

DUKE OF EDINBURGH AWARD



The Duke of Edinburgh's International Award (also referred to as 'the Award' or the 'Duke of Ed') is the world's leading non-formal education and achievement award for young people. It is voluntary, non-competitive and available to anyone aged 14–24. The Award is about individual challenge and commitment - young people design their own Award program, set their own goals, and record their own progress. They choose a Service, Physical and Skills activity, go on an Adventurous Journey and, to achieve the Gold Award, take part in a Gold Project.

Millions of young people around the world have participated in the Award since it began in 1956 and many millions more have felt its impact in their communities. It is our goal to reach all Canadian youth, and with your help and leadership, we will succeed.

The Award Framework

There are three levels in the Award – Bronze, Silver and Gold. Each of these levels are made up of four mandatory sections: Service, Skill, Physical Recreation and Adventurous Journey. At the Gold level there is an additional requirement – the Gold Project.

The award is challenging but flexible. Its requirements are sufficiently stringent but attainable.

The award aligns with existing Scouting activities and advancement requirements. By simply participating in Scouting, a young person will fulfill many requirements for the Duke of Edinburgh's International Award USA.

Award Levels & Timeframes		 BRONZE	 SILVER	 GOLD
Minimum Age		14	15	16
Minimum Participation Period*		6 months	6 months or 12 months*	12 months or 18 months*
Service 		3 months	6 months	12 months
Physical Fitness 		3 months	6 months	12 months
Skills 		3 months	6 months	12 months
Adventurous Journey 		2 days / 1 night	3 days / 2 nights	4 days / 3 nights
Residential Project 				5 days / 4 nights
Plus...		All participants must do an additional 3 months in the Service, Physical Fitness, or Skills section	Non Bronze holders must do an additional 6 months in the Service, Physical Fitness, or Skills section	Non Silver holders must do an additional 6 months in the Service, Physical Fitness, or Skills section

* minimum time depends on whether participant holds a previous Award

What are the requirements for the award?

The award is open to young people ages 14 to 24. There are three levels: Bronze, Silver and Gold.

- **Bronze:** Age 14 to 24; six months minimum participation
- **Silver:** Age 15 to 24; 12 months minimum participation
- **Gold:** Age 16 to 24; 18 months minimum participation

When earning the award, young people are challenged over time with goals in four section activities:

- Make a difference through community **Service**
 - Description: Volunteering in the community, demonstrating social responsibility
 - Examples: Visiting the elderly, coaching a sport or serving as a tutor
- Engage in **Physical Fitness**
 - Description: Improving fitness, enjoying healthy lifestyles
 - Examples: Soccer, running, canoeing, swimming, horseback riding or dancing
- Learn a new **Skill**
 - Description: Developing talents, increasing self-confidence
 - Examples: Learning to play an instrument, making a craft, fishing, directing a short film
- Challenge themselves and others in a team-based **Adventurous Journey**

- Description: Discovering a spirit of adventure, gaining a deeper understanding of the outdoors
- Examples: Taking a hike, climbing a mountain, studying the natural world

There's a fifth activity, for those seeking the Gold-level award only, that involves a **Residential Project**.

What do participants receive?

Youth who earn their award at the Bronze, Silver and Gold levels are awarded an international certificate of recognition and a medal for their achievements at local celebrations.

Gold-level participants also are celebrated at a national Gold ceremony hosted by the Duke of Edinburgh's International Award USA.

How to Get started.

If your council, district or Scout unit is interested in delivering the award program, complete the form at the bottom of this page at this site: <https://usaward.org/deliver-the-award-bsa/>

If you're interested in becoming a Registered Activity Provider only, register here.

<http://usaward.org/adventurous-journeys/>

If you're an individual Scout or Venturer interested in doing your award, register here.

<http://usaward.org/get-started/>

Goals:

COMMUNITY SERVICE: Aims to encourage young people to volunteer their time so they may better understand the benefit of service to their community.

SKILL BUILDING: Aims to encourage the development of personal interests and practical and social skills. This is passive and non-physical.

PHYSICAL RECREATION: Aims to encourage young people to participate in sports and other physical recreational activities for the improvement of health and fitness.

ADVENTUROUS JOURNEY: Aims to encourage a sense of outdoor adventure while undertaking a team journey or expedition.

THE GOLD PROJECT: (Formerly known as the Residential Project)

Aims to offer a rewarding life experience, a sense of personal accomplishment, enhanced social connections with new and interesting people and an opportunity to excel or make a difference.

For each section, Participants must select an activity that fits within their section guidelines and undertake the activity for at least the minimum amount of time specified. Participants may choose up to three different activities to complete their Service and Physical Recreation sections. However, the Skill section must be the same activity.

A major section must be chosen for each Award level where a Participant hasn't completed the previous Award level (direct entry). This includes all Bronze Participants, all Silver Participants who have not completed the Bronze Award and all Gold Award Participants who have not completed the Silver Award. The major section is undertaken for an additional length of time. A Participant must choose either Service, Skill or Physical Recreation to be their major section. The time spent on the major section varies depending on the Award level. Participants are limited to three different activities for Service and Physical Recreation and one activity for Skill. A Participant may change their skill activity only once and only with the approval of their Award Leader.

Time Requirements at a Glance

This summary of conditions is a quick at-a-glance guide to completing The Duke of Ed. For each level, it indicates the duration of time which must be spent on each section.

Award Level & Age Requirements	SERVICE SKILLS RECREATION	ADVENTUROUS JOURNEY	GOLD PROJECT
BRONZE Minimum start age is 14. Complete 4 sections as indicated.	13 weeks 13 weeks 13 weeks A minimum of one hour per week dedicated to each activity for the time indicated. Plus an additional 13 weeks in either: Service, Skills, or Physical Fitness. Participants select which section they wish to dedicate the extra months.	Preliminary Training: Practice Journey - 1 Day Qualifying Journey: 2 days + 1 night 6 hours of purposeful effort per day.	n/a ** Participants can do their Gold Project at any level as long as they are 16 or older.
SILVER Minimum start age is 15. Complete 4 sections as indicated	26 weeks 26 weeks 26 weeks A minimum of one hour per week dedicated to each activity for the time indicated. If a Direct Entrant to The Award (did not do Bronze) then an extra 26 weeks is required in either: Service, Skills, or Physical Fitness. Participants select which category to dedicate the extra months.	Preliminary Training: Practice Journey - 2 days + 1 night Qualifying Journey: 3 days + 2 nights 7 hours of purposeful effort per day.	n/a ** Participants can do their Gold Project at any level as long as they are 16 or older
GOLD Minimum start age is 16. Complete 5 sections as indicated	52 weeks 52 weeks 52 weeks A minimum of one hour per week dedicated to each activity for the time indicated. If a Direct Entrant to The Award (did not do Silver) then an extra 26 weeks is required in either: Service, Skills, or Physical Fitness. Participants select which category to dedicate the extra months.	Preliminary Training: Practice Journey - 2 days + 1 night Qualifying Journey: 4 days + 3 nights 8 hours of purposeful effort per day.	5 days + 4 nights

Sections in Detail

There are 4 sections for Bronze and Silver and 5 Sections for Gold (none more important than another)



Service

The Service section of the Award encourages young people to volunteer their time to and understand the benefits of this service to their community. To connect with your community and give service to others and their communities. [Read more](#)



Physical Recreation

The Physical Recreation section of the Award encourages young people to participate in sport and other physical recreation for the improvement of health, wellbeing and fitness. [Read more](#)



Skills

The Skills section of the Award encourages the development of personal interests and practical and social skills. [Read more](#)



Adventurous Journey

The Adventurous Journey section encourages a sense of adventure whilst undertaking a team journey or expedition. As part of a small team, participants will plan, train for and undertake a journey with a defined purpose in an unfamiliar environment. [Read more](#)



Residential Project (Gold only)

The Residential Project, completed only at Gold level, aims to broaden participants' horizons through involvement with others in a residential setting. [Read More](#)

** A Major Section must be chosen for each Award level where a Participant hasn't completed a previous Award level. This includes all Bronze Participants, all Silver Participants who have not completed their Bronze Award and all Gold Award Participants who have not completed their Silver Award. The Major Section is undertaken for an additional length of time. A Participant can choose their Major Section from Physical Recreation, Skill or Service. The time taken varies dependent on the Award level.*

Award Requirements

Participants must be at the required minimum age for each Award level and must undertake at least the minimum required time commitment for each section in order to achieve their Award. For example, a Participant does not have to achieve the Bronze and/or Silver Award in order to begin the Gold Award; however, they must be 16 years of age or older to gain direct entry into the Gold level.

Age Requirements

Participants must meet the minimum age and time requirements, and must use their free time to complete the Award.

Award Level	Minimum period of participation by	
	Direct Entrant	Award Achievers
Bronze	26 weeks	Not applicable
Silver	52 weeks	26 weeks (if Bronze recipient)
Gold	78 weeks	52 weeks (if Silver recipient)

Time Requirements

The Award time requirements are minimum time requirements and are expressed in whole weeks, during which a regular time commitment must be sustained by participants.

- The minimum length of time for undertaking Award activities is a condition of completing the Award. It is not possible to achieve an Award in a shorter time span by working more intensely.
- Regular time commitment is based on a minimum of 1 hour per week. This may be done in larger blocks of time such as 2 hours every two weeks or 4 hours every four weeks.
- If a participant takes a break (e.g. school holidays or exams) they may still count their previous activities towards their Award. There is no penalty for taking a break. If the gap between activities is longer than 4 weeks, these weeks cannot be made up. Additional weeks will need to be added at the end. When the participant returns to the activity, he or she picks up from where they left off. For example, if a participant is completing their Bronze Service section in 13 weeks and takes a 6 week break at the 4 week mark, when they resume their service activity(s) they will still need to complete 9 hours at the one hour per week pace which means the total weeks to achieve this section will be 19.

Award Leaders

As an Award Leader your role is to guide and mentor your Participants by helping them to select activities, set achievable goals and offer encouragement along the way. For a Participant to earn an Award, they must show improvement, challenge and effort. Sometimes Participants may start the Duke of Ed only to stop part way through. Being there to encourage them to continue, even after a break, is one way you can be there for your Participants.

Roles and responsibilities:

- Encourage and inspire young people to participate in the Duke of Ed.
- Provide young people access to register (via the Online Record Book or Paper Record Book).
Distribute literature/resources as required.

- Encourage Participants to choose a diverse and challenging range of activities and approve their activity selections to ensure that all program standards are met.
- Assist Participants to find suitable Assessors as required.
- Assist Participants with the logging of their activities as required.
- Send the final assessment, supporting documents and approval sign-off to your Division as required.
- Encourage Participants to complete their Award and progress to the next level.
- Arrange Bronze Award presentations as required.
- Ensure that any documents, collateral, website pages or other items that utilize The Duke of Ed logo meet all requirements of the Brand Identity Guidelines (available from the National Office and online at dukeofed.org/resources)

Assessors

Assessors are considered “experts” in the activity. Their role is to engage with Participants and offer guidance, mentoring and encouragement. Assessors help Participants set goals for their chosen activity and assess whether or not a Participant has undertaken the required regular effort and has strived to achieve those goals.

For each section of The Duke of Ed, a Participant will need at least one Assessor to help guide them throughout their Award. They must attest and comment on the Participant’s commitment and verify that the Participant has completed the activity. Ideally, Assessors will not be members of the Participant’s immediate family. However, in some cases they may be the best qualified individuals to assess the Participant’s activity. For example, if a Participant has a home gym and uses that as their Physical Recreation activity, a family member is the best person to sign off on that activity as the Assessor.

For each section of the Award, an Assessor’s report is required for each activity completed. Participants may do up to three activities for Service and Physical Recreation and one for Skill (Participants may change their Skill activity one time with Award Leader approval). If a Participant does multiple activities for each section, they will require a report for each activity. If you have any questions regarding recording of activities and Assessor reporting, please contact your division.

Roles and responsibilities:

- Be suitably experienced and qualified in the activity in which you are assessing and understand the relevant Duke of Ed requirements for the section.
- Assist the Participant to identify and set achievable goals for the section they are assessing and to help develop a program to reach their goals.
- Encourage and recognize improvements in the Participant and record positive comments about the Participant's progress.
- Attest and comment on the Participant's activity as well as sign their assessment form to verify they have completed the activities as logged.
- Assessors are responsible for signing off on the section they are assessing. The frequency of the contact and monitoring between the Participant and the Assessor will depend on the activity and independence of the Participant. Contact between Assessor and Participant ideally is every 2-4 weeks or when it is appropriate.

The Assessor should sign off on the Award section if they are satisfied that:

The Participant's commitment was on their own time outside of school, university or work hours. Regular effort was shown during the period of participation.

Progress was made based upon the participant's initial knowledge and ability, and the participant has strived to meet their goals.

Team sports are to be assessed on how the individual performed and contributed, not on how well the teams as a whole performed.

Participant Registration

Registration in the Award program is a mutual agreement between the Participant (young person) and their Award Unit. The Duke of Ed Award Unit is an organization approved by the Provincial Award Operating Authority (also referred to as Divisions) to run the Duke of Ed.

Participants are required to register and pay a fee at each Award level. Please contact your local Division (Provincial Operating Award Authority) or visit us online at www.dukeofed.org/sign-up for more information regarding fees and payment processes in your area.

Online Record Book

The Online Record Book (ORB) is a digital platform for Participants to log, record and track their Award journey. The ORB has been designed as a central hub for Participants and Award Leaders to enter and access information. It also includes some management and reporting functionality.

For those Award Units that use this digital tool, separate training for the ORB platform is required in addition to the standard Award Leader Training.

Currently in Canada not all Divisions are using this online platform. To see if the ORB is available in your region or to discuss training please contact your local Division office or visit:

www.dukeofed.org/ORB

Hardcopy Record Book

A Participant receives a paper record book from either their Award Leader or Division. There are separate record books for each level of the Award. A completed record book is the basis for a Participant achieving and receiving an Award, so care must be taken by Participants to keep this record safe.

Currently, we are phasing out the paper record book and moving to an online system, however, paper record books will still be available for Participants who are unable to access our digital resources. Provinces are in varying degrees of transition. Please contact your local Division for more information.

Parental Consent

Proper formal consent must be obtained to successfully enroll in the Award. For Participants under 18 years of age, parental/guardian consent is required.

A Participant is considered to be registered for the Award only after they have completed all registration processes including the Parental/Guardian consent and waiver where applicable, have been formally accepted by their Award Leader (where applicable) and have paid the registration fee.

Participant registrations are transferable between Award Units nationally in any Province and/or Territory, as well as internationally. Should a Participant move during the course of completing their Award to another Province/Territory or country, Participants should contact their Division so they can begin the process of transferring the Participant's record.

Completing and Achieving an Award

Each Award Unit is required to check that all requirements of the Award have been met by the Participant. This includes any relevant documentation such as Adventurous Journey Reports, Record Book logs and Assessor Reports. The process for final approval of an Award is done at the Divisional level for Bronze and Silver and at the national level for Gold.

Once a Participant has completed their Award, they receive a certificate and pin as recognition and acknowledgement of their achievement, presented at an official Award ceremony.

Award Presentation Chart

Award Ceremony	Organized By	Presenter
Bronze	Local community	Award Leader or Division staff
Silver	Provincial / Territorial	Lieutenant Governor/ Commissioner
Gold	Provincial / Territorial / International	Governor General/ Member of the British Royal Family

In some instances a notable member of society (local level for Bronze, provincial for Silver and national for Gold) will preside over a ceremony.