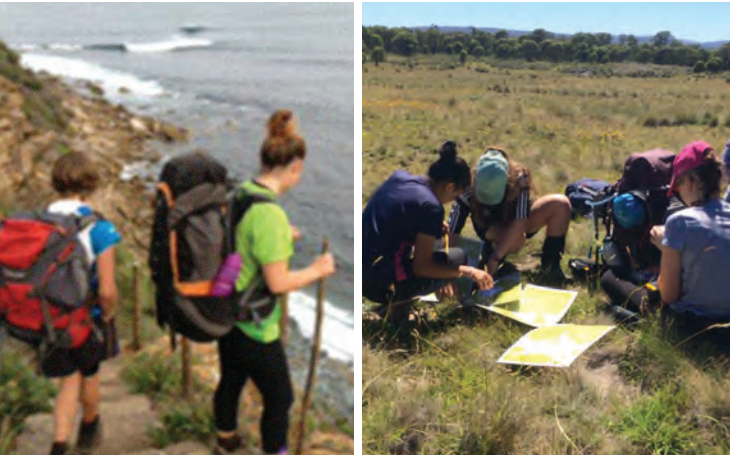


# ABOUT DUKE OF ED



The Duke of Edinburgh's International Award is the world's leading youth development program, enabling young Australians aged 14 - 24 to become empowered through physical activity, voluntary service, new life skills and adventurous journeys.

It's an opportunity for young people to become "World Ready", build resilience and upskill for future career and study opportunities.

## TESTIMONIALS

### PARTICIPANT

*"The Award helped break down cultural and personal barriers, pushing limits and exploring my strength and weakness. I volunteered at Meals on Wheels and with local refugees, providing free translating & tutoring services and hiked 2 weeks in New Zealand."*

### AWARD CENTRE

*"The Duke of Ed is a highly valuable element of the extra-curricular program. It gives individuals a sense of achievement, to challenge themselves and keep trying when they are struggling and out of their comfort zones. The Voluntary Service aspect is a great opportunity to make a positive contribution to others in their school or wider community."*

### HOW TO GET INVOLVED!

#### REGISTER FOR THE AWARD!

Participants can register to do the Duke of Ed through any registered Award Centre in NSW. Award Centres can include:

- Your school
- Your sports club
- NSW Open Award Centres

#### BECOME AN AWARD CENTRE!

Any organisation that works directly with young people can become an Award Centre and deliver the Award.

#### MORE INFORMATION

[sport.nsw.gov.au/dukeofedinburgh](http://sport.nsw.gov.au/dukeofedinburgh)



THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD   
AUSTRALIA - NSW 



# DUKE OF ED

BE YOUR OWN CHAMPION

# #WORLD READY



Office of Sport

# EXPERIENCES THAT LAST A LIFETIME!



Did you know young people can complete the Duke of Edinburgh's International Award through their school, sporting or community group?

No matter what their passion or interest, they can challenge themselves, give back and learn new skills just like 14,500 other young people in NSW last year. The Duke of Ed can help achieve their goals.

# AWARD ELEMENTS

The three levels of the Award offer young people a structured program to fulfill their passions and ambitions allowing them flexibility to choose activities they want to participate in. Achieving an Award recognises individual goal setting and self-improvement through persistence and effort over time.

## Award levels:

Award level	*Minimum age	Duration	Sections
Bronze	14	6 months	3 + Adventurous Journey
Silver	15	Min 6 months	3 + Adventurous Journey
Gold	16	Min 12 months	3 + Adventurous Journey and Gold Residential Project

*\*Some exceptions may apply to minimum starting age*

## Award sections examples:

Voluntary Service	Skills	Physical Recreation
<ul style="list-style-type: none"> <li>• Community</li> <li>• Sport club</li> <li>• Events</li> <li>• Library</li> <li>• Administration</li> <li>• Charities</li> </ul>	<ul style="list-style-type: none"> <li>• Music</li> <li>• Coaching</li> <li>• Digital media</li> <li>• Photography</li> <li>• Art or Design</li> <li>• Languages</li> </ul>	<ul style="list-style-type: none"> <li>• Playing sport and training</li> <li>• Gym and Fitness</li> <li>• Dancing</li> <li>• Running and jogging</li> </ul>

*\*1 hour per week, 2 hours per fortnight or 4 hours per 28 days*

# WHAT CAN BE ACHIEVED



## Through this challenging journey of self-discovery, Participants will:

- Learn new skills to equip and empower themselves to achieve their personal best
- Learn to take responsibility for setting challenging goals
- Become connected and actively engaged within their community
- Make a real difference to their community through voluntary service and giving back
- Develop their ability to bounce back and overcome barriers to success
- Learn important life skills such as communication, resilience, leadership and teamwork
- Attain recognition through an internationally accredited youth program