



Proud to be



# The President's Award

For Youth Empowerment

Website: [www.presidentsaward.co.za](http://www.presidentsaward.co.za)

**PRM 41**  
**Pre-approval of**  
**activities**

**PARTICIPANT NAME:**

**LEVEL:**

**Name of TPA Official**

**UNIT/SCHOOL:**

**DATE:**

**Nkagare Makhudu**

TIPS	SECTION	DESCRIPTION	ACTIVITY PLANNED	APPROVED
Regular Service required, i.e. no more than 4 hours on a day; spread over the minimum required period for the level. Push your boundaries by working in the community. No hours to the benefit of a profit making entity will be accepted.	<b>SERVICE</b>	What kind of Service do you want to get involved in within your community, e.g. helping people (young and old), animal care, feeding schemes, environmental projects? What activities will you do? Where will you do it? Who will verify your service? <b><i>The supervisor on duty for each session you complete must verify and give full contact details on your service sheet.</i></b>		
Don't confuse skills with physical recreation. A sport is not an option for the Skill section even though it has a skill component!	<b>SKILLS &amp; INTEREST</b>	What skill(s) will you develop or learn? How will you show/verify improvement in this skill(s), i.e. attend a course/weekly lessons? Who will verify your regular commitment and improvement in the skill(s)?		
Demonstrate regular effort/commitment, e.g. weekly sessions of physical recreation. You can select an activity you are already doing and show improvement or try a new one.	<b>PHYSICAL RECREATION</b>	What physical activity (sport) do you want to choose, e.g. dance, tennis, netball, swimming, extreme sports, etc. Provide detail of the activity(s). Where will you do it (school, club), and how will you show progress? Who will verify your regular participation and progress?		
You must be involved in pre-trip planning. You must hike with no less than 4 peer equals. Family hikes and camps are not acceptable. No grade camp unless pre-approved by TPA. Accommodation must be basic/ rustic. Self-sustainable travel, i.e. you must journey with all that you need e.g. food, kit, sleeping bags, etc. NO day packs or slacking. You must submit a reflective report afterwards.	<b>ADVENTUROUS JOURNEY (AJ)</b>	Where will you go to do the Adventurous Journey? What will you do? Who will do the AJ with you? How will you prepare for the journey and who will help you? What do you want to achieve – i.e. what is the purpose? Who will be the leader? How will this challenge you? What evidence will you provide to show your progress and completion e.g. detailed report afterwards? <b><i>If unsure about your journey, obtain prior approval from your TPA representative to avoid disappointment.</i></b>		
It must be a <b>residential experience</b> in unfamiliar surroundings, with a group of people who are mostly unfamiliar to you. The experience must be a minimum of 5 consecutive days and four nights.  NB. This is not a holiday...	<b>RESIDENTIAL PROJECT (RP) for Gold Participants only</b>	Examples:- <u>PERSONAL TRAINING COURSES</u> – e.g. Leadership training, skills development. <u>ENVIRONMENT AND CONSERVATION PROJECTS</u> – e.g. Environmental clean up, volunteer work with national parks, animal rescue centres. <u>SERVICE TO OTHER PEOPLE AND COMMUNITIES</u> – e.g. working in a care home or hospital. <u>ACTIVITY BASED</u> – e.g. outdoor adventure courses, sports coaching. <b>School exchanges and tours must be approved by TPA</b>		

Comments: