tents)
- Not packing necessary equipment
- Unequal weight distribution

Unnecessary Equipment:

- Cans of food
- Pillow
- Extra Clothes
- Toiletries (shampoo/body gel)

Equipment to carry next time:

- First aid kit (including blister bandages)
- Lightweight tents
- Travelling pillow (because it's small)



Incidents

Weather:

- Very hot on the last day - resulted in fatigue and dehydration

Equipment failure:

- Broken tent zipper
- Cooking pot had no handle

Injuries/Health Issues:

- Several blisters
- Stitches after walking
- Lack of physical fitness for trek

Motivation:

- Lack of motivation
- Music & encouragement

Cooking:

- Lack of suitable equipment (pots)
- Broken stove burner

