At-a-glance guide to completing your Duke of Ed Award.

Award Requirements (Summary of Conditions)

Award Level & Age Requirements	Service	Skills (activity must be passive and/or non-athletic in nature)	Physical Recreation (activity must be active and/or athletic in nature)	Adventurous Journey (For other Adventurous Journeys you must be 18 or older and project must be preapproved in advance)	Residential Project (must be 16 years of age to embark on Residential Project in order qualify for Gold level)
	To understand the value of giving service to others in participants' communities	To encourage the development of personal interests, creativity of practical skills	To encourage participation in sport and physical recreation for the improvement of health and fitness	To encourage a spirit of adventure and discovery while undertaking a journey in a group	Additional requirement completed at Gold level to broaden participants' experience through involvement with others unknown to them in a residential setting.
BRONZE Minimum start age 14. Complete 4 sections as indicated.	**13 weeks**	**13 weeks**	**13 weeks**	Preliminary training: Practice Journey 1 day Qualifying Journey: 2 days +1 night 6 hours of purposeful effort per day	n/a****
	Average of one hour per week dedicated to each activity over the time period Plus an additional 13 weeks in either: Service, Skills or Physical Recreation. Participants select which section the extra weeks will be dedicated towards.				
SILVER Minimum start age 15. Complete 4 sections as indicated.	**26 weeks**	**26 weeks**	**26 weeks**	Preliminary training: Practice Journey 2 days + 1 night Qualifying Journey 3 days + 2 nights 7 hours of purposeful effort per day	n/a****
	Average of one hour per week dedicated to each activity over the time period If a Direct Entrant to the Award (did not do Bronze) then an extra 26 weeks is required either: Service, Skills or Physical Recreation. Participants select which section the extra weeks will be dedicated towards.				
GOLD Minimum start age 16. Complete 5 sections as indicated.	**52 weeks**	**52 weeks**	**52 weeks**	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
	Average of one hour per week dedicated to each activity over the time period If a Direct Entrant to the Award (have not achieved Silver) then an extra 26 weeks is required in either: Service, Skills or Physical Recreation. Participants select which section the extra weeks will be dedicated towards.				
Examples	Voluntary work with seniors, challenged youth, homeless groups etc. School activities with peers, student council, year book, etc.	Music, computer programming, crafts, graphic arts, life skills, collections, etc. Must be a passive rather than active undertaking.	Individual or team activities such as soccer, karate, fencing, swimming, hockey, basketball, ballet, dance, skiing, yoga, cycling, badminton, etc. * If you break a sweat it counts!	Expedition: bicycle, canoe, kayak, hike, horseback snowshoe, etc. Exploration: should be of an environmental or historic nature	Training courses, student exchanges, cultural or service projects, conferences, etc

Participants must be registered with their Division before starting their Award
Participants to complete all sections at one level before progressing on to the next level
****Participants must be at least 16 years of age to embark on their Residential Project.
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THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD CANADA

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