Bronze Duke of Ed Overview

The Bronze Duke of Ed program aims to develop “character” by making you do tons of difficult things in order to be qualified.

It’s fun, it makes you more interesting and less of a whiner and it looks good on a resume.

One of the trickier aspects of the program is completing all of the paperwork and understanding the requirements. This program is entirely optional.

If you cannot maintain the dedication necessary to complete it then nobody will pressure you or hassle you, you will just quietly fail.

So, yes, it is up to you to motivate yourself to get it all complete. It is nobody’s responsibility to complete this program but yours.

For a more exciting, and less responsibility heavy, spiel read this; http://www.dukeofed.com.au/Do-The-Award.html

Or watch this; http://www.youtube.com/watch?v=QHYRaNiXcXA

Aww, “friendships that can last a lifetime”.

I note that “unforgettable memories” doesn’t always mean good memories. Leeches!

STEP 1: School Registration

The very first thing you need to do is get your parents to complete the school permission note. Then pay at the office. Then give them the permission slip to Mr McCulloch in HSIE.

STEP 2: Online iORB Registration

You then register online through their website with the following details.

- International Region: Asia Pacific
- Country: Australia
- Operating Authority: NSW Dept. of Sport, Sport and Recreation
- Award Unit: Burwood Girls High School
- Then choose this option (as long as it’s true!): My parent/guardian has already given written consent for me to do the Award, and I have given this to my Award Leader

They then bill us for your participation.

You must be 14 years old to begin the Bronze Duke of Ed. You cannot begin any of the following sections until you have registered online.

STEP 3: Physical Recreation, Skill and Service

You decide on what activities you would like to be involved in. You can do these three activities at the same time. For each you will need to commit to one hour per week for three months. One of the three you choose to be your “major” section and you will complete an additional three months (so, six in total). Your family members cannot act as your assessors. If you mess any of this up then you will have to do it again.

3A) ASSESSORS


All assessors must agree to the Code of Conduct and “Working with Children” check.


Each one must fill in and sign this form and you bring it to Mr McCulloch when you have all three signed.


All of your assessors can register online to certify that you’ve completed each section. Or, if that’s too hard they can fill in pages 1 and 5 of this PDF and you can then scan and upload that document to show that you have completed it.

3B) PHYSICAL ACTIVITY
A physical activity is anything in which you break a sweat.
An out of school sport is a good idea; anything you do in school CANNOT count.
However, you could commit to a yoga/pilates class or do jogging or swimming.
However, you will need an assessor to certify that you have improved in your activity.
The assessor could be a PE teacher if they are amenable.

3C) SKILL
A skill is anything in which you don’t break a sweat.
You could learn to play a musical instrument or to knit.
However, again you will need to commit to one hour per week for twelve weeks and have an assessor to certify that you have improved in your skill.
The assessor could be a Music or TAS teacher if they are amenable.

3D) VOLUNTEER WORK
Then you have to do volunteer work.
There are tons of local charities which are used to Burwood Girls tromping through.
These hours ALSO count for your mandatory community service in Years 9 and 10.
I recommend you check out the Go Volunteer site and find something fun or which aligns with your interests.

And, again, one of these sections is your “major” and you have to do it for 6 months instead of 3 months.

STEP 4: Adventurous Journey
You don’t have to do the Adventurous Journey through the school; there are other organisations which run them.
However, going on a bushwalk with your friends is kind of part of the fun.
Before going on the walk you have to do the Preparation Day in school hours.
Then you will have two walks, the “Training Walk” and the “Qualifying Walk”.
Honestly, there’s not a lot of difference.
Both walks cover 14-24km up and down mountains over two days with one night of camping.
You will need to have some level of fitness; even people who regularly play sports find this challenging.
I recommend that in the six weeks leading up to the walks that you exercise regularly (sport a couple of times a week will do) and plank for as long as you can each day.
Even quite fit sportswomen find that carrying the 12-20kg backpack up mountains can be hard on their back.
I, or other teachers, are your assessors for this section.

And that’s it. Once you have all of the sections signed off by your assessors you have completed the Bronze Duke of Ed.