



**NORD ANGLIA  
INTERNATIONAL  
SCHOOL  
AL KHOR**

*Information Booklet for the  
NAISAK Award*



At Nord Anglia International School Al Khor, we are always encouraging you to be ambitious in your learning. We have recently developed the NAISAK Award to encourage you to be ambitious in your wider lives as well as in school. We are running this with the intention to bring the Duke of Edinburgh International Award to NAISAK in the future.

The Award is voluntary, non-competitive, enjoyable and balanced, and requires effort over time. There are three levels to the Award: Bronze, Silver and Gold. Young people design their own Award programme, set their own goals and record their own progress. They choose a Service, Physical Recreation, Skills activity, go on an Adventurous Journey and, to achieve a Gold Award, take part in a residential project. The only person they compete against is themselves, by challenging their own beliefs about what they can achieve.

The NAISAK Award serves therefore as preparation for the International Award should you choose to take up the challenge in the academic year 2017-2018. Those taking part in Silver or Gold awards will be able to carry forward the time served into next year, as participants sometimes find they are not always able to meet all requirements in a single academic year.

The International Award is held in high regard by educational institutes and employers, as students who participate develop their soft skills that demonstrate an ability to adapt to new situations, work in teams, being accountable and show dedication towards completing tasks.

The NAISAK Award consists of four sections:

**Service:** You will undertake an hour a week helping others and volunteering in a community activity. Volunteering is all about making a difference to other people's lives. Perhaps you are interested in animals or conservation? Or you might like to work with older people or raise money for a cause that means a lot to you? From teaching children cyber safety to starting a local recycling campaign, the Service section of your NAISAK Award enables you to give your time to help others and change things for the better.

You will really put your heart into volunteering through your NAISAK Award.

**Skills:** The Skills section is about discovering what you are really good at. Maybe you want to get better at something you already do, like playing a musical instrument, or learn something for the very first time, like how to design a website?

By developing practical and social skills and nurturing your personal interests and talents, you will boost your self-esteem and your CV.

**Physical Recreation:** The Physical section is a chance for you to focus on your health and fitness and have fun along the way. As long as you pick something that requires a sustained level of energy and physical activity, the possibilities are endless. Improve your football, rock climbing or dance skills, or try a completely new sport or activity. Join a team or do it on your own. You do not

have to be very fit or a world-class athlete - with the NAISAK Award, it is about setting your own challenges, giving 100% and being the very best you can be.

**Adventure:** As part of a small team, you will plan and complete two expeditions; a practice and final expedition that will truly stretch your horizons. You will improve your communication and leadership skills and take a rucksack full of memories home with you. Depending on the level of the award, the length and difficulty of the expedition will vary.

The award is split into three levels:

NAISAK AWARD	Service	Skills	Physical Rec.	Adventure
Bronze	3 months	3 months	3 months	6 hours
Silver	6 months	6 months	6 months	12 hours
Gold	6 months	6 months	9 months	21 hours

### Why Do it?

Good question!

Because, from the first day to the last it's a real adventure. Every section gives you something different - that's the fun of it!

You'll enjoy loads of new experiences, discover talents you never thought you had, challenge yourself and meet loads of people just like you. Plus you'll do things you love and get a kick out of. It's a real buzz!

Then there's all the other stuff...

...like the fact that achieving an Award will give you skills, confidence and a view on life that everyone is looking for, from employers to colleges and universities.

...you're getting recognised for doing things you want to do (and may even be doing already).

...plus you'll make a difference to other people's lives and your community, be fitter and healthier, make new friends and have memories to last you a lifetime.

And above all, it's great fun!

### **The International Award will be beginning in September so we will give more information then.**

The Duke of Edinburgh's International Award is the world's leading youth achievement award, bringing together practical experiences and life skills to equip young people for life. Since it was founded in 1956 by His Royal Highness The Duke of Edinburgh (husband to Queen Elizabeth II of the United Kingdom), over eight million young people have participated in the Award in over 140 countries and territories. Schools, colleges, universities, employers, social clubs, youth organisations such as the Scouts, Girl Scouts and Girl Guides, young offenders' institutions, religious organisations, sports clubs and more all run the Award.

## NAISAK Award and International Award Program Ideas

### Volunteering section

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community.

You can use this opportunity to become involved in a project or with an organisation that you care about.

#### Helping people:

Helping children  
Helping older people  
Helping people in need  
Helping people with special needs

Youth work

#### Community action & raising awareness:

Campaigning  
Cyber safety  
Council representation  
Home accident prevention  
Peer education  
Personal safety  
Promotion & PR  
Road safety

#### Working with the environment or animals:

Animal welfare  
Environment  
Rural conservation  
Working at an animal rescue centre

Litter picking  
Urban conservation  
Beach and coastline conservation  
Zoo/farm/nature reserve work

#### Helping a charity or community organisation:

Administration  
Being a charity intern  
Being a volunteer lifeguard  
Event management

#### Fundra

ising  
Mountain rescue  
Supporting a charity  
Working in a charity shop

#### Coaching, teaching and leadership:

Dance leadership  
Group leadership  
Leading a voluntary organisation group:

- Scout Association  
- Army Cadet Force  
- Girl guiding

Sports leadership  
Music tuition

### Physical section

Doing physical activity is fun and improves your health and physical fitness.

There's an activity to suit everyone so choose something you are really interested in.

#### Individual sports:

Archery  
Athletics (any field or track event)  
Biathlon/Triathlon/Pentathlon  
Bowling  
Boxing  
Croquet  
Cross country running  
Cycling  
Fencing  
Golf  
Horse riding  
Modern pentathlon  
Orienteering  
Roller blading  
Running  
Static trapeze  
Wrestling

#### Water sports:

Canoeing  
Diving  
Dragon Boat Racing  
Free-diving  
Kneeboarding  
Rowing & sculling  
Sailing  
Skurfing  
Sub aqua (SCUBA diving & snorkelling)  
Surfing/body boarding  
Swimming

#### Synchronised

swimming

Windsurfing

#### Dance:

Ballet  
Ballroom dancing  
Belly dancing  
Bhangra dancing

Ceroc

Contra dance

Country & Western

Flamenco

Folk dancing

Jazz

Line dancing

Morris dancing

Salsa (or other Latin styles) dancing

Scottish/Welsh/Irish dancing

Street dancing

/breakdance /hip hop

Swing

Tap dancing

#### Racquet sports:

Badminton

Matkot

Racketlon

Rapid ball

Real tennis

Squash

Table tennis

Tennis

#### Fitness:

Aerobics

Cheerleading

Fitness classes

Gym work

Gymnastics

Medau movement

Physical achievement

Pilates

Running/jogging

Trampolining

Walking

Weightlifting

Yoga

#### Extreme sports:

Caving & potholing

Climbing

Free running

(parkour)

Ice skating

Parachuting

Skateboarding

Skydiving

Snow sports (skiing,

snowboarding)

Snowkiting

Speed skating

#### Martial arts:

Aikido

Capoeira

#### Ju Jitsu

Judo

Karate

Self-defence

Sumo

Tae Kwon Do

Tai Chi

#### Team sports:

American football

Baseball

Basketball

Boccia

Camogie

Cricket

Curling

Dodge disc

Dodgeball

Fives

Football

Hockey

Hurling

Kabaddi

Korfball

Lacrosse

Netball

Octopushing

Polo

Rogaining

Rounders

Rugby

Sledge hockey

Stoolball

Tchoukball

Ultimate flying disc

Underwater rugby

Volleyball

Wallyball

Water polo

### Skills section

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

#### Performance arts

Ballet appreciation  
Ceremonial drill  
Circus skills  
Conjuring & magic  
Dance appreciation  
Majorettes  
Puppetry  
Singing  
Speech & drama  
Theatre appreciation  
Ventriloquism  
Yoyo extreme

#### Science & technology

Aerodynamics  
Anatomy  
Astronomy  
Biology  
Botany  
Chemistry  
Ecology  
Electronics  
Engineering  
Entomology  
IT  
Marine biology  
Oceanography  
Paleontology  
Physics  
Rocket making  
Taxonomy  
Weather/meteorology  
Website design  
Zoology

#### Care of animals

Agriculture (keeping livestock)  
Aquarium keeping  
Beekeeping  
Caring for reptiles  
Dog training & handling  
Horse/donkey/llama/alpaca handling & care  
Keeping of pets  
Looking after birds (i.e. budgies & canaries)  
Pigeon breeding & racing

#### Music

Composing  
DJing  
Evaluating music & musical performances  
Improvising melodies  
Listening to, analysing & describing music  
Music appreciation  
Playing a musical instrument  
Playing in a band  
Reading & notating music  
Understanding music in relation to history & culture

#### Natural world

Agriculture  
Conservation  
Forestry  
Gardening  
Groundsmanship

	Archae				
Growing carnivorous plants	ology	Dressmaking	tourism on the flora and fauna of the French Alps.	measure speed of flow, width and depth and comparing the differences along their route, trying to explain why this may be.	
Plant growing	Astronautics	Egg decorating	Drawing all the different star constellations you can see.		<u>By wheelchair</u> Following a disused railway track noting the current use of previous railway buildings.
Snail farming	Astronomy	Embroidery	Creating a photo guide to the Countryside Code round the Mourne Mountains.		Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
Vegetable growing	Bird watching	Enamelling	Using the cycle system in the Netherlands to undertake a research project on the provisions and quality of cycle paths compared to Britain.		Planning and doing a challenging route in the Peak District, making a video diary.
<u>Games &amp; sports</u>	Coastal navigation	Fabric printing	Producing a nature guide of your route for future visitors.		Planning a route in Cropton Forest to take a series of landscape photographs to use in a calendar.
Cards (i.e. bridge)	Coins	Feng Shui	Investigating features of the Thames using the Thames cycle path.		Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.
Chess	Collections, studies & surveys	Floral decoration	Doing a cycle of remembrance, taking in the historic wartime sites in Normandy.		Creating an expedition music play list that reflects the team's experiences.
Clay target shooting	Comics	French polishing	Creating a video diary of the expedition, recording each team member's experiences.		
Cycle maintenance	Contemporary legends	Furniture restoration	Following part of the Gerald of Wales route of 1188 through Pembrokeshire.		
Darts	Costume study	Glass blowing	<u>By boat</u> Exploring the Norfolk Broads using sailing dinghies.		<u>On horseback</u> Planning an expedition on horseback in the countryside including identifying suitable farm camp sites and bridleways.
Dominoes	Criminology	Glass painting	Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.		Exploring accessibility and bridle paths in the Brecon Beacons.
Fishing/fly fishing	Costume study	Interior design	Rowing along the Danube in Germany booking camp sites in advance.		Planning an expedition with sea views in Devon, taking photos along the way so that you can paint a picture of your favourite scene when you return.
Flying	Dowsing & divining	Jewellery making	Planning a cross-channel journey in a yacht.		Creating a series of team games to play whilst on expedition.
Gliding	Fashion	Knitting	Using simple mapping techniques to produce a map of an estuary on the expedition & compare it with a real map when you return.		Going on an expedition through woodland, noting the different types and ages of trees you see.
Go-karting	Forces insignia	Lace making	Planning a Bronze sailing expedition on Lake Ullswater in the Lake District.		Going on a horseriding expedition and writing a poem on your return to describe your experiences.
Historical period re-enacting	Gemstones	Leatherwork			
Kite construction & flying	Genealogy	Lettering & calligraphy			
Mah Jongg	Heraldry	Macramé			
Marksmanship	History of art	Marquetry			
Model construction & racing	Language skills	Model construction			
Motor sports	Language skills	Mosaic			
Power boating	Military history	Painting & design			
Snooker, pool & billiards	Movie posters	Patchwork			
Sports appreciation	Postcards	Photography			
Sports leadership	Reading	Pottery			
Sports officiating	Ship recognition	Quilting			
Table games	Stamp collecting	Rope work			
War games	<u>Media &amp; communication</u>	Rug making			
<u>Life skills</u>	Amateur radio	Snack pipping			
Alternative therapies	Communicating with people who are visually impaired	Soft toy making			
Cookery	Communicating with people who have hearing impediment	Tattooing			
Democracy in action	Film & video making	Taxidermy			
Digital lifestyle	Journalism	Textiles			
Driving: car maintenance/car road skills	Newsletter & magazine production	Weaving and spinning			
Driving: motorcycle maintenance/road skills	Signalling	Wine/beer making			
Event planning	Writing	Woodwork			
First Aid	<u>Creative arts</u>	<b>Expedition section</b>			
Hair & beauty	Basket making	Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative.			
Library & information skills	Boat work	The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.			
Life skills	Brass rubbing	<u>On foot</u> Studying insect life on the South Downs.			
Massage	Building catapults & trebuchets	Exploring teamwork by nominating a different leader each day.			
Money management	Cake decoration	Searching for forms of fungi, recording and sketching them.			
Navigation	Camping gear making	Planning a route around three of the places that inspired Wordsworth's poems in the Lake District.			
Public speaking and debating	Candle-making	Considering the impact of			
Skills for employment	Canoe building				
Young Enterprise	Canvas work				
<u>Learning &amp; collecting</u>	Carnival/festival float construction				
Aeronautics	Ceramics				
Aircraft recognition	Clay modelling				
Anthropology	Crocheting				
	Cross stitch				
	DIY				
	Dough craft				
	Drawing				









### NAISAK Award Participant Enrolment Form

Please print clearly in CAPITALS or type your detail in. You must complete all of the questions.

#### NAISAK Award level:

Bronze	Silver	Gold
Have you registered for any previous levels of the NAISAK Award?		No Yes
If YES – please give the level you attempted and whether you completed it or not:		
Level: Bronze	Silver	Gold
Completed: Yes	No	

#### Personal Details:

First name:	Last name:
Gender: Male Female	Date of birth: / /
Current year group:	
Primary language:	
Date you wish to begin your NAISAK award: / /	

When you first sign up to the NAISAK Award program you need to provide some personal details such as your contact details, ethnicity and personal circumstances along with any medical needs you may have. This data is used to enable your Leaders to support you doing your NAISAK Award programme. You will always have a “prefer not to say” option.

#### Contact Details:

Email address (that you check regularly):	
Address (line 1):	
Address (line 2):	
Address (line 3):	
Town / City:	
PO box:	
Telephone:	Mobile number:

**Emergency contact details:**

Emergency Contact Name:	Relationship to you:
Emergency contact telephone number(s):	

**Declaration by student:**

I agree to enroll as a participant of the NAISAK Award programme. I understand that I will be managing my programme using a log book and will only achieve the award when I have successfully completed all aspects of it.

Print Name	Signature	Date
		/ /

**Consent to enrol from parent or guardian (if applicant is under 18 years old).**

I agree to my son / daughter / ward doing a NAISAK Award programme. I note that it is my responsibility to check that any activity my son / daughter / ward undertakes for their NAISAK Award programme is appropriately managed and insured, unless the activity is directly managed or organized by the NAISAK Award team or school.

Print Name	Signature	Date
		/ /

**Note:**

Data supplied on this form and in log books about NAISAK Award activities will be used by the NAISAK Award team and the school to monitor and manage NAISAK Award participation and progress by young people and manage and support Leaders.

**For NAISAK Award Leaders only:**

Date registered to NAISAK Award	/	/
Expected start date	/	/
Participant Fee recieved	Yes	No
Date completed NAISAK Award	/	/