



Elizabeth College  
inspired resourceful learners

Proud to deliver

# THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



**In 2023, Elizabeth College students in Year 11 or 12 can enrol in the Bronze Duke of Ed Award.**

Over 6 months you will be able to design your own individual program to achieve your Award, using activities you already do, or choosing something new you've always wanted to try, all with the support of your Award Leaders, Assessors, and the Enrichment Program!

## Voluntary Service

Challenge yourself to be a responsible, caring member of the community.



**Connecting with the community by giving useful service to others.**

**You could choose to help through:**

- Being an active member of the Student Leadership Group, LGBTIA+ Group, or Student Aboriginal Group (TBC)
- Assisting with Breakfast Club
- Doing tree planting sessions
- Coaching a junior sports team
- Helping out at an Op Shop or animal shelter

## Physical Recreation

Challenge yourself to improve your health, fitness and performance.



**Improving physical fitness and wellbeing and getting active.**

**You might get involved in:**

- Team sports such as basketball, AFL, soccer/futsal, hockey, volleyball, badminton, netball or rowing
- Individual sports or training such as mountain biking, trail running, Park Run, bowling, dancing, swimming, orienteering or HIIT classes

## Skills

Challenge yourself to improve your skills and widen your interests.



**Unleashing talents and broadening personal interests and skills. Generally non-physical in nature.**

**You could work on:**

- Getting your learners licence and increasing your driving hours
- Participating in an Enrichment club such as languages club, chess, mah-jong, or debating
- Learning and working on a new art and craft skill such as crochet or ceramics
- Participating in training and assessment for a new certificate, such as Swim Teacher, barista or first aid (TBC)
- Playing an instrument in one of the many EC bands
- Improving your cooking skills

## Adventurous Journey

Challenge yourself to journey and explore the world around you.



This Section is all about discovering a sense of adventure and requires an expedition or exploration to be undertaken in a small team (4-7 people) in a challenging and unfamiliar environment, with an agreed purpose.

**It will include:**

- Planning sessions
- 1 x Practice Journey (2 days)
- 1 x Qualifying Journey (2 days)

***Are you interesting in signing up, or want more information?***

**Come to the Duke of Ed meeting (Date TBC Term1 2023)**




or see the EC Duke of Ed Award Leaders Sarah Briggs (F105) or Lisa Schmalfuss (F103)



**Time requirements:**

- Each award is divided into 4 sections, and **all sections must be completed**.
- You must participate in your chosen activity for an **average of one hour per week** for the length required in the award, for each section (i.e. 3 hours per week total, plus 2 journeys).
- You are **able to choose up to 3 different activities** per section.
- **Over 50% must be completed outside of class time** (which can include your free line, lunchtimes and after school). Some activities from your normal classes can be used as well.
- All of your hours must be logged in the Duke of Ed Online Record Book (ORB) as well as verified and signed off by your Assessor.

If you enjoy the first step of achieving your Bronze Award, Year 11 students can continue onto their **Silver** or **Gold** Award.  
*(To be completed in Year 12 in 2024)*

<p><b>BRONZE</b></p> 	<ul style="list-style-type: none"> <li>• Minimum 6-month commitment</li> <li>• 3 months Voluntary Service, Skills and Physical Recreation (+ an extra 3 months in one section)</li> <li>• 2-day Adventurous Journey (+ 2-day practice journey)</li> <li>• 12 TCE points</li> </ul>
<p><b>SILVER</b></p> 	<ul style="list-style-type: none"> <li>• Minimum 6–12-month commitment</li> <li>• 6 months Voluntary Service, Skills and Physical Recreation (+ an extra 6 months in one section if you have not achieved a Bronze Award)</li> <li>• 3-day Adventurous Journey (+ 2-day practice journey)</li> <li>• 8 TCE points (if Bronze already achieved)</li> <li>• 15 TCE points (if you have no previous Award)</li> </ul>
<p><b>GOLD</b></p> 	<ul style="list-style-type: none"> <li>• Minimum 12–18-month commitment</li> <li>• 12 months Voluntary Service, Skills and Physical Recreation (+ an extra 6 months in one section if you have not achieved a Bronze or Silver Award)</li> <li>• 4-day Adventurous Journey (+ 2-day practice journey)</li> <li>• 5-day Residential Project</li> <li>• 19 TCE points (if Bronze or Silver already achieved)</li> <li>• 38 TCE points (if you have no previous Award)</li> </ul>