

## Awards Plus means

- youth awards – outdoors-focused, nature-based, adventurous.
- extra, tailored support, especially for those who benefit most from additional help.
- connections, pathways and progression between youth awards.

## Awards Plus is for

- 14-25 year-olds.
- individuals, youth groups and schools across Edinburgh & The Lothians.
- young people who might miss out on opportunities - for practical or financial reasons, due to additional support needs, and for reasons associated with mental health difficulties.

## Awards Plus provides

nature-based youth awards, expeditions and 1:1 mentoring support – with a focus on young people who might need extra support. This includes direct delivery, guidance, training and signposting.

# Broadening horizons

## Your path to awards

**Can't complete a DofE expedition through your own school or youth group? Not enough people to form a team? Additional support needs?**

**We bring individuals together to make 'Open Expeditions' groups.**



formerly



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## Expeditions



**Supporting achievement for all through youth awards**

Many young people miss out on the chance to experience a multi-day journey and a night under the stars.

Since starting 25 years ago, as Friends of the Award, a key focus has been to support participation in Duke of Edinburgh's Award Expeditions, supporting schools and youth groups and meeting individual needs within a group setting. Adjustments can be made, arrangements adapted, whilst meeting criteria. It can make all the difference to a young person setting out on an expedition and successfully completing it.

***"I've had difficulties with my mental health. Doing an expedition and achieving my Duke of Edinburgh's Award has been the most positive experience in the past three years."***



***"It's opened my eyes to what's on my doorstep, to Scotland, to new places."***

**The Awards Plus Open Programme includes training, practice and qualifying expeditions, skills development and complementary awards. It's for**

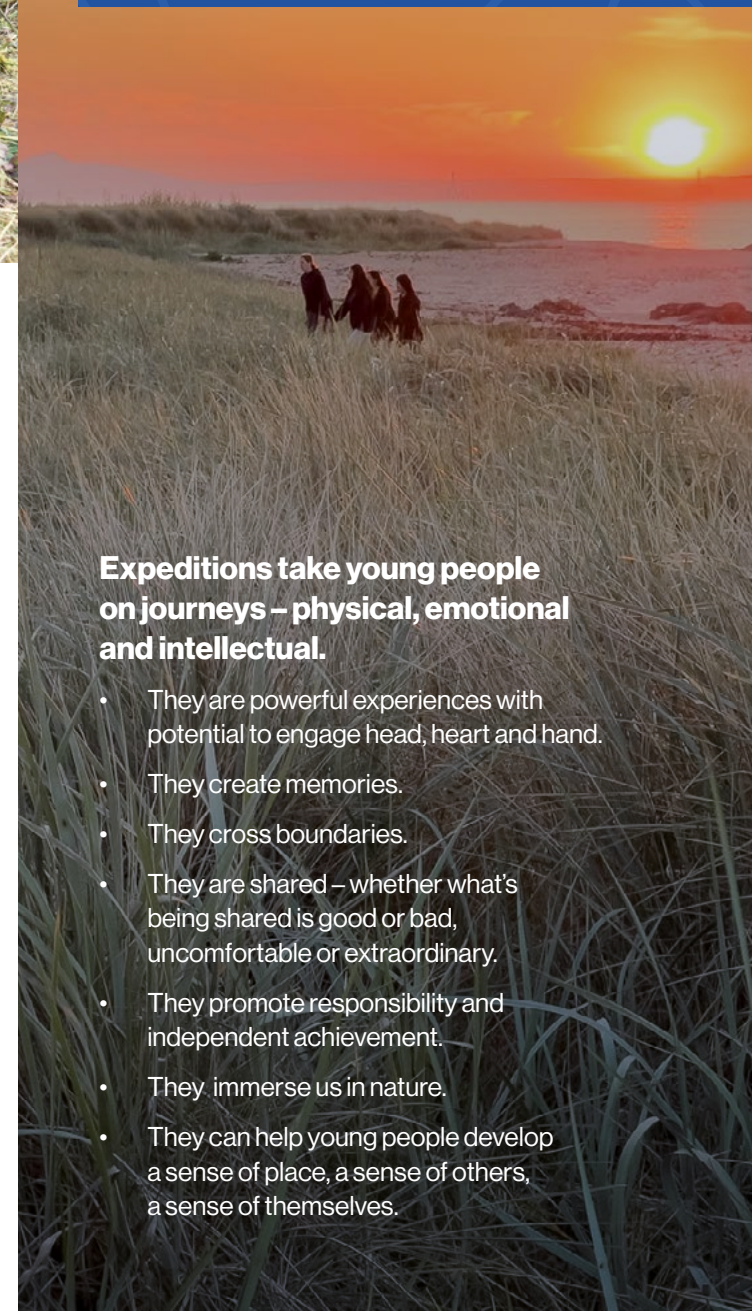
- young people who haven't managed to complete expeditions through their own DofE Centre's provision
- young people who may need extra support and adjustments on their DofE journey e.g. for financial reasons, support with mental health difficulties.

A range of recognised awards support and enhance expeditions. Awards Plus delivers: John Muir Award, Ramblers Scotland Out There Award, Bikeability, Leave No Trace, First Aid, Mountain Training and National Navigation awards and others.

Awards Plus works closely with schools and youth groups to train pupils and staff, co-ordinate and run expeditions. Low-cost or free personal and group equipment is available from our extensive kit store.



***"Doing expeditions has really shown me how much I love the outdoors."***



**Expeditions take young people on journeys – physical, emotional and intellectual.**

- They are powerful experiences with potential to engage head, heart and hand.
- They create memories.
- They cross boundaries.
- They are shared – whether what's being shared is good or bad, uncomfortable or extraordinary.
- They promote responsibility and independent achievement.
- They immerse us in nature.
- They can help young people develop a sense of place, a sense of others, a sense of themselves.