

THE

# BENEFITS

OF DOING THE

## DUKE OF ED

*award*

### SHORT TERM

### LONG TERM

CONFIDENCE

MANAGING  
FEELINGS

RESILIENCE &  
DETERMINATION

RELATIONSHIPS &  
LEADERSHIPS

CREATIVITY &  
ADAPTABILITY

PLANNING &  
PROBLEM SOLVING

PERSONAL &  
SOCIAL WELL-BEING

COMMUNICATION

INTERCULTURAL  
COMPETENCE

CIVIC  
COMPETENCE

IMPROVED  
EDUCATIONAL  
ATTAINMENT

IMPROVED  
EMPLOYABILITY &  
SUSTAINABLE  
LIVELIHOODS

IMPROVED HEALTH  
& WELL-BEING

INCREASED  
PARTICIPATION IN  
CIVIC LIFE

SOCIAL INCLUSION

THE ENVIRONMENT

GENDER EQUALITY

REDUCED  
RE-OFFENDING  
RATES

REDUCTION &  
PREVENTION OF  
VIOLENCE/CONFLICT