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What?

An award-based youth development program, empowering young Australians to explore their full potential.

Why?

1. Internationally recognised
2. Trusted and regarded by employers
3. To grow and develop you into a better young person

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Requirements:

	Bronze	Silver	Gold
Physical Recreation	3 months	6 months	12 months
Skill	3 months	6 months	12 months
Service (Volunteering)[†]	3 months	6 months	12 months
Plus	All Participants must complete an additional 3 months of Physical Recreation, Skill or Service as their Major	Participants who have not achieved a Bronze Award must complete an additional 6 months of Physical Recreation, Skill or Service	Participants who have not achieved a Silver Award must complete an additional 6 months of Physical Recreation, Skill or Service
Adventurous Journey**	2 days + 1 night	3 days + 2 nights	4 days + 3 nights
Residential Project	N/A	N/A	5 days + 4 nights
Minimum age to start	13 years, 9 months	15 years	16 years

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Time Frame:

From 13yrs 9months 'til 25yrs

Aim:

All yr. 9s completed by end of the school year

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Benefits

1. Get healthy
2. Learn a skill
3. Develop leadership
4. Improve your local community & become a better person
(the award links in well with the school's CSI leadership awards programme)
5. Use for SACE points: Bronze/Silver – Stage 1, sem unit
Gold – Stage 2, whole yr. unit

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The How:

1. Choose a specific skill, physical recreation & service (unpaid)

eg.

- Skill – eg. musical instrument, first-aid, drawing/painting, chess, theology, woodwork, etc.
- Physical recreation – eg. a sport, jogging, pilates, cycling, skateboarding, etc.
- Service – eg. try doing ‘in house’, something you’re already involved with.
eg,. Assisting at church/youth group, coaching/serving at your sporting club, helping out at school (canteen, fundraising, sporting events, etc.), cadets, etc.
If this doesn’t work, try the 4 Ps. People, Plants, Pets, Places.

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The How:

2. Write a goal (using the Bronze Planning Document) for each section – skill, physical recreation, service.

Once your goals have been written, email the Bronze Planning Document to Mr. Lang for approval of your chosen activities and goals.

➤ Examples of goals:

‘to develop and improve my ability to create coffee art’

‘to improve the accuracy and power of my tennis serve’

‘to learn the whole guitar solo ofinsert song here....’

‘to read the whole series of the Chronicles of Narnia’

‘to improve my general fitness by regularly jogging 30 minutes at a time’

‘to serve in the church café and meet customer requirements’

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The How:

3. Choose an assessor (they *must* have relevant child-safe certification!) to monitor your progress and sign-off on each activity once complete. Have them sign the 'Assessor Code of Conduct' form and return this to Mr. Lang.

➤ Eg.

Skill – instrumental teacher, art teacher, club leader, etc.

Physical Recreation – sports coach, group leader, etc.

Service – Youth group leader, sports coach, group leader, café supervisor, etc.

Choosing family is not deemed appropriate

If necessary, use your award leader (Mr Lang) as your assessor

➤ You must record (video, journal/blog, photos, maps, combination) your involvement and show evidence (every 4 weeks) to Mr Lang of your involvement in the activity

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The How:

3. Select which one of the three sections (skill, service, physical recreation) will be your major (6 months).

The other sections will be done for 3 months.

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The How:

4. Start logging your hours online or via the app.

- 1 hour per week is expected to be logged for each activity
- You cannot log more than 2 hours a fortnight and 4 hours a month, so don't try and complete activities in large blocks of time.
- Contributions to activities must be regular and ongoing until completed. On rare occasions, an activity (eg. soup kitchen – service) may be logged as a 4-hour block per month. Otherwise, 1 hour per weeks is expected to be logged.

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Service: Bad Examples

Collecting mail for an elderly person - You won't meet the 1hr min. requirement p/week with this type of service.

Coffee art during café service - serving coffee is a service, coffee art is a skill. Coffee art would require researching designs, creating your own and practising these independently of a service activity, although sometimes some overlap may occur.

Paid to coach soccer - service must be voluntary

Providing service at Hungry Jacks - service must be voluntary

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Service: Good Examples

Teaching first-aid to other cadets

Helping setup and pack-up at church youth

Serving in the Tennis club canteen

Visiting a family friend in a nursing home

Teaching younger students a language

Assisting elderly or disabled neighbours

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Record Keeping:

- Online – <https://intawardorb.com>
- Mobile App – ‘Participant Activity Log App’

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More Details:

www.dukeofed.com.au