

Gold Level Recipients Reflection

Your Gold Level reflection provides the opportunity to share your highlights and achievements. These will be shared with guest speakers to provide an insight into your Duke of Ed experiences.

Requirements

Reflections are limited to a maximum of 250 characters with a minimum of 150 characters. When referring to your Duke of Ed experiences please use the term 'Duke of Ed' rather than 'The Award' or 'DofE' etc

Examples

- For Physical Recreation, I joined a local soccer team and was fortunate enough to qualify for the national state championships in Victoria. This led to me becoming a junior soccer coach once completing my Duke of Ed.'
- 'For my Skill I learnt the bagpipes. I took part in the local community band and joined the army cadet band. I also had the opportunity to perform in the Virginia Tattoo in Norfolk, USA. I now mentor primary school students in the community band.'
- 'For the Voluntary Service component of the Duke of Ed I served at All Saints Church, Nowra - Open House fellowship, becoming significantly involved in the kids club. I have developed a passion for working with younger children who may have had a tough upbringing.'
- 'The highlight of my Duke of Ed was the Adventurous Journey. I hiked The Overland Track in Tasmania in December 2017. The hiking was tough at times but there was a great sense of achievement that will last with me forever.'
- 'For my Gold Residential Project, I attended the Oxford Tradition, studying Engineering and Human Rights. Through the Duke of Ed, I discovered my passion for helping others, inspiring me to volunteer for an aged care home where I formed a close bond with a resident'
- 'Being part of the Duke of Ed opened my eyes to the richness of our society at a very formative time in my life. The challenges I faced, have helped to build my character and, as a result, I'm always looking forward to the next challenge.'