



**THE PRESIDENT'S AWARD  
For Youth Empowerment**

**GUIDELINE ON AWARD ACTIVITIES**



**Community Services**

**People in the Community:**

- Visiting people in need, such as elderly or disabled people, on regular basis to provide assistance with shopping, gardening, or other domestic tasks, etc.
- Voluntary Work in hospitals, clinics, care centres, etc.
- Visiting prisons or detention centres under the auspices of proper authorities
- Helping with local Community radio or newspaper
- Sports Coaching or Leadership
- First aid- doing a course and then making your skills available to the benefit of the local community i.e. being a first aider at netball, football matches or dance competitions, etc.

**Youth Work:**

- Acting in a leadership role in a youth club, uninformed youth organization, at school or church, etc.
- Assisting in the teaching of primary or Sunday school children
- Helping other young people participate in the Award by acting as a leader for Bronze or Silver participants under the guidance of one's own Award Leader

**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, etc.
- Teaching a person to read or write

**Environmental Services**

- Participating in a conservation project, e.g. clearing wasteland, cleaning a river, or caring for threatened wildlife or trees
- Caring for a public or school garden
- Providing, maintaining, and encouraging the use of public wastepaper bins (even at your school)
- Caring for animals under threat
- Working in a clean-up campaign

**Charity Work**

- Fundraising for charity
- Collecting food, clothes, toys, etc. for a needy organization or group
- Creating and maintaining a charity website or newspaper
- Grass plant projects
- Reconstruction and building renovations, etc

**Emergency Services**

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

**Skills & Interest:**

**Vocational Skills:**

Computer, Accounting, hairdressing, vehicle maintenance, information technology, engineering, journalism, fashion, furniture making, furniture restoration, secretarial studies, tailoring, woodwork, carpentry, entrepreneurship, metal work, upholstery, fashion

**Nature:** Agriculture/ farming, bee keeping, fishing, animal care, forestry, astronomy, gardening, horse care and Handling, insects study, weather studies

**Performance skills:** Drama & theatre skills, circus skills, puppetry

**Sports related:** Sports officiating, umpiring and refereeing, sport equipment making

**Communication:** Film & video making, sign language, Braille, foreign languages, reading, writing, presentation skills, public speaking & debating

**Games:** Snooker, chess, darts, card games, table games,

**Hobbies:** Cooking, Modelling, coin collection, stamp collection, model construction

**Music:** Playing an instrument, singing,

**Crafts:** Beading, basket weaving, cookery, embroidery, leatherwork, Pottery, t-shirt printing, glass painting, glasswork, jewellery making, leatherwork, soft toy making, t-shirt painting,

**Art:** Calligraphy, drawing, painting, photography, sculpture

**Life skills:** Leadership, Committee skills, event planning and organising, drugs awareness, health awareness, peer education, money management

### **Physical Recreation:**

- **Ball Sports:** Rugby, netball, table tennis, soccer, volleyball, basketball, soft ball, handball, hockey, cricket, tennis, squash,
- **Athletics:** Running, jumping (long or high), throwing (hammer, javelin, shot put) biathlon, triathlon, etc.
- **Water sports:** Canoeing, swimming, rowing, kayaking, water polo, sailing, surfing, wind surfing, kiteboarding, diving, etc.
- **Martial arts:** Karate, aikido, boxing, judo, kick boxing, kung fu, fencing, etc.
- **Animal sports:** Horse riding, polo
- **Fitness activities:** Aerobics, jogging, skipping, walking, weight training
- **Adventure Sports:** Rock climbing, mountaineering, parachuting, caving and pot holing, hand-gliding, paragliding, etc.
- **Miscellaneous:** Cycling, gymnastics, weight lifting, trampolining, wrestling, roller skating, skateboarding, orienteering, badminton etc.
- **Dancing**

### **Adventurous Journeys**

#### **Type of Adventurous Journey:**

**Expedition** : A Journey with a purpose. Primary Focus is on Journeying

**Exploration:** A purpose with a Journey. Primary focus is to observe and collect information relevant to the purpose.

#### **Expeditions and Explorations**

- **Exploring the natural world:** glaciation, erosion, geology, coastal studies, river valleys, plant studies, bird studies, animal studies, insect studies, etc.
- **Exploring human impact:** visitor pressure in national parks, litter studies, pollution monitoring, surveys of numbers of walkers in remote areas, etc.
- **Personal artistic expression or aesthetic appreciation**
- **Exploring historic land use:** study prehistoric man, historical periods
- **To investigate** the evolution or extinction of a language.
- **Carry out health surveys** or health education in remote areas
- **To complete a demanding journey**
- **To investigate group dynamics** in Challenging conditions

### **Residential Project: (On GOLD level only)**

- **Personal training courses:**  
Residential language courses, leadership training, skills development, ecology study courses, Award Leadership course, youth camps, youth parliaments, etc.
- **Environment and conservation projects:**  
Environmental cleanup, volunteer work with national parks, research on habitats and ecosystems, restoration of buildings, etc
- **Service to other people and communities**  
Provision of facilities, construction projects, assisting as a leader at an annual camp for young people, working with overseas aid charity, working in a care home or hospital, etc.
- **Activity based**  
Outdoor adventure courses, sports coaching, sport skills development, tall ships race, etc.