



The Duke of Edinburgh's International Award

#WORLDREADY



*The Duke of Ed is a global youth development program,
empowering young Australians aged 14-24
to explore their full potential*

#WORLDREADY



Why do the Award?

- Experience a sense of adventure and learn outside the classroom
- Adapt the Award to suit your interests, passions and ambitions
- Gain employability skills and make your resume stand out
- Be recognised for your extra-curricular and sporting activities
- To Challenge yourself
- Meet new people and have fun
- Receive a Global Award recognised in more than 130 countries



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<https://youtu.be/QshE16epWFg>



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Some basics:

- **Available to all**
anyone can do it!
- **Voluntary**
it's up to you what you do, it's your leisure time
- **Flexible**
your programme is designed by you for you
- **Balanced**
it will develop you in all directions
- **Progressive**
you improve at your own pace and level
- **Highly achievable**
anyone can gain an Award with perseverance



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AWARD FRAMEWORK

THE AWARD FRAMEWORK	VOLUNTARY SERVICE	PHYSICAL RECREATION	SKILLS	ADVENTUROUS JOURNEY	GOLD RESIDENTIAL PROJECT
BRONZE 14 yrs+	3 Months	3 Months	3 Months	2 Days/1 Night <ul style="list-style-type: none"> • Practice Journey/s • Qualifying Journey 	
Averaging 1 hour a week. Plus an additional 3 months for a Major Section in Voluntary Service, Physical Recreation or Skills.					
SILVER 15 yrs+	6 Months	6 Months	6 Months	3 Days/2 Night <ul style="list-style-type: none"> • Practice Journey/s • Qualifying Journey 	
Averaging 1 hour a week. Plus an additional 6 months for a Major Section if the Bronze Award was not completed.					
GOLD 16 yrs+	12 Months	12 Months	12 Months	4 Days/3 Night <ul style="list-style-type: none"> • Practice Journey/s • Qualifying Journey 	5 Days/4 Nights
Averaging 1 hour a week. Plus an additional 6 months for a Major Section if the Silver Award was not completed.					

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What are the requirements?

- **Physical Recreation**
Breaking a sweat and getting active
- **Skills**
Encouraging the development of personal interests and practical skills
- **Service**
Connecting and giving back to your community
- **Adventurous Journey**
Encouraging a spirit of adventure and working as a team
- **Residential Project (Gold Level only)**

Moving outside of the everyday, giving you the chance to broaden your horizons and open your eyes to the world

<https://youtu.be/XtnNJIDeEk>



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Service Section:

Connect with your community and give service to others

- Youth leadership
- Umpiring/refereeing
- Assisting with junior school sports/clubs
- Tech help
- Music dept
- 'Off-the-Shelf' coffee shop
- Junior School 'ASAP'
- Helping at after school care
- Junior School 'ASAP'
- Serving in the canteen (Sat)
- Library assistance
- Surf Life Saving
- Litter reduction / clean-up campaigns
- Working at a charity shop
- Meal distribution
- Animal care - RSPCA / WIRES/Vet
- Conservation / bush regeneration
- Emergency services – SES, RFS
- Hospital / residential home visiting
- Serving in the canteen
- Cooking school
- Bowral Classic

Time must be spent on a genuine cause, not for a business, family member, friend or neighbour! Unpaid of course!

Ideas for Activities



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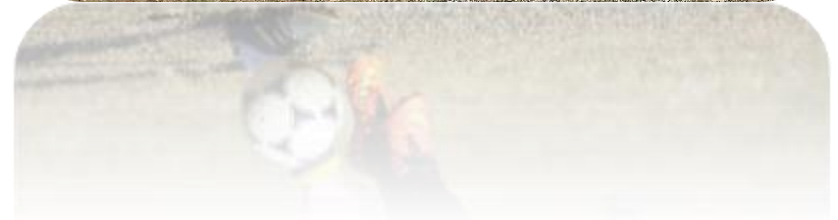


Ideas for Activities

Physical Recreation Section:

Improve your physical fitness and wellbeing, and get active:

- Athletics
- Basketball
- Cricket
- Cycling
- Dancing
- Football
- Golf
- Gym/Fitness Training
- Gymnastics
- Hockey
- Horse riding
- Ice skating
- Kayaking/Canoeing
- Martial arts
- Netball
- Rock climbing
- Rowing
- Rugby
- Running/Jogging
- Skateboarding
- Softball
- Surfing
- Swimming
- Tennis
- Walking
- Yoga



Need help finding a sport?

[Contact the Duke 4Sport partners](#)

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Ideas for Activities

Skill Section:

**Unleash your talents and broaden your personal interests
and non-physical skills**

- *Animal training*
- *Art*
- *Astronomy*
- *Bee keeping*
- *Chess*
- *Coaching*
- *Coding*
- *Cookery*
- *Craft*
- *Digital media production*
- *Drama*
- *Driving*
- *Fashion design*
- *Fishing*
- *Languages (including Auslan)*
- *Meditation*
- *Model construction*
- *Music*
- *Photography*
- *Pilot training*
- *Public speaking*
- *Reading*
- *Robotics*
- *Sewing*
- *Singing*
- *Sport scoring/officiating*
- *Web design*

Must be non-physical (no sweat!)



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The AJ Process



Ensures Participants are competent in the necessary knowledge and skills to safely undertake their Practice Journey.

Prepares the team for their independent Qualifying Journey.

Independent team Journey.

Reflection on the AJ



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Practice and Qualifying Journeys: *(both are required for each level)*

- **Bronze:** 2 days (1 night) each: 6 hours of purposeful activity
- **Silver:** 3 days (2 nights) each: 7 hours of purposeful activity
- **Gold:** 4 days (3 nights) each: 8 hours of purposeful activity



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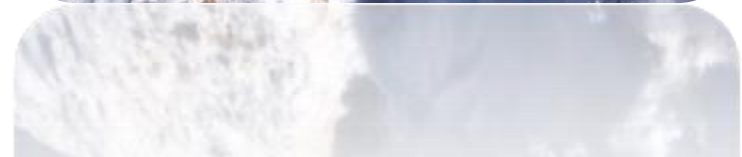
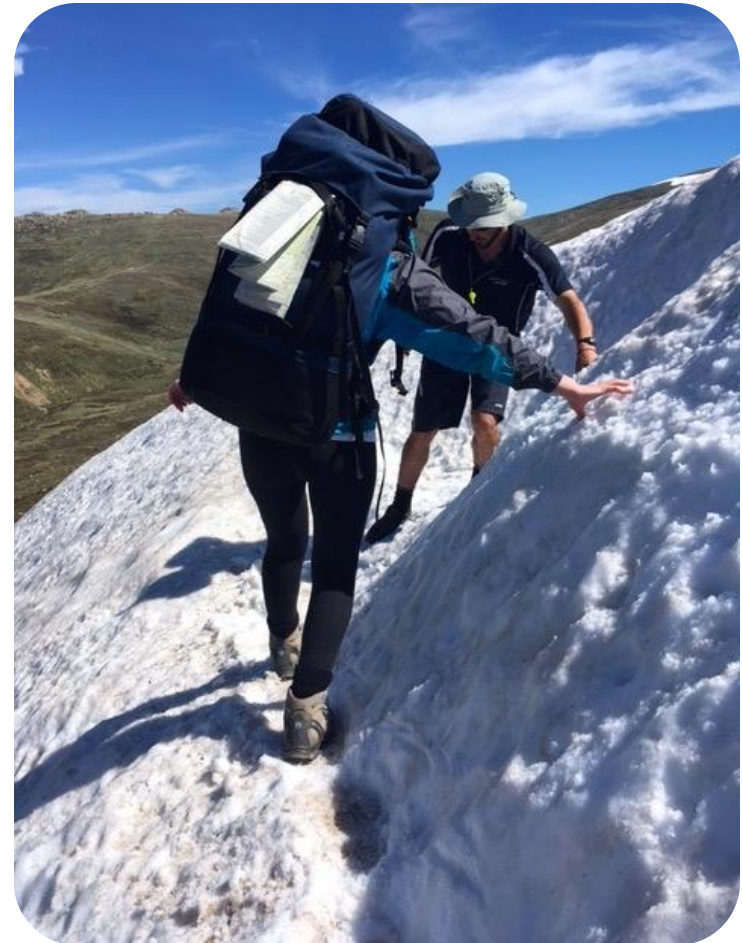
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Adventurous Journey:

Get out and go on an expedition or exploration in an unfamiliar and environment, in a group.

- **Preparation and Training (pre-practice journey)**
ensures participants are competent in the necessary skills to safely undertake their practice journey
- **Practice Journey**
prepares participants for their independent qualifying journey
- **Qualifying Journey**
Independent qualifying journey



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Preparation and Training:

- *Understanding of the Adventurous Journey*
- *First aid and emergency procedures*
- *Safety and safe practice*
- *Route planning and navigation*
- *Campcraft / accommodation*
- *Team building and leadership training*
- *Preparation of food and cooking*
- *Care of the environment*
- *Necessary equipment*
- *Technical skills in the mode of travel*
- *Observation and recording skills*





Assessors

- Suitably skilled, qualified and/or experienced adults (Working with Children check and approved by the Award Centre)
- Teacher, Coach, Instructor
- Assist Participants to set suitable goals
- Help Participants to develop a programme, stay focused and encourage/recognise improvement (mentoring)
- Record positive comments and give final signoff (online)

Assessors should *not* be family members or under 18 years

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Q & A with Gold Awardee Hamish



- When and why did you decide to join the D of E programme?
- What kinds of activities have you done for your Physical Recreation, Skill and Service?
- Where have you been for your Adventurous Journeys and what modes of transport have you used?
- What do you see as the benefits of being part of the D of E programme?
- What have been the highlights for you of the D of E programme?
- If you were to advise a student starting out on the D of E programme, what would you tell them?

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2023 Participation & Awards

180 Participants

34 Bronze

8 Silver

6 Gold



How to get Started

Speak to your Award Leaders (Mr Tim Dibdin & Ms Jenni Rees)

Go to the D of E website at [Dukeofed](https://dukeofed.com.au/) and [The Duke of Edinburgh's International Award | NSW Government](https://www.dukeofed.com.au/nsw/) for more comprehensive information

Complete an application/parent consent form and return to the Award leaders

Visit www.onlinerecordbook.org to register your interest for the Award:

Record all future Award information in the ORB (web and app versions)



Costs

Bronze:

D of E Registration Fee - \$150

Adventurous Journey Cost TBC
Outdoor Provider + Gst + Transport
= Cost TBC
(dependent on numbers)

Bronze Qualifier AJ
16-17 or 23-24 March 2024



Gearing up!

Provided:

Backpack

Tents

Trangia stoves

Fuel

Compasses

Maps

Not provided:

sleeping bag

sleeping mat

clothing

rain gear

food

*The Kathmandu store at Macarthur is offering discounts on equipment (up to 60% on some items). The store has offered to set up a 'gear up' event about a week prior to the Adventurous Journeys (March 16-17 or 23-24) starting from a Thursday and ending on a Sunday, but they can extend it a few extra days too. This would depend on the level of interest



Award Leader Contact Details



Name: Tim Dibdin & Jenni Rees

Position: Award Leaders

E-mail: Timothy.Dibdin@oxley.nsw.edu.au & Jenni.Rees@oxley.nsw.edu.au



Research

A research pilot study conducted by the **University of Western Sydney** has shown that:

“... improvements to a Participant’s **self-confidence, ability to cope with change (resilience), leadership, overall effectiveness and active involvement**” could be **directly attributed to participation in the Duke of Edinburgh’s International Award** and could also be measured.



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Questions?

Can I change activities if I need to?

- Yes, changing activities is fine when circumstances are beyond your control (e.g. due to a change of seasonal sport). **Remember**, you may also have a **new Assessor** and your Award Leader will first have to **approve** them before you start the new activity.

Do school or work activities count?

- Award activities should be done substantially in your own free time. You should not be paid for any activities that you will count towards your Duke of Ed. Any school co-curricular activities can count towards your award

Can I do my Award in conjunction with Scouts / Surf Life Saving / Cadets etc...?

- Yes, if you are already involved with an organisation you can count the activities you do with them towards your Duke of Ed.

Can I count any activities I was involved with prior to starting my Duke of Ed Award?

- You can only count activities after your Award Leader has accepted you as a participant.

Participant Reflection

<https://www.youtube.com/watch?v=0vpFfg-dn7Y>



“I am sure you’ll be successful in gaining your Bronze Award, but that is only a reminder of your success in gaining experience of voluntary service, developing a skill, taking part in physical activity and completing a challenging expedition.”

HRH The Prince Phillip, Duke of Edinburgh – Duke of Edinburgh’s Award Founder, Bronze Award















