



The Duke of Edinburgh's Award



Award Level

Service

Expeditions & Explorations

Skills

Physical Fitness

Bronze
 Minimum age to start 14
 Maximum age to finish 25
 Qualify in four sections as indicated.

Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 15 hours of service over a period of 6 months.

Undertake basic training, carry out a practice journey, and then complete an Expedition OR an Exploration. A minimum of two days out is required including one night camping, and an average of 6 hours activity a day.

Follow a skills programme for a minimum of 6 months. Activity may be changed once during this period.

Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 30 hours of activity over a period of 15 weeks is required.

Silver
 Minimum age to start 15
 Maximum age to finish 25.
 Qualify in four sections as indicated.

Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 30 hours of service over a period of 6 months for those who have achieved their Bronze Award; 45 hours over 12 months for direct Silver entrants.

Undertake basic training, carry out a practice journey, and then complete an Expedition, OR an Exploration, OR an Adventurous Project. A minimum of three days out is required including two nights camping and an average of 7 hours activity a day.

Follow a Skills programme for a minimum of 6 months for those who have achieved their Bronze Award, 12 months for direct Silver entrants. Activity may be changed once during this period.

Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 40 hours of activity over a period of 20 weeks is required.

Gold
 Minimum age to start 16
 Maximum age to finish 25.
 Qualify in four sections as indicated & complete the Residential Qualification*

Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 60 hours of service over a period of 12 months for those who have achieved their Silver Award; 90 hours over 18 months for direct Gold entrants.

Undertake basic training, carry out a practice journey, and then complete an Expedition, OR an Exploration, OR an Adventurous Project. A minimum of four days out is required including three nights camping and an average of 8 hours activity a day.

Follow a Skills programme for a minimum of 12 months for those who have achieved their Silver Award, 18 months for direct Gold entrants. Activity may be changed once during this period.

Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 50 hours of activity over a period of 25 weeks is required.

Examples

Voluntary work with seniors, youth, disabled, homeless groups etc. School activities with peers, student council, yearbook, etc.

Expedition: Bicycle, canoe, hike, horseback, snowshoe etc; Exploration: should be of an environmental or historic nature.

Music, computers, crafts, graphic arts, life skills, collections, model building, etc. (May not be a physical activity)

Individual or team activity. Soccer, karate, fencing, swimming, hockey, basketball, ballet, etc.

Note: You must be registered with your Divisional Office before starting on the programme (see over).

*Residential Project (May be undertaken at any time, but must be submitted at Gold): Undertake some shared activity in the company of their peers, either through voluntary service or training away from home over a period of not less than 5 consecutive days (4 nights away). *Examples: Youth leadership training courses; Outward bound & similar courses; voluntary help at homes, centres, or camps; work with disadvantaged children or seniors; school exchanges, church courses etc.*