



## SOME BASICS

- **Individual**
  - Non-competitive
- **Personal achievement**
  - Self motivation
- **Life changing**
  - And “life making”
- **Social connection**
  - Peers and adults
- **Global**
  - A truly international Award



# SOME *more* BASICS

- **Available to all**
  - anyone can do it !
- **Voluntary**
  - it's up to you what you do -  
it's your leisure time
- **Flexible**
  - your program 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



# WHAT'S INVOLVED ?

Service



Physical  
Recreation

Skills



Adventurous  
Journey



## Residential Project (Gold only)

The Residential Project, completed only at Gold level, aims to broaden participants' horizons through involvement with others in a residential setting. [Read More](#)



Participation must be *regular* (ie at least 1 hr per week, 2 hrs per 2 week period, or 4 hrs per 4 weeks)



**Service**



**Physical  
Recreation**



**Skill**



**Adventurous  
Journey**



**Residential  
Project**

<b>BRONZE</b>	3 months	3 months	3 months	2 days/1 night	N/A
14+ years				(1 x practice journey & 1 x qualifying journey)	Gold Level only
Averaging at least 1 hour per week. Plus additional 3 months for a Major Section-either Service, Skill or Physical Recreation *					

<b>SILVER</b>	6 months	6 months	6 months	3 days/2 nights	N/A
15+ years				(1 x practice journey & 1 x qualifying journey)	Gold Level only
Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Bronze Award not completed.*					

<b>GOLD</b>	12 months	12 months	12 months	4 days/3 nights	5 days/4 nights
16+ years				(1 x practice journey & 1 x qualifying journey)	
Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Silver Award not completed.*					

# PHYSICAL RECREATION SECTION

## Activities you can do:

- *athletics*
- *basketball*
- *cricket*
- *cycling*
- *dance*
- *golf*
- *gym*
- *hockey*
- *kayaking*
- *martial arts*
- *netball*
- *rock climbing*
- *rowing*
- *rugby*
- *running*
- *skateboarding*
- *soccer*
- *softball*
- *surfing*
- *swimming*
- *tennis*
- *walking*
- *yoga*



# ASSESSORS

- suitably skilled, qualified and/or experienced adults (who are approved by the Award Unit)
- assist Participants to set suitable goals
- help Participants to develop a program, stay focused and encourage/recognise improvement (mentoring)
- record positive comments and give final signoff

**Assessors should *not* be immediate family members**



# SERVICE

## Activities you can do:

- *animal care - RSPCA / WIRES*
- *conservation / bush regeneration*
- *emergency services – SES, RFS*
- *fund-raising*
- *helping at after school care*
- *hospital / nursing home visiting*
- *library assistance*
- *Surf Life Saving*
- *litter reduction / cleanup campaigns*
- *working in at a charity shop*
- *youth leadership*





## SKILL SECTION

### Activities you can do:

- *animal training*
- *art*
- *astronomy*
- *chess*
- *coaching*
- *cooking*
- *crafts*
- *drama*
- *fashion design*
- *languages*
- *media production*
- *model construction*
- *music*
- *photography*
- *pilot training*
- *public speaking*
- *reading*
- *singing*
- *web design*

**Must be non-physical (no sweat!)**



# ADVENTUROUS JOURNEYS (“AJs”)

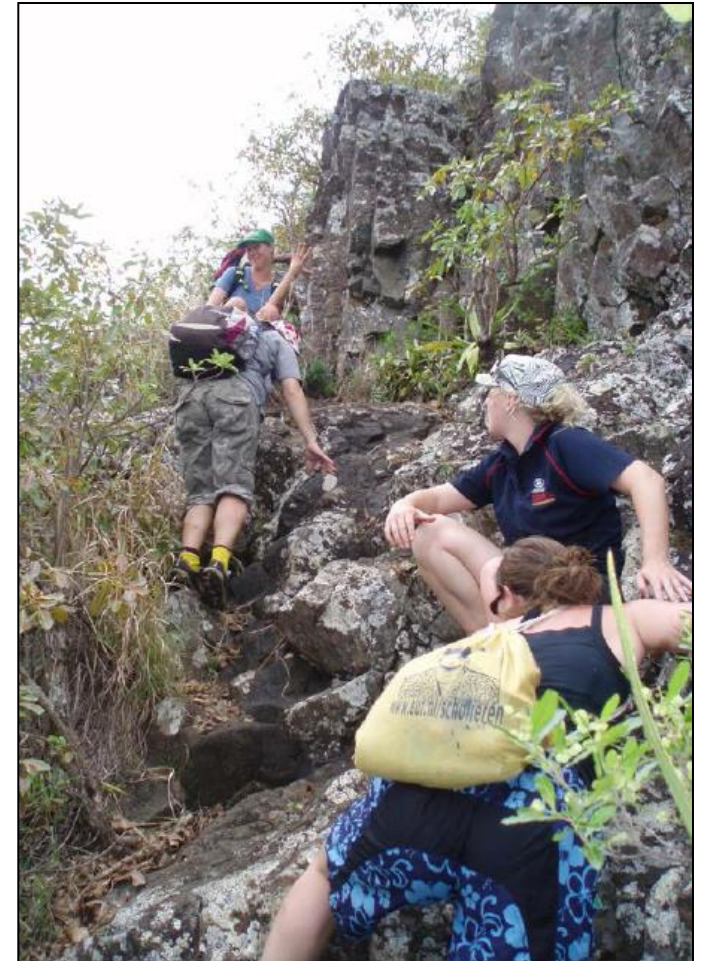
## Ideas:

### **Expeditions:**

- bushwalking
- canoeing
- cycling

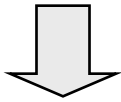
### **Explorations:**

- Flora/fauna studies
- historical/geographical surveys
- marine investigations
- archaeological digs



# AJ COMPONENTS

## Preparation and Training



## Practice Journey(s)



## Qualifying Journey

Ensures Participants are competent in the necessary skills to safely undertake their practice journey

Prepares the team for their independent qualifying journey

Independent team journey

- Participants **must** discuss and get approval from their Award Leader prior to undertaking each Adventurous Journey.
- The Award Unit approve the Supervisor for each Journey



# ADVENTUROUS JOURNEYS

## 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*
- *environmental care*
- *necessary equipment*
- *technical skills in the mode of travel*
- *observation and recording skills*

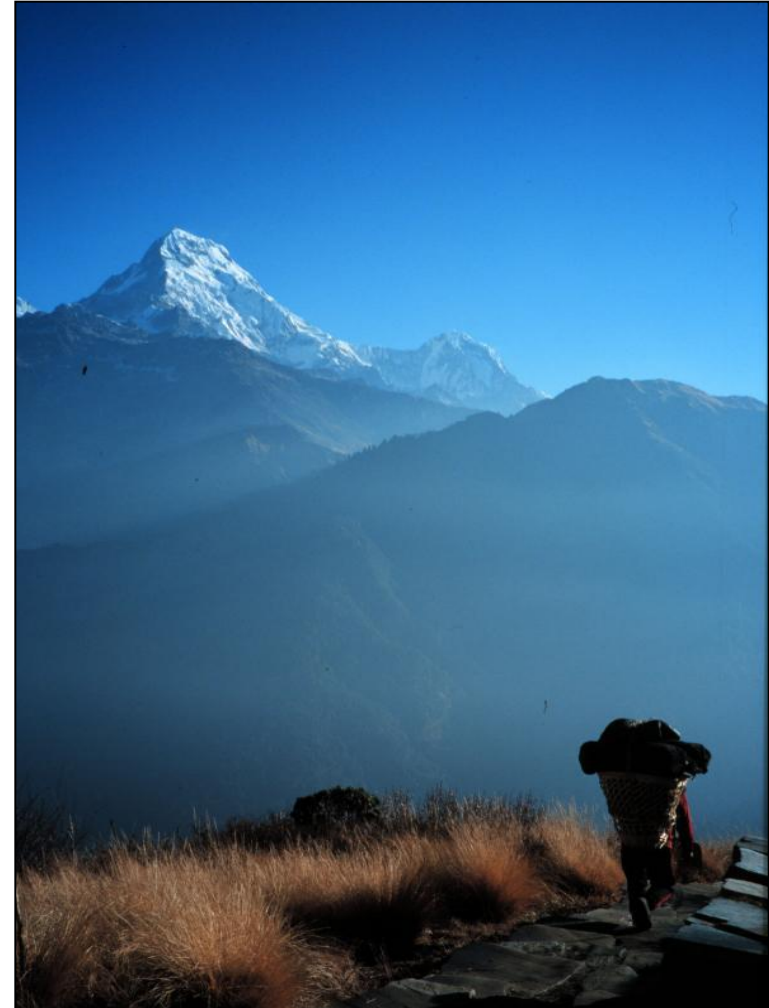


# ADVENTUROUS JOURNEYS

## Practice and Qualifying journeys:

*(both are required for each level)*

- **Bronze:** 2 days (1 night) each
- **Silver:** 3 days (2 nights) each
- **Gold:** 4 days (3 nights) each



# WHY DO IT ?

## It's enjoyable

- it's about getting out there and having FUN!

## It's a fantastic opportunity

- build your Award around activities and hobbies you are already involved in or start something completely new, your Award is created by you for you
- meet new people and make great friends
- have adventure and challenge yourself



## It will enhance your personal development

- improve your teamwork, perseverance, generosity, self-discipline, compassion, patience, courage, responsibility, self-reliance, independence and determination

## It'll look great on your CV

- highly regarded by employers **\* An internationally recognised Award**

# FAQs

## Can I take a break during my Award?

Yes, you can take a break in any of your activities if you need to. Remember, you will need to make up for the time you have missed during the break. For example, if you have completed two months of a six month Section, and you have a one month break because of exams, you just need to complete the remaining four months after your exams.

## Can I change activities if I need to?

Yes, changing activities is fine when circumstances are beyond your control (eg 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.

## 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.

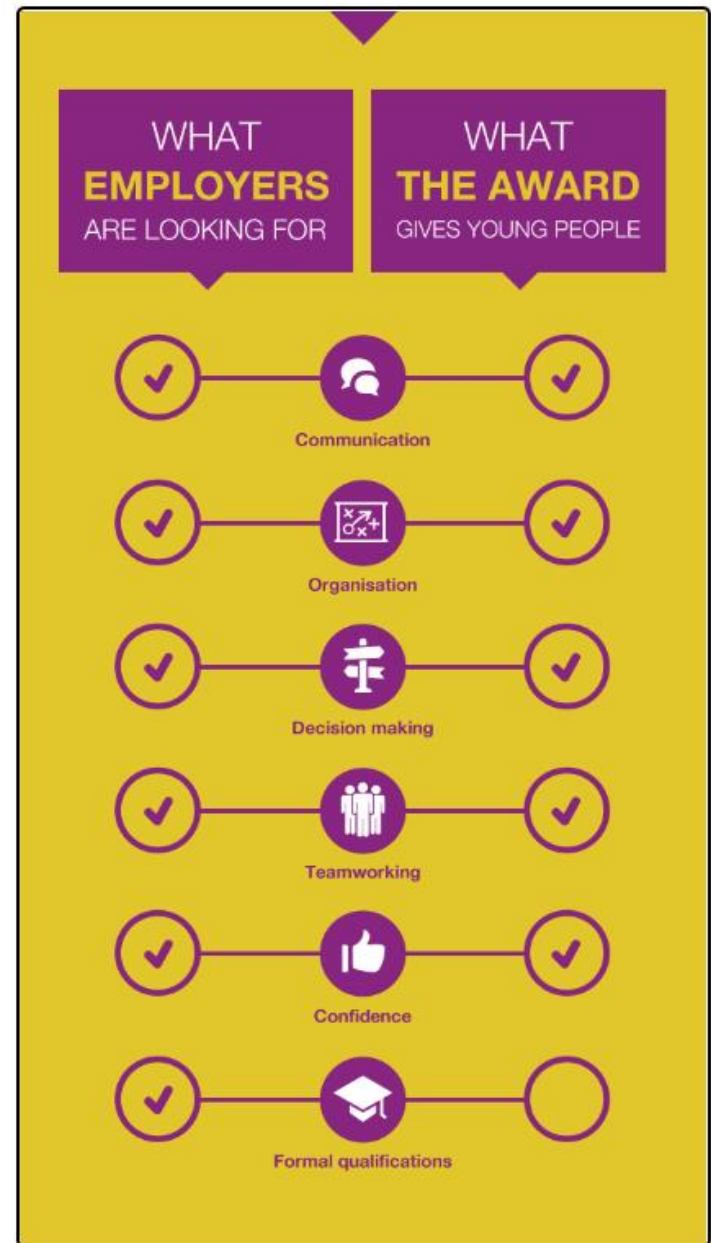
## Can I count any activities I was involved with prior to starting my Duke of Ed?

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

Taking part in the Award enables young people to develop practical skills, behaviours and attitudes that are valued by employers globally



The Duke of Edinburgh's International Award gives young people **international accreditation** of their experiences





# QUESTIONS ?

