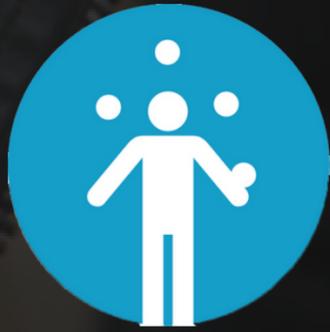


# The Award from Home

FREE Ideas to Help You Succeed

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THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD   
BARBADOS 



Skill



Physical  
Recreation



Voluntary  
Service



Adventurous  
Journey

# Award Sections

Many of these options may require Assessor sign-off from the Award Leader. Leaders must determine what level of evidence they require from participants to determine activity and progression.

# Note on Assessments

# Social Media Workout Channels

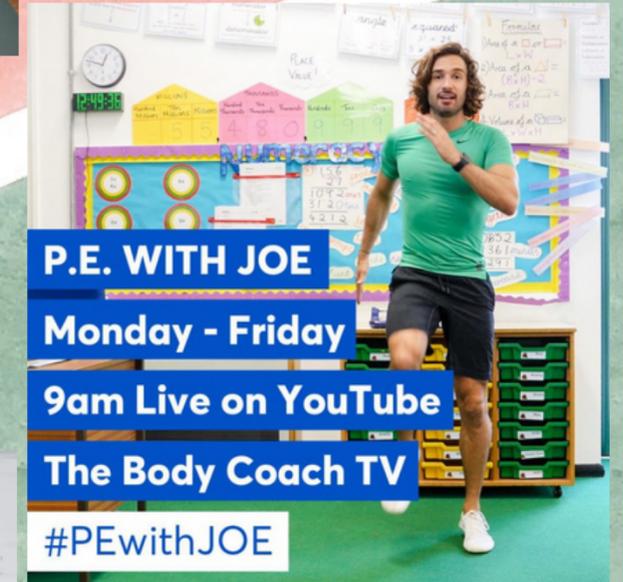
 [/yogawithadriene](https://www.youtube.com/channel/UCyogawithadriene)

 [/thebodycoach1](https://www.youtube.com/channel/UCthebodycoach1)

 [/popsugartvfit](https://www.youtube.com/channel/UCpopsugartvfit)

 [/gfs.personaltraining](https://www.instagram.com/gfs.personaltraining)

 [/BlinkFitness](https://www.facebook.com/BlinkFitness)



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# IDEA

THE DUKE OF YORK  
INSPIRING DIGITAL  
ENTERPRISE AWARD



[www.idea.org.uk](http://www.idea.org.uk)

App Support- iOS, Android

Allows participants to complete various modules with the purpose of developing their digital awareness and skills. Modules are divided into bronze (beginner) and silver (intermediate) level badges.

Modules are further divided into 5 curriculum categories:

**Citizen** - help you learn digital awareness, safety and ethics.

**Worker** - teach you tools and techniques which are useful in the workplace, and employability skills.

**Maker** - all about digital creativity and showing you how to build and make in the digital world.

**Entrepreneur** - help you learn how to originate ideas and bring them to life.

**Gamer** - help you learn gamification techniques and teach you how to make games.

Modules can be completed in as little as half hour, and can be completed individually or in teams.

<https://idea.org.uk/docs/leaflet.pdf>

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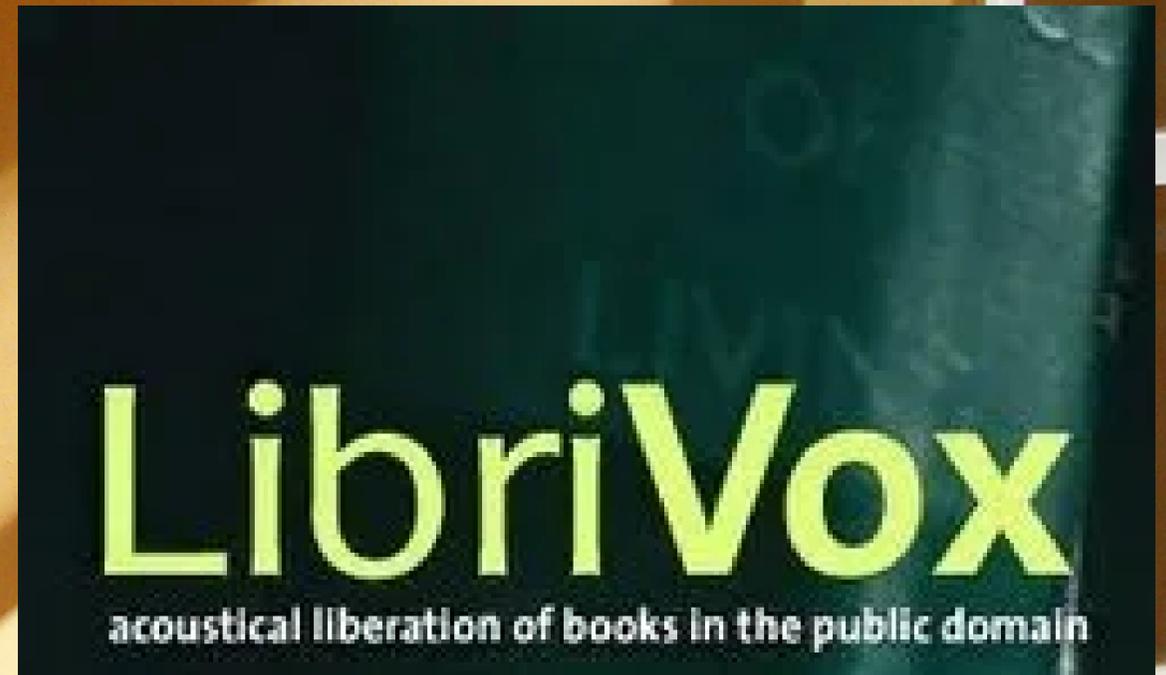
[www.librivox.org](http://www.librivox.org)

App support – none

A Project which seeks to turn uncopyrighted books, short stories and poetry into audiobooks.

Volunteers identify chapters of books they are interested in and record themselves reading.

Recordings are submitted to the database for approval and subsequent anonymous public access.



[www.duolingo.com](http://www.duolingo.com)

App Support –iOS, Android



duolingo

Online platform for learning and developing foreign language skills  
Games and challenges to make the process interesting and fun for participants

Duolingo for Schools allows teachers to assign projects and track performance



[www.onlinevolunteering.org](http://www.onlinevolunteering.org)

App Support – none



**UN  
VOLUNTEERS**

[onlinevolunteering.org](http://onlinevolunteering.org)

Links participants to ongoing projects from global organizations which require offsite volunteers.



Opportunities include COVID-19 Response, Translation, Art and Design, project development, Writing/Editing and Research

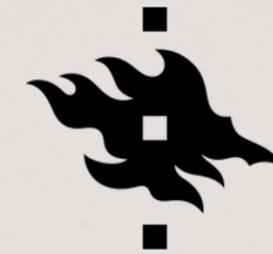
Participants can apply for the project and then engage with the organization directly once selected.

<https://java-programming.mooc.fi/>

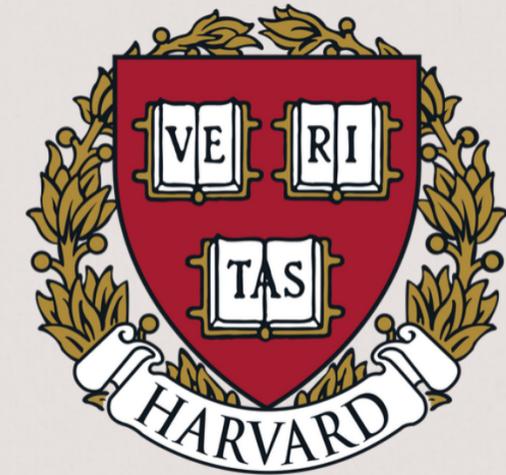
<https://www.elementsofai.com/>

<https://bit.ly/35GZWwK>

App Support – none



UNIVERSITY OF HELSINKI



**The University of Helsinki is offering free courses in Java Programming (Intro and Advanced) and Elements of Artificial Intelligence. Courses include free exams and certificates.**

**Harvard University also offers free courses, not necessarily for credit.**



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[www.ymca360.org](http://www.ymca360.org)

App Support - None

Health and Fitness videos available for public use.



[www.sja.org.uk](http://www.sja.org.uk)

App Support - None

St. John Ambulance Association UK designed a Self-Study Workbook for DofE participants.

The guide breaks the First Aid certificate course into a 13-week syllabus, culminating with the certification session at SJAA HQ.

Guide includes, links to instructional videos, quizzes, and case studies covering the Basic First Aid certification.

<https://www.sja.org.uk/globalassets/documents/dofe/dofeselfteachworkbook.pdf>



[www.zooniverse.org](http://www.zooniverse.org)

App Support- iOS, Android

Zooniverse is an online research platform. It allows individuals to volunteer their time contributing to research over a variety of fields- astronomy, biology, climate, arts, history, language, literature, medicine, nature, physics and social science.



Current projects include projects such as transcribing American Civil War records, tracking coastal species, exploring galaxy clusters, classifying lightcurves, identifying fish on paintings and identifying retinal markers for diabetes.

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[transcription.si.edu](https://transcription.si.edu)

App Support- none

**The Smithsonian Institution Transcription Centre is seeking volunteers to help "make historical documents and biodiversity data more accessible".**



Smithsonian  
Institution

**Project Themes include Mysteries of the Universe, Women's History, World Cultures, African American History and so on**



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ANIMATED KNOTS™

[www.animatedknots.com](http://www.animatedknots.com)

App Support – Android, iOS



Online database of various knots, bends, loops and hitches.

As suggested, steps to tying the knots are presented in a looping animated format. This allows participants to practice as they go along.

Once downloaded, no internet is required to use app.

Website features a different Knot of the Day to practice.

# Other Ideas/Activities

Online Coaching/Tutoring

Coding/Programming

Gardening

Online Lessons

Local COVID-19 Response Programmes

Consistent Virtual Award Meetings - Zoom, WebEx,  
Google Meet

BE SMART & INFORMED

**STAY  
SAFE**



STAY SAFE

**STAY  
HOME**

STAY HEALTHY

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