



The Award
Change your world



The Duke of Edinburgh's Award in NSW





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WHAT'S IT ABOUT ?



Individual challenge (non-competitive)

About personal achievement and self motivation

social connection

Life changing; life making

Global

For all 14 - 25 year olds

Creating our future leaders





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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 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





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SOME FACTS

136 Countries

7,000,000 Participants worldwide

20,000 new Participants in Australia every year

Running in NSW since 1962

80,000 adult volunteers in Australia every year

450 Gold Awards in NSW annually





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HOW'S IT DONE ?



	min entry age	Physical Recreation	Skill	Volunteering	Plus:
BRONZE	14	3 months	3 months	3 months	All participants must do an <i>extra 3 months</i> in either Service or Skills or Physical Recreation
SILVER	15	6 months	6 months	6 months	Non-Bronze holders must do an <i>extra 6 months</i> in either Service or Skills or Physical Recreation
GOLD	16	12 months	12 months	12 months	Non-Silver holders must do an <i>extra 6 months</i> in either Service or Skills or Physical Recreation

Participation should average *at least* 1 hour per week

Participation must be *regular* (ie *at least* once a fortnight)





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WHAT'S INVOLVED ?



Physical Recreation

Breaking a sweat and getting active

Skill

Encouraging the development of personal interests and practical skills

Volunteering

Connecting and giving back to your community

Adventurous Journey

Discovering a sense 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





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PHYSICAL RECREATION



EXAMPLES:

aerobics, archery, athletics, basketball, baseball, cricket, cycling, dance, fitness, golf, gymnastics, hockey, ice skating, kayaking, lawn bowls, martial arts, netball, orienteering, Pilates, rock climbing, rowing, rugby, running, skateboarding, soccer, softball, squash, surfing, swimming, tennis, yoga, volleyball, walking, water polo, weight training





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SKILL



EXAMPLES:

art, animal training, cartooning, chess, coaching, computing, cooking, crafts, creative writing, debating, dog training, drama, flower arranging, flying, gardening, languages, magic, model construction, music, pet care, photography, pottery, public speaking, reading, singing, theatre studies, typing, video production



Must be non-physical (no sweat!)





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VOLUNTEERING



EXAMPLES:

- Conservation / bush regeneration/ tree planting
- Emergency – SES, Rural Fire Service
- Fund raising
- Helping at a Day Care Centre / After School Care / Children's home
- Hospital / Nursing Home visiting
- Library assistant
- Life Saving / Surf Life Saving
- Litter reduction / cleanup campaigns
- Working in an Opportunity Shop
- Volunteering for the RSPCA / WIRES
- Youth leadership





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ADVENTUROUS JOURNEYS



EXAMPLES:

Bushwalking

boating

canoeing

cycling

horse riding

mountain biking

4WD





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ADVENTUROUS JOURNEYS



PRELIMINARY TRAINING:

- Planning and preparation
- Navigation and route planning
- Safety and First Aid
- Campcraft
- Care of environment
- Group skills
- Use of equipment
- Observation and recording
- Further training (as appropriate)





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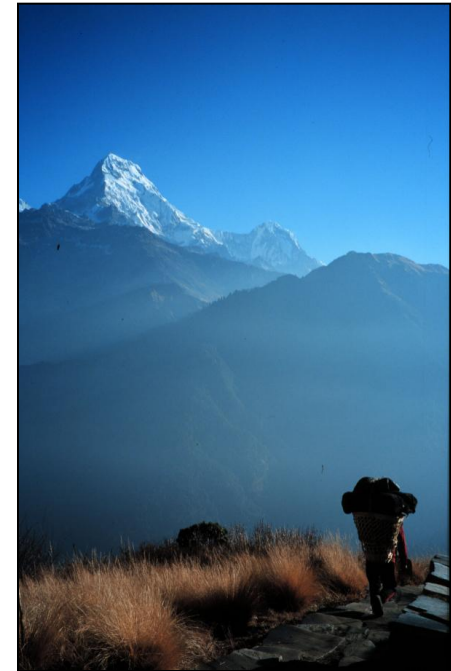
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ADVENTUROUS JOURNEYS



REQUIREMENTS:

- **BRONZE:** 2 days and 1 night
(1 practice and 1 qualifying journey)
- **SILVER:** 3 days and 2 nights
(1 practice and 1 qualifying journey)
- **GOLD:** 4 days and 3 nights
(1 practice and 1 qualifying journey)

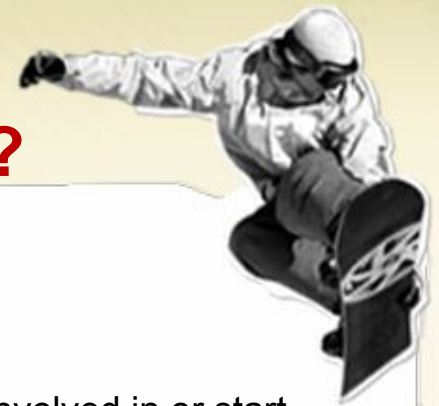




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WHY DO IT ?



It's a fantastic opportunity

- build the Award around activities and hobbies you are already involved in or start something completely new
- meet new people and make great friends
- have adventure and challenge yourself

It's enjoyable

- it's about getting out there and having FUN !!!! - **you** create your Award

Enhance your personal development

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

Looks great on your CV

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





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QUESTIONS...



- **Can I take a break or change my activities during my Duke of Ed?**

Yes, as long as you make up for the time you have missed during the break. You can change activities in certain circumstances e.g. winter/summer sports.

- **Do school or work activities count?**

Award activities should be done mostly 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 Coordinator has accepted you as a Participant.



Duke of Edinburgh's Award

NEW SOUTH WALES

Serious Fun!

