

# OWN YOUR JOURNEY WITH DUKE OF ED

Duke of Ed transforms the things you love and the things you've always wanted to try into exciting opportunities to have fun, build lasting friendships, and develop lifelong skills.

THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD  
AOTEAROA NEW ZEALAND | HILLARY AWARD





Own Your Journey with Duke of Ed

Share

YouTube

Note: This video will play in powerpoint

# WHERE THE AWARD CAN TAKE YOU



The Award is widely recognised internationally and in Aotearoa. It is an impressive addition to your CV.

The Award open doors to opportunities including:

- Employment • Scholarships
- Halls of Residence • Internships
- International University opportunities



**FRIENDSHIPS**

**COMMUNICATION SKILLS**



**GIVE  
BACK**

**DISCOVER  
YOUR  
PASSIONS**

**MEMORIES  
FOR LIFE**

**ADVENTURE  
COMMUNITY**

**MANAAKITANGA  
GROWTH  
RESILIENCE**

**WHAT YOU GET  
DOING YOUR DUKE OF ED**

**SELF-ESTEEM  
WELLBEING**





Doing my Duke of Ed helped me grow as a person – building my confidence and my ability to take risks. It was truly an amazing experience!

Sefina, Gold Award Holder

# 3 AWARD LEVELS



## **Bronze**

Start from the year you turn **14**.

*Takes a minimum of 6 months*



## **Silver**

Start at **15** or when you finish Bronze.

*Takes a minimum of 6 months*



## **Gold**

Start at **16** or when you finish Silver.

*Takes a minimum of 12 months*



# 4 AWARD SECTIONS



## Skills

Master an existing skill or learn something new



## Physical recreation

Improve your physical health and move your body



## Voluntary service

Give back and make difference in your community



## Adventurous journey

Go on a team adventure and step outside your comfort zone



# HOW THE AWARD WORKS

Choose an activity for each Award section.

Do the activity on a regular basis.

When you're done, get the section signed off.

Set up the activity in your Online Record Book.

Log your hours online - Up to 4 hours per month.

Get all sections signed off, you'll achieve the Award.



TE REO MĀORI  
BARANGA  
SIGNING  
DRAWING  
PHOTOGRAPHY

CODING  
POI

DRUMMING



**SKILLS  
SECTION**

MUSIC  
LANGUAGES

COOKING  
FILM  
SCULPTURE  
DESIGN

CONSERVATION  
PODCAST  
KAPA HAKA  
DRIVING  
PERFORMANCE





ROCK CLIMBING  
MARTIAL ARTS

FOOTBALL  
WAKA AMA

CARDIO WORKOUTS

PADDLE  
BOARDING

KI O  
RAHI

FITNESS  
DANCE

SPORTS  
SURFING  
SWIMMING



RUNNING

RUGBY

MOUNTAIN  
BIKING

**PHYSICAL  
RECREATION  
SECTION**

BOULDERING  
ROWING



**TUTORING**  
**MENTORING**

**HELP THE ELDERLY**



**VOLUNTARY**  
**SERVICE**  
**SECTION**

**POP SHOP**

**EVENTS**

**ANIMALS**

**HELPING**  
**OTHERS**

**CHURCH**  
**COMMUNITY**

**MARAE**

**FUNDRAISING**

**CHARITY**

**COACHING**

**VOLUNTEERING**



**MARAE  
BASED**

**TRAMPING**

**SAILING**



**CAMP**

**SEA KAYAKING**

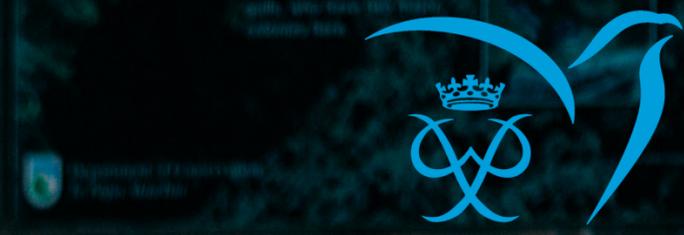
**CYCLING**

**URBAN JOURNEY**

**ADVENTUROUS  
JOURNEY  
SECTION**

**CULTURAL  
JOURNEY**





# GOLD RESIDENTIAL PROJECT

An extra section for Gold

Share a purposeful experience being away from home over 5 days with people you don't usually spend time with. Maybe a creative arts camp, outdoor adventure programme, or a residential service project.



**GET STARTED**

kōrero with your Award Leader to get started

Register online [www.onlinerecordbook.org](http://www.onlinerecordbook.org)

Cost: Bronze/Silver registration fee \$95

Gold registration fee \$125



register  
online here

