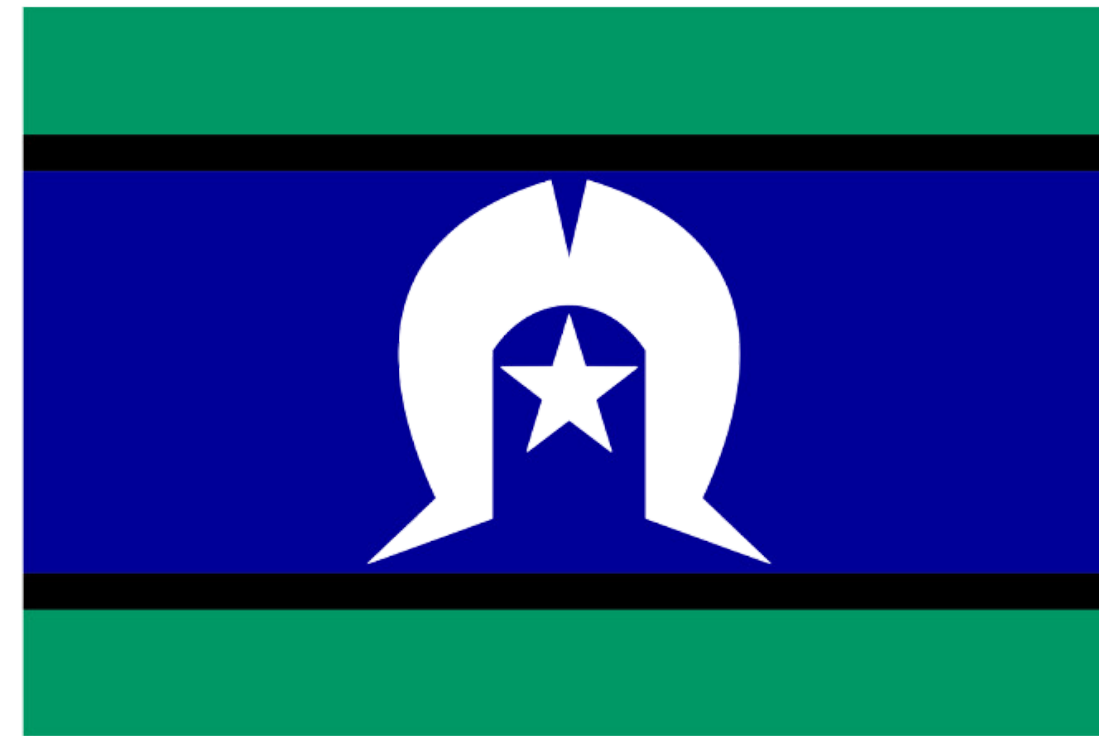


THE DUKE OF ED AWARD

Girl Guides Victoria Information Session 2023

ACKNOWLEDGEMENT OF COUNTRY



WELCOME

Zebra / Zoe De Paola

- **GGV Duke of Edinburgh's Award Coordinator**
- **Duke of Ed Aus Disadvantaged Youth Team**
- **Bronze Award Holder**

WHAT IS THE DUKE OF ED?

- The World's leading non-formal education program for 14-25 year olds
- Focuses on building skills in a select few activities, and committing to these activities over numerous months

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

SMART GOALS

SMART goals stands for Specific, Measurable, Achievable, Relevant, and Time-Bound.

Eg. To mediate for 20 minutes three times a week for 13 weeks starting from February 1st 2023. During this time, complete all Advanced Plan meditations from Plans 1 and 2 on the Balance meditation app.

TIME COMMITMENT

What does it mean to participate in each section for 3/6/12/18 months?

1 hour a week / 2 hours a fortnight

ORB will not accept multiple hours completed in one week, you should be aiming for consistent, regular commitment

PHYSICAL RECREATION

Activity ideas:

- **Team Sports:** Netball, basketball, soccer
- **Individual sports:** Dance, gymnastics, athletics, swimming
- **Individual activities:** Going to the gym, running, yoga and pilates

CROSS CREDITING

Queen's Guide Award:

- Gold Endeavour (Character), (Collaboration)
- Queen's Guide (Collaboration), (Commitment to Learning)

Top pick: Queen's Guide (Collaboration) - Participate in two seasons (minimum 6 months) of a team sport.

Discuss with your Peer Unit what you have learned about teamwork.

CROSS CREDITING

Olave Baden Powell Award:

- Adventure section

Top pick: Adventure section - Take up a new physical activity for a period of three months. During this time, discuss your progress with your Peer Group. Activities such as athletics, swimming, yoga, team sports, martial arts, scuba diving may be considered.

SKILL

Activity ideas:

- **Guiding:** Weekly unit meetings, RoboGuides (STEM), Gang Show (onstage or backstage)
- **Non-Guiding:** Arts and crafts, music, language, gardening, chess and other games, cooking and driving

CROSS CREDITING

Queen's Guide Award:

- Gold Endeavour and Queen's Guide: ALL SECTIONS

Top pick: Queen's Guide (Commitment to Learning) - Set a goal to complete an activity that requires a regular commitment, planning, action, and evaluation.

CROSS CREDITING

Olave Baden Powell Award:

- Self Development and Community Section

Top pick: Self development section - Attend and satisfactorily complete a course of at least three months duration in an adult learning environment. This may include (for example) languages, psychology, economics, information technology, making jewellery or science.

VOLUNTARY SERVICE

Activity ideas:

- **Guiding:** Junior Leader or Leader
- **Non-Guiding:** Park Run, Op Shops and Charity work, Animal welfare, Environment service, Emergency service, Youth work, Sports coaching

CROSS CREDITING

Queen's Guide Award:

- Gold Endeavour (Community)
- Queen's Guide (Community)

Top pick: Queen's Guide (Community) - Gain Service Flash 3 (21 hours service preferably to the wider community).

CROSS CREDITING

Olave Baden Powell Award:

- Community section

Top pick: Undertake a volunteer project with an organisation other than Girl Guides or Scouts. Volunteer for a minimum of 30 hours over 3 months. Document your hours and present a report to your peer group.

ADVENTUROUS JOURNEY

Practice + Qualifying Journey

Bronze: 2 days, 1 night per journey

Silver: 3 days, 2 nights per journey

Gold: 4 days, 3 nights per journey

ADVENTUROUS JOURNEY

Activity ideas:

Guiding: GGV Adventurous Journey events

Non-Guiding: Open Adventurous Journey events

- Outward Bound
- The Outdoor Education Group

CROSS CREDITING

Queen's Guide Award:

- Gold Endeavour (Collaboration)

Top pick: Gold Endeavour (Collaboration) - Participate in a weekend camp, hike, or adventure-based activity with peers

CROSS CREDITING

Olave Baden Powell Award:

- Community section

Top pick: Undertake a volunteer project with an organisation other than Girl Guides or Scouts. Volunteer for a minimum of 30 hours over 3 months. Document your hours and present a report to your peer group.

RESIDENTIAL PROJECT

This section is for Gold Level only

- Residing away from your usual residence
- 5 days, 4 nights
- Working together with others who are not your usual companions to achieve a goal

RESIDENTIAL PROJECT

Activity ideas:

- Personal and skill training courses
- Environment and conservation projects
- Voluntary Service to other people and communities
- Adventure-Based

ASSESSORS

You will need an Assessor for each section of your Award

Your Assessor must:

- Be 18 years old or older
- Not be a family member (in most circumstances)
- Be experienced in the activity you have chosen
- Provide their contact details to be listed on the ORB
- Sign the Assessor code of conduct before you begin your hours
- Write a report once you have finished your section

COST

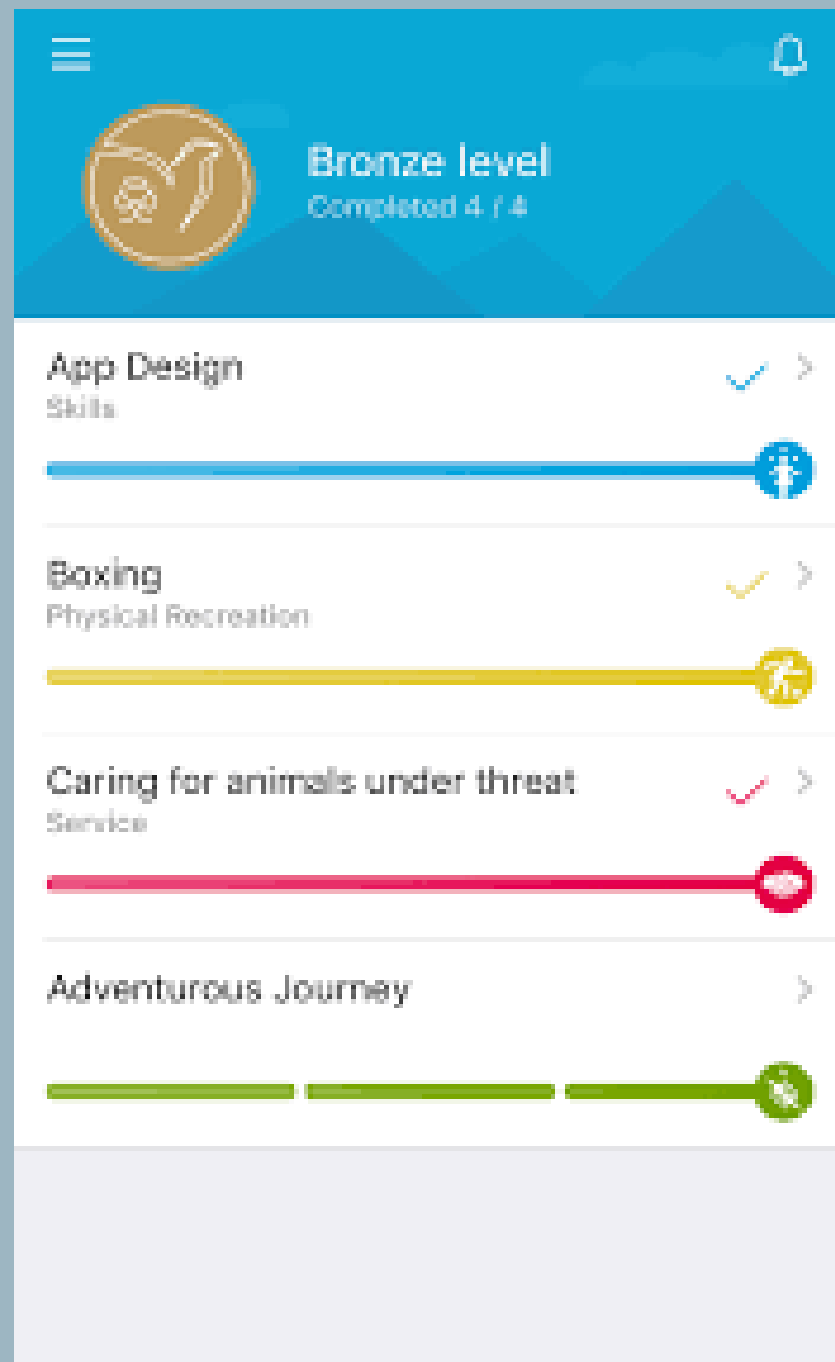
Bronze Award Fee	Silver Award Fee	Gold Award Fee
\$179	\$189	\$199

HOW TO REGISTER

Before registering, it is recommended to chat with the Duke of Ed Coordinator about your Award plan.

1. Go to <https://www.onlinerecordbook.org/fo/>
2. Select Award Participant under Registration
3. Select Australia and Victoria as your operating partner
4. Select Girl Guides Victoria as your Award Centre
5. Award Leader email address = dukeofed@guidesvic.org.au
6. Select your Award level and Input your details

ONLINE RECORD BOOK



- Submit your activities and SMART goals
- Submit your Assessor contact details
- Log your activities
- Share photos of your progress

Q&A

THANK YOU

Zebra / Zoe De Paola - dukeofed@guidesvic.org.au



**QG AWARD CROSS
CREDITING INFO**



**OBP AWARD CROSS
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