



WHAT IS THE DUKE OF ED?

The Duke of Edinburgh's International Award is a voluntary program that's been enriching the lives of young people since 1956. Participants design their own unique program that challenges them to set and meet goals while forging qualities of strength, resolve and commitment. Open to young people aged 14 to 25, the Program is run in over 140 countries and is available at Bronze, Silver and Gold levels. Each of these levels has four Sections - Skill, Service, Physical Recreation and Adventurous Journeys. Additionally, the Gold Award has an fifth Section - the Residential Project.

SECTION	WHAT IT'S ABOUT FOR PARTICIPANTS
Skill	Unleashing talents and broadening abilities and interests - anything from refereeing, to digital production, learning an instrument, to jewellery making.
Service	Connecting with the community and providing service to others - activities such as youth work, environmental and charity work.
Physical Recreation	Improving physical fitness and wellbeing by getting active - team sports, individual pursuits or getting creative and working up a sweat.
Adventurous Journey	Inspiring a spirit of adventure and discovery in unfamiliar and challenging environments - building resilience and team spirit along the way.
THERE IS AN ADDITIONAL SECTION FOR GOLD ONLY	
Residential Project	Broadening horizons and challenging views of the world - in Australia or anywhere around the globe

Participants design their own program and set their goals according to the minimum requirements summarised below. Full requirements are set out in more detail in the Handbook to The Duke of Edinburgh's International Award - Australia: dukeofed.com.au/Handbook.html

	BRONZE	SILVER	GOLD
Skill	3 months*	6 months*	12 months*
Service	3 months*	6 months*	12 months*
Physical Recreation	3 months*	6 months*	12 months*
Plus for the Major Section	All Participants must complete an additional 3 months in either Skill, Service or Physical Recreation	Participants who have not achieved a Bronze Award must complete an additional 6 months in either Skill, Service or Physical Recreation	Participants who have not achieved a Silver Award must complete an additional 6 months in either Skill, Service or Physical Recreation
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	14 years	15 years	16 years
Minimum age to finish (without exception)	14 years 6 months	Bronze Awardees: 15 years 6 months Direct entrants: 16 years	Silver Awardees: 17 years Direct entrants: 17 years 6 months
Maximum age to finish (without exception)	Before 25th birthday	Before 25th birthday	Before 25th birthday

* These are minimum time requirements and are expressed in whole months, during which there should be regular commitment. Regular time commitment is based on at least one (1) hour per week, two (2) hours per two week period or four (4) hours per four week period.

** Satisfactory completion of the Adventurous Journey Section includes Preparation and Training appropriate for the journeys being undertaken and at least one practice journey of a similar nature and duration as the qualifying journey (at each Award Level).

HOW DO I GET INVOLVED?

Contact Sport and Recreation for more information on 13 13 02, email dukeofed@sport.nsw.gov.au or visit dukeofed.com.au