

TOP 10 AT HOME IDEAS FOR EACH SECTION

Voluntary Service



- Shop for the isolated
- Write to the elderly and hospitalised
- Transcribe old documents
- Environmental clean-up
- Make pouches for injured animals
- Tutor younger students
- Plant native trees / revegetation projects
- Do graphic design for a charity or NFP
- Animal Identification on trail cameras
- Sew beanies for premature babies

Skills



- Learn a language
- Learn to code
- Read
- Meditate
- Learn to garden
- Learn to juggle
- Learn to cook
- Graphic design
- Paint or draw
- Chess (online)

Physical Recreation



- Yoga
- Calisthenics
- Weight training
- Aerobics (online lesson)
- Skateboarding
- Dancing
- Running
- Swimming
- Mountain biking
- Horse riding

Adventurous Journey



While your adventurous journey may be postponed, you can still:

- Spend time planning the route, where you will camp and possible dangers
- Start training for your Adventurous Journey
- Talk to your Award Leader about doing an Exploration Adventurous Journey where you and your team are able to maximise social distancing while still completing your purpose

Gold Residential Project



While your Gold Residential Project may be postponed, you can still:

- Think about how your project can benefit Australians and Australian projects in need, especially in bushfire affected areas
- Talk to your Award Leader about splitting your Gold Residential Project over two occasions (3 days/ 2 nights and 2 days/ 2 nights) over two weekends



DUKE OF ED IDEAS

Voluntary Service



Connecting with the community by giving useful service (to others)

Virtual Voluntary Service Ideas:*

Do Something Near You: <https://dosomethingnearyou.com.au/>

Seek Volunteer: <https://www.volunteer.com.au/>

GO Volunteer: <https://govolunteer.com.au/volunteering>

UN Volunteers <https://www.onlinevolunteering.org/en>

Animal Identification: <https://www.zooniverse.org/projects/birgus2/western-shield->

Transcribe: <https://australianmuseum.net.au/get-involved/citizen-science/digivol/>

Shop for the isolated

Help someone who is self isolating or in quarantine by going to the shops for them.

Write letters to the elderly and hospitalised

Being stuck in hospital or at home can be quite lonely especially when no-one is allowed to visit. Try calling your local hospital and ask if there is someone you could write letters to.

Transcribe old documents

You can help museums, NFPs and charities by transcribing old documents into digital formats. Use the above link to find out more.

Environmental clean-up

If you are allowed to go outside, you can clean up beaches, bushland and local parks.

Make pouches for injured animals

While the bushfires have ended there are always animals in need and the groups who look after them often need animal pouches.

Tutoring / mentoring younger students

If there is a subject you love or are really good at you may want to help a younger student who is struggling. You can do this via Skype, Zoom or any video chat.

Planting native trees or revegetation projects

Without trees our world dies, they are the best source of oxygen and they are great to look at, so get out there and start planting.

Do graphic design for a charity or NFP

If you have a talent in graphic design, why not use it to help a charity or NFP. It also makes for great work experience if you ever want to work in it later.

Animal identification

Keep watch on these trail cameras and let the Western Shield know what animals you see. Will you spot a fox or a rare marsupial?

Sew blankets and beanies for premature babies

Make a difference in a little baby's life by make them a little blanket or beanie. Contact your local hospital.

*Please note these links are not affiliated with The Duke of Ed and are only there as a reference, every activity you do must be checked and approved by your Award Leader.



DUKE OF ED IDEAS

Skills



Unleashing talents and broadening personal interests and skills

Virtual Skills Ideas:*

Duolingo: <https://www.duolingo.com/>

Canva for graphic design: <https://www.canva.com/>

Skillshare to learn everything else: <https://www.skillshare.com/>

Learn a language

Learning a second language is something everyone should try especially if you want to travel one day.

Learn to code

If you love computers and are interested in one day getting a job working on them, learning to code is a great way to start.

Read

While your body is stuck at home your mind can travel to mystical lands, the future and the past all in one day - by reading books. Make sure you challenge yourself and choose books above your normal reading level.

Meditate

Worried about your mental health or just want to learn to still your mind? Try Meditating.

Home gardening

Give a person a vegetable and they eat for a day, teach a person to garden and they eat forever. Gardening is a great life skill to have.

Learn to juggle

Yes juggling may seem lame, but have you ever seen someone juggle 6 balls at once? Juggling requires focus and extremely good reflexes.

Learn to cook

Worried that you are only going to be eating 2 minute noodles during your Adventurous Journey? Try learning to cook and expand your repertoire.

Graphic design

Everything you see has been designed someone including this PDF. Learn the art of graphic design and make sure your presentations always look their best.

Play an instrument

From playing Wonderwall to Flight of the Bumblebee learning to play an instrument is a great skill for all ages.

Chess (online)

Think chess is too boring, well elite chess masters reported burning up to 6000 calories in one day during a tournament. You can play against the computer or even people online.



DUKE OF ED IDEAS

Physical Recreation



Improving physical fitness and wellbeing, encouraging an active and healthy lifestyle

Virtual Physical Recreation Ideas:*

Try looking up exercise programs on Youtube or see if there is an app for the Physical Recreation you are looking to start.

Yoga

Yoga is a great discipline to try at home as you need no equipment other than a mat or towel. Try using an app or watching online videos to get started.

Calisthenics

Calisthenics are exercises that require no equipment, so you can do it from home.

Bushwalking

What better way to clear your mind and stay healthy than to go bushwalking. Make sure to practice social distancing by not getting too close to other walkers.

Aerobics (online lesson)

Dress in your favourite fluro outfit and bring back the 80's. You can even do it with your friends via video chat.

Skateboarding

Do a kickflip! Or learn how. If you have a skateboard at home you can practice on the pavement or even on the grass and finally master that kickflip.

Dancing (all types)

Ever wanted to master all the fortnight dances or a cool dance routine from Youtube? Why not do it for your Award?

Running

You can run outside, in the bush on a track or even on a treadmill. Encourage your friends by comparing running routes with an app like Strava or the Nike running app.

Swimming

While public swimming pools are crowded you can still work on your swimming ability by going to an ocean pool or your own if you have one.

Mountain biking

If you like to go faster than a jog and you have a bike, why not go mountain biking. If you can't go outside practice cycling using an indoor bike.

Online barre classes

What is barre? Is it ballet, pilates or just a workout? All three apparently. Get fit at home while working on your posture and endurance with an online barre class.

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DUKE OF ED IDEAS

Adventurous Journey

Gold Residential Project



Purposeful adventuring and team building in an unfamiliar environment

While your Adventurous Journey may be postponed, you can still:

- Spend time planning the route, where you will camp and possible dangers
- Start training for your Adventurous Journey
- Talk to your Award Leader about doing an Exploration Adventurous Journey where you and your team are able to maximise physical distancing while still completing your purpose

Exploration Ideas (a purpose with a journey)

- Scientific/geographic explorations
- Flora/fauna studies
- Mapping shipwrecks
- Exploration of old cemeteries in a region
- Experience and understand other languages/cultures



A purposeful experience with new people outside their usual place of residence

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Gold Residential Project Ideas

- Residential language courses
- Leadership training
- Skills development (e.g. music, art, craft)
- Ecology study course
- Volunteer work with national parks
- Research on habitats and ecosystems
- Restoration projects eg. buildings
- Sports coaching course

Physical Recreation



- Dancing (all forms)
- Hacky sack
- Home gym
- Horse riding (at home)
- Hula hooping
- Pilates
- Roller blading
- Running/jogging/walking
- Skateboarding
- Yoga
- Calisthenics
- Weight training
- Aerobics (online lesson)
- Swimming
- Mountain biking
- Horse riding
- Stilt walking
- Swimming (at home)
- Tai Chi
- Tissu/silks
- Trampolining
- Unicycling
- Zumba
- Barre (online lesson)
- Weight lifting
- Parkour
- Acrobatics/ tricking
- Martial arts
- Golf
- Frisbee golf
- Woodchopping
- Slacklining

Voluntary Service



- Shop for the isolated
- Write to the elderly and hospitalised
- Manage a charity's social media
- Environmental clean-up
- Make pouches for injured animals
- Tutor younger students
- Plant native trees / revegetation projects
- Do graphic design for a charity or NFP
- Sew beanies for premature babies
- Transcribe documents from museums and charities
- Put together care packs
- Animal identification on trail cameras
- Do online admin for a charity / NFP
- Sew / knit teddies for Red Cross
- Create videos for a charity
- Volunteer to Translate with Translators without Borders.
- Help the blind through the 'Be my Eyes' app

Skills



- Learn a language
- Coding
- Read
- Meditate
- Learn to garden
- Learn to juggle
- Learn to cook
- Graphic design
- Paint or draw
- Chess (online)
- Leatherwork
- Woodcarving
- Aircraft recognition
- Amateur radio
- Animal handling
- App design and coding
- Art history (there are virtual tours of the Louvre online!)
- Basket making
- Beekeeping
- Bird watching
- Board or card games
- Card making (perfect for sending to other people isolated at home!)
- Clay modelling
- Embroidery
- Photography
- Macrame
- Origami
- Scrapbooking