



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.



As the peak body for sport in the state Sport NSW is proud to support The Duke of Edinburgh's International Award and recommend it to sporting organisations large and small. Sport survives and thrives thanks to the invaluable efforts of volunteers. The Award helps young people build important life skills through a volunteer involvement in sport, whilst developing positive values and a sense of service to the community. Sport NSW encourages all sporting organisations to become involved, to support the emerging leaders taking part and to continue the all important tradition of volunteer contribution to sport.



Ross Bidencepe

Chief Executive Officer | Sport NSW

DUKE OF ED - GET INVOLVED!

ASK YOUR CLUB!

Complete sections of the Award through participating clubs as long as you are approved by a registered Award Centre.

AT AN AWARD CENTRE!

Participants can complete their Award through any registered Award Centre. Award Centres can include:

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

MORE INFORMATION

 sport.nsw.gov.au/dukeofedinburgh

OFFICE OF SPORT



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