

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.

“ At Swimming NSW, we take immense pride in supporting The Duke of Edinburgh's International Award.

The Award presents a transformative opportunity for young individuals to cultivate essential life skills through their active involvement in sports and develop a profound sense of community service. By embracing this program, Swimming NSW fosters emerging leaders and perpetuates the cherished tradition of volunteerism in swimming. In our pursuit of excellence, we recognise the indispensable contributions of volunteers to our sport. ”

Kirsten Thomson, OLY
Swimming NSW CEO

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

START COMPLETING YOUR AWARD!

Participants can complete the Physical Recreation, Voluntary and Skills Sections of the Award through sport. Speak to your club about how you can get involved and complete your Award sections with them.

MORE INFORMATION

sport.nsw.gov.au/dukeofedinburgh



YOUR SPORT YOUR DUKE OF ED



Office of Sport

BE AWARDED FOR SPORTING PASSION!



Did you know Participants can use your sports club to complete the Duke of Edinburgh's International Award?

For those who are passionate about sport, want to get active, 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 these 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"> • Officiating • Coaching • Fundraising • Scoring • Administration • Canteen 	<ul style="list-style-type: none"> • Field setup • Coaching • Digital media • Sports photography • Sport specific qualification 	<ul style="list-style-type: none"> • Training and playing • Gym Training • Fitness Training

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 within their chosen sport
- Become connected and actively engaged within their sporting community
- Make a real difference to their sport through positive 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