

# DUKE OF EDINBURGH INTERNATIONAL AWARD

Tahj Regattieri

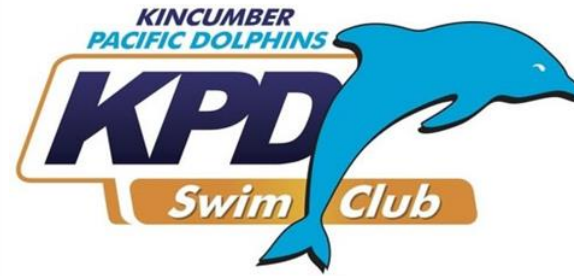
Kincumber Pacific Dolphins

Junior Club Captain

National Qualifier

Wamberal Surf Lifesaving Club

Current Bronze Medallion Participant



# WHAT IS DUKE OF EDINBURGH

Youth development program

Inclusive, for 12-24 year olds

No prior skills needed

Usually done through School or Sport club

*Individual  
Achievable  
Voluntary  
Balanced  
Inspiration*

*Non Competitive  
Development  
Enjoyable  
Progressive  
Persistence*

# HISTORY AND STATISTICS

## International

Held in 130 countries

8 million participants

Every day 1800 people start Duke of Ed

## Australia

Started in 1959

775 000 Australian participants since it started

25 000 start Duke of Ed each year, 40 000+ doing courses each year

1200 Award Centres offering the program

### Australian Statistics 2020

Key Statistic	Figure
Young people starting an Award each year.	Over 25,000
Young people finishing an Award each year.	Over 11,500
Young people currently engaged with the Award each year.	Over 44,000
Number of adult volunteer Leaders and Activity Assessors supporting the Award each year.	Over 60,000
Number of Award Centres Delivering the Award in Australia	Over 1,200
100% of donor funds are used to support disadvantaged young people to start and complete an Award each year.	Currently funded over 4,000 disadvantaged youth
Hours of volunteering by Award Participants in Australia each year.	Over 275,000 hours
Number of young people that have participated in the Award since its inception in Australia (1959).	Over 775,000

# BENEFITS OF DUKE

- ▶ Equips young people for life and work
- ▶ Helps youth find purpose, passion and place
- ▶ Develops responsibility for goals and choices
- ▶ Empowered to push yourself to achieve personal best
- ▶ Become actively engaged within the community
- ▶ Make a real difference to society
- ▶ Learn to persevere and overcome barriers
- ▶ Learn important life skills
- ▶ Increase career opportunities

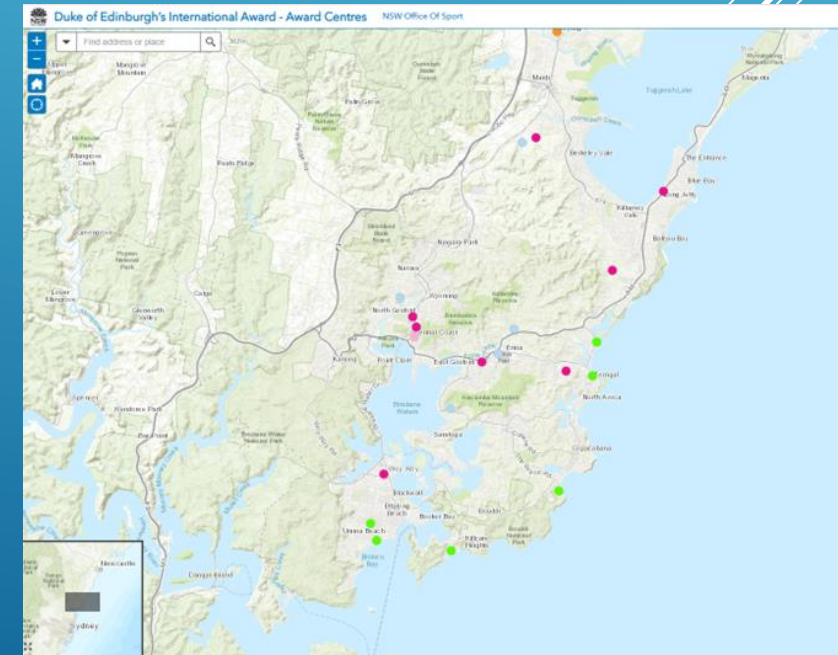
# WHY I DID DUKE

- ▶ Something different
- ▶ Fun with friends
- ▶ Interesting
- ▶ Challenging
- ▶ Learn new skills
- ▶ Positive feedback from others who had completed the course
- ▶ Easy to start as it was offered to me locally
- ▶ Looks good on resume and helps with getting jobs
- ▶ Extra points to get into uni



# HOW I GOT INVOLVED

- ▶ Course offered at my Surf Club
- ▶ Duke of Ed Co-Ordinator spoke to our nippers age group
- ▶ Invited friends from nearby surf clubs and schools
- ▶ Meeting at the Surf Club to hear more specific detail and to think about what we want to achieve for our goals
- ▶ Enrolled online
- ▶ Set up my Online Record Book
- ▶ Got started





# PARTS OF DUKE OF ED BRONZE

To achieve an award you must achieve in all 4 sections

## ▶ Voluntary Service – Surf Lifesaving MAJOR

- ▶ Rostered patrol hours
- ▶ Water Safety at nippers and Carnivals
- ▶ Helping at Board Training

## ▶ Physical Recreation/wellbeing - Swimming

- ▶ Swim Training, Dryland & Carnivals
- ▶ Surf Training & Competition

**Three Levels**

Bronze Silver Gold



**Sections**

Four Sections for Bronze and Silver, five Sections for Gold (none more important than another):

	Voluntary Service	Physical Recreation	Skills	Adventurous Journey	Gold Residential Project
<b>Bronze</b> 14 yrs+ <small>Minimum Time: 6 months</small>	3 Months	3 Months	3 Months	2 Days/1 Night <small>Practice journey/1 Qualifying journey</small>	N/A <small>Gold Level only</small>
<small>Averaging 1 hour a week. Plus an additional 3 Months for a major section in Voluntary Service, Physical Recreation or Skills.</small>					
<b>Silver</b> 15 yrs+ <small>Minimum Time: 6 months</small>	6 Months	6 Months	6 Months	3 Days/2 Nights <small>Practice journey/1 Qualifying journey</small>	N/A <small>Gold Level only</small>
<small>Averaging 1 hour a week. Plus an additional 6 Months for a major section if the Bronze Award was not completed.</small>					
<b>Gold</b> 16 yrs+ <small>Minimum Time: 12 months</small>	12 Months	12 Months	12 Months	4 Days/3 Nights <small>Practice journey/1 Qualifying journey</small>	5 Days/4 Nights
<small>Averaging 1 hour a week. Plus an additional 6 Months for a major section if the Silver Award was not completed.</small>					

ACT - DR12376 - 2020-09-21

# PARTS OF DUKE OF ED BRONZE

## ▶ Skills

- ▶ Learn the acoustic guitar – ties in to my music elective at school
- ▶ *Can be as wild as your imagination, don't have to become elite*

## ▶ **Adventurous journey** – experience an adventure in a new environment

- ▶ Hiking
- ▶ Preparation and Training
- ▶ Two camps – practice and qualifying

**Voluntary Service**  
The Voluntary Service Section of the Award encourages young people to volunteer their time to and understand the benefits of this Voluntary Service to their community. To connect with your community and give service to others and their communities. [Read more](#)

**Physical Recreation**  
The Physical Recreation Section of the Award encourages young people to participate in sport and other physical recreation for the improvement of health, wellbeing and fitness. [Read more](#)

**Skills**  
The Skills Section of the Award encourages the development of personal interests and practical and social skills. [Read more](#)

**Adventurous Journey**  
The Adventurous Journey Section encourages a sense of adventure whilst undertaking a team journey or expedition. As part of a small team, participants will plan, train for and undertake a journey with a defined purpose in an unfamiliar environment. [Read more](#)

# ADVENTUROUS JOURNEY - PREPARATION

- ▶ Food – thinking about high nutrition, tasty and simple to carry and prepare with little waste
  - ▶ Demonstration night at the Surf Club
  - ▶ Trial & error from the supermarket
  - ▶ Practice cooking at home
- ▶ Packing - what is necessary, how to make it fit, can I carry it
  - ▶ Tent, mattress, sleeping bag
  - ▶ Food & cooking equipment
  - ▶ Clothes, 1<sup>st</sup> aid, music speaker
- ▶ Camp
  - ▶ Map reading, weather forecasts, 1<sup>st</sup> aid refresher





# CAMP 1 – GLENWORTH VALLEY

- ▶ 2 day hike to and from Glenworth Valley
- ▶ 20km, fairly flat, muddy and slippery from rain, leeches
- ▶ Learned and developed orienteering and navigation skills
- ▶ Cooked using portable butane burner, water at site
- ▶ Campfire
- ▶ Packed up our tents wet
- ▶ Waterfalls, horses, swimming





## Great North Walk sections 13 and 14

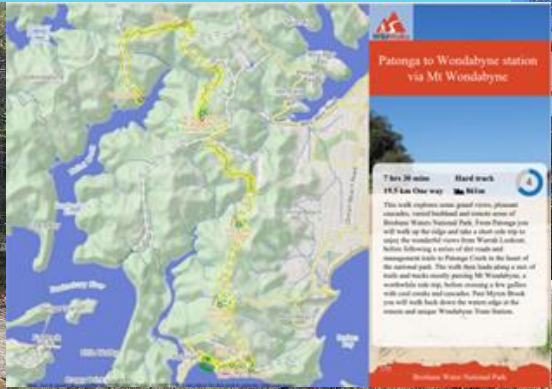
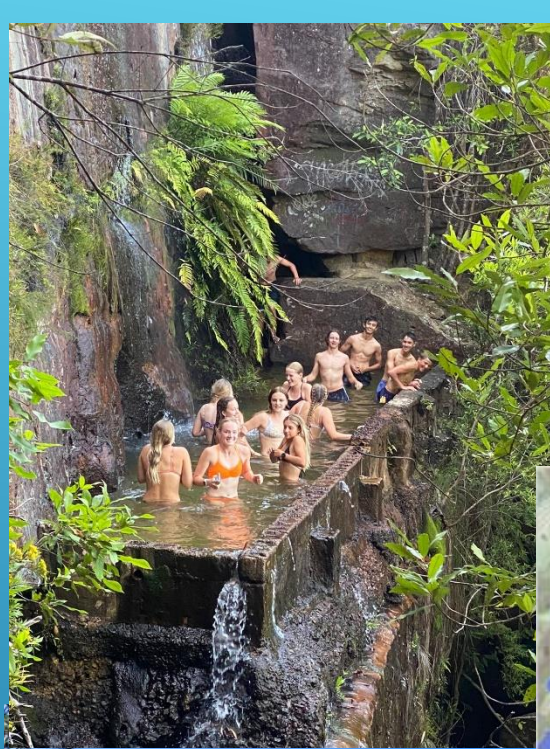
- ▶ 2 day hike Patonga – Wondabyne – Girakool
- ▶ 30km, more hills, hot and humid, more scenery
- ▶ Independently navigated, camped and managed time with supervision rather than guidance
- ▶ No water at camp, had to carry extra
- ▶ Better prepared with food and clothes, added music
- ▶ Amazing views, rock paintings, waterhole

Not as 'fun' and definitely more challenging, but in a good way – sense of achievement

Not so great trying to race at State Championships the next day, my body was tired

# CAMP 2 – GREAT NORTH WALK







# WHERE I AM AT SINCE OCTOBER

**Total Hours  
(Excluding Trainee, No-Show, Penalty and Not Rostered/Excused) : 17 Hrs.**



Detailed Patrol Hours for 2022/2023										
Date	Team	Organisation	Patrol Start	Patrol Finish	Attended Start	Attended Finish	Position	Type	Substitute	Hours
Sat 15/10/2022	Patrol 3	Wamberal	09:00	13:00	09:00	13:00	SRIC	No-Show	-	4
Sat 15/10/2022	Patrol 3	Wamberal	13:00	17:00	13:00	17:00	SRIC	Rostered	-	4
Sun 23/10/2022	Patrol 3	Wamberal	09:00	13:00	09:00	13:00	SRIC	Rostered	-	4
Sat 28/11/2022	Patrol 3	Wamberal	09:00	13:00	09:00	13:00	SRIC	No-Show	-	4
Sat 28/11/2022	Patrol 3	Wamberal	13:00	17:00	13:00	17:00	SRIC	No-Show	-	4
Sat 24/12/2022	Patrol 3	Wamberal	09:00	13:00	09:00	13:00	SRIC	Rostered	-	4
Sat 24/12/2022	Patrol 3	Wamberal	13:00	18:00	13:00	18:00	SRIC	Rostered	-	5

**Total Hours  
(Excluding Trainees, No-Show, Penalty and Not Rostered/Excused) : 17 Hrs.**  
*Note: hours are only counted Once for multiple positions within a Patrol Log*

## ▶ Volunteer Service - 26 hrs MAJOR - completed

- ▶ 17 hours Patrol
- ▶ 24 hours Water Safety Carnivals & Club Champs
- ▶ 7.5 hours Board Training Coaching & Water Safety

## ▶ Physical Recreation - 13 hrs - completed

- ▶ 156 hours Training
- ▶ 12hrs Dryland Strength & Conditioning
- ▶ Carnivals





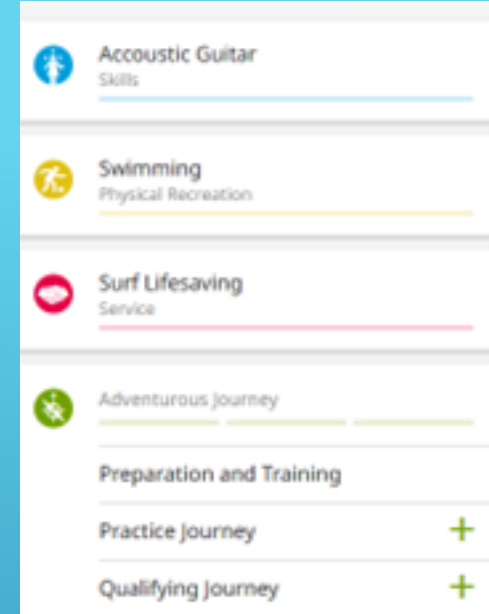
# WHERE I AM AT SINCE OCTOBER

## ▶ Skill – 13hr – *In Progress*

- ▶ 3 hours practice at home completed
- ▶ 2 hours holiday classes booked
- ▶ Can achieve this by end of school holidays if I practice just half an hour per day
- ▶ Aim to do 2 hours per week in remaining school holidays, hopefully more
- ▶ Complete any leftover with school and homework practice


## ▶ Adventurous journey – *In progress*

- ▶ Completed Preparation, Practice & Qualifying Camps
- ▶ Write up final report and upload attachments such as maps
- ▶ *Lesson learned for next camps is to do it straight after*



A screenshot of the Online Record Book (ORB) welcome page. The page features a navigation menu on the left with a 'Bronze Level' badge (Completed 0 / 4) and a list of activities: Acoustic Guitar Skills, Swimming Physical Recreation, Surf Lifesaving Service, and Adventurous Journey. The main content area displays a row of five activity icons and a welcome message: 'Welcome to Online Record Book (ORB)'. Below the message, it states: 'This tool will help you record your progress during your Award. To get started, click on each of the Award Sections on the left, add the Award activity choice and the details of the activity Assessor. Once your Award Leader has authorised an activity, you can start adding your activity logs and you're on your way! If you need any help with activities, talk with your Award Leader.'

# TIPS AND TRICKS

- ▶ Spend time thinking about the 3 A's before selecting your goals – aims, ability and ambition
  - ▶ Choose challenges and goals at the right level - too easy and there will be no sense of achievement, too difficult and you may give up
  - ▶ It's a marathon not a sprint
  
  - ▶ Achieving the recreation and service part is easy for many of us involved in sports clubs already
  - ▶ Hard bit is remembering to log it online or prioritising this part
  - ▶ Share a tent and cooking gear – less to carry, teamwork
- 

# WHAT I HAVE GAINED ALREADY

- ▶ New friends from other surf clubs
- ▶ Teamwork, strengthening friendships, and knowing we have each others backs
- ▶ Self belief and pride of achievement
- ▶ Camping skills
- ▶ Met my voluntary service hours required for school
- ▶ More prepared for Music elective
- ▶ Employed in my first job – at the swim school
- ▶ Junior Club Captain
- ▶ Opportunities such as talking to you today





# WHAT'S NEXT

- ▶ Finish my Bronze Medallion early this year
- ▶ Silver – 2023/24 (Year 9/10) when I am 15
  - ▶ Kayaking
  - ▶ Horse Run
- ▶ Gold – 2024/25 (Year 10/11) when I am 16
  - ▶ Sailing Whitsundays
- ▶ Gold residential – Year 11/12
  - ▶ Elephant Sanctuary Vietnam
- ▶ Other benefits
  - ▶ Better chance at getting a job/apprenticeship
  - ▶ Extra points if I choose a Uni course
    - ▶ NSW 2 points for Gold, +/- extra points for Elite Sport
    - ▶ Macquarie 2 points silver, 3 gold

