

Award activity ideas

This document is a guide to help you choose your activities and check that you are using each activity in the right section. Before you get started on your Award, you should discuss your planned activities with your Award Leader, to ensure they meet the Award requirements. If you want to do an activity that is not listed, and you're not sure if it's suitable, please contact the Queensland Award Operating Authority (AOA) on qld.award.office@qed.qld.gov.au to check.

Please note: all activities need to be pre-approved by your Award Leader on the Online Record Book (ORB) before you can start logging hours. Read the ORB user guides (<https://dukeofed.com.au/online-record-book-next-generation/>) for more information on this process.

Award plan templates are available from the AOA for all levels of the Award. Gold Participants should discuss their Gold Award Plan with their Award Leader who will submit this to the AOA before starting any activities. The AOA will confirm in writing that the activities are suitable, or advise if alternatives need to be chosen.

Changing Section activities

There are many reasons why a participant might change an Award activity in a Section or add an additional activity (up to 3 activities are permitted per Section in the ORB). Award Leaders should always discuss the appropriateness of changing activities with their participants.

For more information, please refer to the Award Handbook, available from <http://www.dukeofed.com.au/resource/handbook/> or the Queensland website <http://www.dukesaward.qld.gov.au>

Award activity ideas

2023/V1.0

Physical Recreation

The Physical Recreation section of the Award encourages you to improve your health and fitness, whatever your starting point. You could choose to do a team sport, solo sport or any healthy activity. It could be something you already do regularly, have tried before or something completely new to you. The Physical Recreation section should make you feel healthy and happy, and may help you build valuable team skills, self-esteem and confidence. It's also great fun!

Here's a list of some Physical Recreation ideas. If your planned activity is not here, please contact the Award Operating Authority (AOA) to ensure suitability.

Abseiling	Canoeing	Football (all codes)	Javelin	Mountain biking	Scuba diving	Tap dancing
Acrobalance	Capoeira	Free running	Jazz	Netball	Self-defence	Ten pin bowling
Acrobatics	Caving / potholing	Free-diving	Jogging	Obstacle course racing	Shot put	Tennis
Aerobics	Ceroc dancing	Frisbee	Ju Jitsu	Orienteering	Skateboarding	Tightrope walking
Aikido	Cheerleading	Futsal	Judo	Parachuting	Skiing	Tissu / Silks
Archery	Chinese lion or dragon dancing	Gaelic football	Jugger	Pentathlon	Skipping	Touch football
Athletics	Climbing	Golf	Kabaddi	Personal Training	Skydiving	Trampolineing
Badminton	Cricket	Gridiron	Karate	Pétanque	Slacklining	Trapeze
Ballet	Croquet	Group fitness	Kayaking	Pilates	Snorkelling	Triathlon
Ballroom Dancing	Cross country running	Gym work	Kendo	Polo	Snowboarding	Ultimate frisbee
Baseball	Curling	Gymnastics	Kickboxing	Power lifting	Soccer	Underwater hockey
Basketball	Cycling	Hacky sack	Kite surfing	Power walking	Softball	Underwater rugby
Belly dancing	Dancing (all types)	Handball	Kneeboarding	Quidditch	Speed skating	Unicycling
Bhangra dancing	Discus throwing	Handstands	Korfball	Quoits	Squash	Vigoro
Biathlon	Diving	High jump	Kung Fu	Riding	Stilt walking	Volleyball
Bocce	Dodgeball	Hiking	Lacrosse	Rock climbing	Street luge	Walking
Body boarding	Dragon Boat Racing	Hip hop dancing	Line dancing	Rogaining	Sumo wrestling	Water polo
Body building	Endurance training	Hockey	Long jump	Roller blading	Surfing	Water skiing
Bowling	Equestrian	Horse riding	Marching	Roller skating	Swimming	Weightlifting
Bowls	Fencing	Hula hooping	Martial Arts	Rowing & sculling	Swing dancing	Wheelchair rugby
Boxing	Fitness training	Hurling	Medau movement	Rugby league	Synchronised swimming	Windsurfing
Breakdancing	Flamenco dancing	Ice skating	Modern pentathlon	Rugby union	Table tennis	Wrestling
Calisthenics	Folk dancing	Indoor soccer	Motorcycle racing	Running	Tae Kwon Do	Yoga
Camogie		Irish dancing	Motor sports	Sailing	Tai Chi	Zumba

Does it fit under the Physical Recreation or Skills section?

The aim for Physical Recreation is to improve physical fitness and wellbeing and get active through engaging in regular physical activity. The aim for Skills is to broaden personal interests and skills in a non-physical manner. If you're not sure which section it goes in, please check with the AOA.

Award activity ideas

Skills

Through the Skills section you can develop your personal interests, and practical and social skills. You could choose to improve on an existing skill or try something new. It's all about having a go, learning something and getting better at it. The Skill section may give you a sense of achievement and well-being. Colleges, universities and employers like to see that you have life skills too!

Here's a list of some Skills section ideas. If your planned activity is not here, please contact the Award Operating Authority (AOA) to ensure suitability.

Acting	Botany	Cooking	Entomology	Horticulture	Oceanography	Sewing
Aerodynamics	Braille	Costume making	Fabric printing	Information technology	Origami	Sign language
Aeronautics	Brass rubbing	Criminology	Fashion design	Interior design	Painting	Singing
Agriculture/farming	Building catapults	Crochet	Film and video making	Jewellery making	Palaeontology	Soft toy making
Aircraft recognition	Cake decoration	Cross stitch	Film studies	Journalism	Patchwork	Speech and drama
Amateur radio	Calligraphy	Cycle maintenance	First Aid course	Kite construction	Peer education	Sports officiating
Anatomy	Campanology	Dance appreciation	Fishing/fly fishing	Knitting	Photography	Stamp collecting
Animal handling and care	Candle making	Dance theory	Flower arranging	Lace making	Physics	Table games
Anthropology	Canoe building	Darts	Flying	Languages	Pool/Snooker/Billiards	Tailoring
App design and coding	Canvas work	Debating	Foreign languages	Leatherwork	Pottery	Taxidermy
Aquarium keeping	Card games (no gambling)	Democracy and political studies	Forestry	Lettering and calligraphy	Power boating	Taxonomy
Archaeology	Card making	Dominoes	Furniture making	Life skills	Public speaking	Textile/fashion design
Art history	Caring for reptiles	Dowsing and divining	Gardening	Lino block printing	Puppetry	Theatre appreciation
Astronautics	Ceramics	Drama and theatre skills	Gemstones	Macramé	Quilting	T-shirt painting
Astronomy	Chemistry	Draughts	Genealogy	Marine biology	Radio presenting/DJ	Upholstery
Audio production	Chess	Drawing	Glass blowing	Marksmanship	Reading	Vehicle restoration
Backgammon	Choreography	Dressmaking	Glass painting	Massage	Religious studies	Ventriloquism
Basket making	Clay modelling	Driving	Glasswork	Metal work	Robotics	Weather/meteorology
Baton twirling	Clay target shooting	Drone flying	Gliding	Model building/racing	Rocket making	Weaving and spinning
Beekeeping	Coin collecting	Ecology	Go-karting	Mosaic	Role playing games	Website and digital communications production
Billiards	Composing	Electronics	Graphic Design	Musical instruments	Rope work	
Biology	Conjuring and magic	Embroidery	Hair & beauty	Music appreciation	Rug making	
Bird watching	Conservation	Enamelling	Historical re-enactments	Navigation	Scrap booking	Wine making
Boat work	Contact juggling	Engineering	History of art	Needle tatting	Screen printing	Woodwork
Bookbinding			Home science	Newsletter production	Sculpture	Writing

Does it fit under the Skills or Physical Recreation section?

The aim for Physical Recreation is to improve physical fitness and wellbeing and get active through engaging in regular physical activity. The aim for Skills is to broaden personal interests and skills in a non-physical manner. If you're not sure which section it goes in, please check with the AOA.

Award activity ideas

Voluntary Service

Through the Voluntary Service section you can volunteer in your community, meet people and see how your service benefits those around you. Volunteering over a period of time enables you to meet people within the community whom you might not otherwise engage with and realise the positive difference you can make to your community. It can also help improve skills such as team work, communication and self-confidence.

Here's a list of some Voluntary Service ideas. If your planned activity is not here, please contact the Award Operating Authority (AOA) to ensure suitability.

Environmental service

- Participating in a conservation project, e.g. clearing weeds, cleaning a river, or caring for threatened wildlife or trees.
- Caring for a public/school garden.
- Providing, maintaining, and encouraging the use of public wastepaper bins.
- Working in a clean-up campaign.
- Bush and natural environment regeneration.

Emergency services

- Helping an emergency service team, e.g. SES, RFS, CFS, St John's Ambulance, Royal Lifesaving.
- Assisting with local or national disaster operations.
- Note: Completing training alone does not fully meet the requirements for this Section, e.g. a first aid course or emergency skill (e.g. an SES Communications Course). Practical service must also be given such as attending events as a First Aider.

Animal welfare

- Caring for animals under threat.
- Assisting with organisations who care for neglected and abandoned animals, such as the RSCPA or WIRES.

- Walking the dog of an elderly or disabled person.

- Wildlife rescue.

Charity work

- Fundraising for a charity – this could be through fundraising events such as organising a school fundraising drive.
- Producing a newsletter for a charity.
- Creating or maintaining a charity website.
- Helping out at a charity clothing store.

Youth work

- Acting in a leadership role in a youth club, school or uniformed youth organisation.
- Helping other young people participate in the Duke of Ed by acting as a leader for Bronze or Silver Participants
- Community education and health education.
- Teaching/assisting a person to read or write.
- Assisting in the teaching of primary school children.
- Note: Undertaking school based activities such as Student Representative Council or Peer/Buddy Programs must comply with the requirement that a substantial amount of the activity is to be undertaken in the Participant's own time, e.g. lunch breaks, before or after school academic hours.

People in the community

- Visiting people in need, such as elderly or disabled people, on a regular basis to provide assistance with shopping, gardening or other domestic tasks, or simply to keep them company.
- Voluntary work in hospitals, libraries and care centres.
- Visiting prisons or detention centres (under the auspices of the proper authorities).
- Helping with a local community radio or newspaper.
- Note: unpaid baby-sitting would not normally meet the requirements of this Section. However, if the baby-sitting was assisting at a local clinic or playgroup or providing respite baby-sitting / child care including in a private home, this would meet the requirements. There are important safety and carer requirements associated with this type of Service that need to be carefully considered.

Sports and leadership

- First aid – doing a course and then making their skills available to the benefit of the local community i.e. being a first-aider at football matches or dance competitions etc.
- Coach your local junior sporting team.
- Referee/umpire at sporting games for junior teams.

Award activity ideas

Adventurous Journey

For the Adventurous Journey section you'll need a sense of adventure and discovery as you go on a team journey, expedition or exploration.

You'll have the opportunity to learn more about the wider environment, develop self-confidence and team work skills and improve your health. It can be a tough challenge and you might be taken out of your comfort zone but you will be safe with suitable training and supervision, and you won't regret it!

Satisfactory completion of the Adventurous Journey section includes undertaking preparation and training appropriate for the journeys, and at least one practice journey of a similar nature and duration to the qualifying journey. See chapter 6 of the National Award Handbook for more details.

If completing both these components of the Adventurous Journey on the same expedition/exploration, the Practice and Qualifying Journeys must be separated by a suitable period of time in order for Participants, Assessors and Supervisors to reflect on the Practice Journey period and incorporate any new learning into the preparation for the Qualifying Journey. This suitable period includes the opportunity for one or more Participants to opt out (exit) of continuing on from the Practice Journey to Qualifying Journey.

Please refer to the Queensland Adventurous Journey policy document for further information on specific requirements for Queensland Participants:

<https://www.qld.gov.au/youth/documents/be-involved-have-your-say/adventurous-journey-policy.pdf>

Here's a list of some Adventurous Journey ideas. If your planned activity is not here, please contact the Award Operating Authority (AOA) to ensure suitability.

Expedition Ideas

A journey with a purpose

- Bushwalking
- Canoeing
- Cycling
- Horse riding
- Rafting
- Sailing
- Cross country skiing
- Motorised vehicles (e.g. off-road)

Exploration Ideas

A purpose with a journey

- Scientific/Geographic explorations
- Historical/Cultural trips
- Flora/Fauna studies
- Mapping shipwrecks
- Exploration of old cemeteries in a region
- Experience and understand other languages/cultures

Adventurous Project Ideas

This is **ONLY for Gold Participants, who are over 18**, and requires pre-approval from the Queensland Award Operating Authority (via the Gold Plan)

- Climbing an Andean, Himalayan or other high mountainous peak
- Researching Aboriginal and/or Torres Strait Islander cultural history in a specific location
- Retracing the path of an early explorer
- Geological survey in Central Australia
- Archaeological dig in remote areas
- Studying ecosystems in a remote area for human impact

Award activity ideas

Gold Residential Project

This section is for **GOLD Participants only**. The Gold Residential Project offers Participants unique experiences that truly broaden horizons, challenges your outlook and/or extends your comfort zone. At the heart of the Gold Residential Project is the undertaking of a purposeful experience with people who are not your usual companions, working towards a common goal. Adding to this, you will be outside of your usual place of residence, often in an unfamiliar environment with unfamiliar people. It is hoped that the Gold Residential Project rewards Gold Award Participants with a sense of personal achievement, enhanced social connection with new and interesting people, and a truly life changing experience. It's a big, exciting and very fulfilling experience that will leave you with a great sense of achievement.

Please note, your Gold Residential Project should not be just another Adventurous Journey – this is your chance to branch out, meet new people, and take on a new challenge!

Here's a list of some Gold Residential Project ideas. If your planned activity is not here, please contact the Award Operating Authority (AOA) to ensure suitability.

Personal and skills training courses

- Residential language courses
- Leadership training
- Skills development (e.g. music, art, craft)
- Ecology study course
- Youth camps
- Youth parliaments

Environment and conservation projects

- Environmental clean up
- Habitat restoration
- Volunteer work with national parks
- Research on habitats and ecosystems
- Restoration projects e.g. buildings

Service to other people and communities

- Provision of facilities
- Construction projects
- Assisting as a leader at a camp for young people
- Working with a local or an overseas aid charity
- Working in a care home or hospital

Activity based

- Outdoor adventure courses
- Sports coaching course
- Sport skills development and sport representative tours
- Crew member on board a Tall Ship