DUKE OF ED

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
## DUKE OF ED

**Requirements:**

<table>
<thead>
<tr>
<th>Level</th>
<th>Physical Recreation</th>
<th>Skill</th>
<th>Service (Volunteering)</th>
<th>Plus</th>
<th>Adventurous Journey**</th>
<th>Residential Project</th>
<th>Minimum age to start</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bronze</strong></td>
<td>3 months</td>
<td>3 months</td>
<td>3 months</td>
<td></td>
<td>2 days + 1 night</td>
<td>N/A</td>
<td>13 years, 9 months</td>
</tr>
<tr>
<td><strong>Silver</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3 days + 2 nights</td>
<td>N/A</td>
<td>15 years</td>
</tr>
<tr>
<td><strong>Gold</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 days + 3 nights</td>
<td>5 days + 4 nights</td>
<td>16 years</td>
</tr>
</tbody>
</table>

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.

Participants who have not started a Silver Award must complete an additional 6 months of Physical Recreation, Skill or Service.

All Participants must complete an additional 3 months of Physical Recreation, Skill or Service as their Major.

Minimum age to start:
- Bronze: 13 years, 9 months
- Silver: 15 years
- Gold: 16 years
DUKE OF ED

Time Frame:
From 13yrs 9months ‘til 25yrs

Aim:
All yr. 9s completed by end of the school year
DUKE OF ED

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
DUKE OF ED

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.
DUKE OF ED

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 of ....insert 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’
DUKE OF ED

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, blog, photos, combination) your involvement and show evidence (x1 per term) to Mr Lang of your involvement in the activity
DUKE OF ED

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.
DUKE OF ED

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.
DUKE OF ED

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
DUKE OF ED

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
DUKE OF ED

Record Keeping:
- Online – https://intawardorb.com
- Mobile App – ‘Participant Activity Log App’
DUKE OF ED

More Details:

www.dukeofed.com.au