



THE
DUKE OF EDINBURGH'S
AWARD

Young Canadians Challenge



Award Level	Service	Expeditions & Explorations	Skills	Physical Fitness
<p>BRONZE <i>Minimum age to start 14</i> <i>Maximum age to finish 25</i> <i>Qualify in four sections as indicated.</i></p>	<p>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.</p>	<p>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.</p>	<p>Follow a Skills programme for a minimum of 6 months. Activity may be changed once during this period.</p>	<p>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</p>
<p>SILVER <i>Minimum age to start 15</i> <i>Maximum age to finish 25</i> <i>Qualify in four sections as indicated.</i></p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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</p>
<p>GOLD <i>Minimum age to start 16</i> <i>Maximum age to finish 25</i> <i>Qualify in four sections as indicated & complete the Residential Qualification*</i></p>	<p>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.</p>	<p>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.</p>	<p>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.</p>	<p>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</p>
<p>EXAMPLES</p>	<p><i>Voluntary work with seniors, youth, disabled, homeless groups etc. School activities with peers, student council, yearbook, etc</i></p>	<p><i>Expedition: Bicycle, canoe, hike, horseback, snowshoe etc: Exploration: should be of an environmental or historic nature.</i></p>	<p><i>Music, computers, crafts, graphic arts, life skills, collections, model building, etc.</i> <i>(May not be a physical activity).</i></p>	<p><i>Individual or team activity.</i></p>

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.*

FIRST STEP TO THE AWARD

If you are interested in participating in the *Young Canadians Challenge* you must register with your Divisional office prior to beginning any of the activities. Upon Registration each participant will receive a Record Book in which they record their activities throughout the 3 levels of the Programme.

For more information please contact your Divisional Office (below).

Divisional Offices

BC & Yukon

Tel: (205) 385-4232
Fax: (205) 385-1433
dea@islandnet.com

Alberta, NWT & Nunavut

Tel: (403) 237-7476
Fax: (403) 269-7826
dukeabnt@telusplanet.net

Saskatchewan

Tel: (306) 780-9278
Fax: (306) 781-6021
dukeofed@sk.sympatico.ca

Manitoba

Tel: (204) 988 3016
mandofe@mb.sympatico.ca

Ontario

Tel: (416) 203-2282
Fax: (416) 203-0676
duke@dukeofed.org

Quebec

Tel: (418) 623-0187
Fax: (418) 622-8556
duc-merite@sympatico.ca

New Brunswick

Tel: (506) 453-3662
Fax: (506) 444-5791
dukeedin@nbnet.nb.ca

Nova Scotia

Tel: (902) 847 0927
bbbdukeofed@ns.sympatico.ca

Prince Edward Island

Tel: (902) 368-6623
Fax: (902) 888-8023
fimacdougall@gov.pe.ca

Newfoundland

Tel: (709) 753-0423
Fax: (709) 753-0437
duke@nfld.net

THE AWARD

The Award Programme is about challenge. It is also about providing the opportunity to accept a challenge. The Award offers young people the opportunity to set a personal goal and achieve it. Along the way, they learn about qualities like responsibility, trust, and the ability to plan and organize themselves.

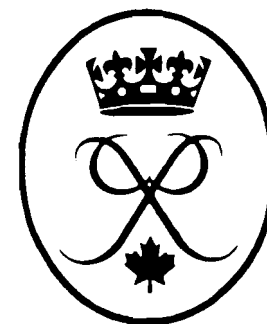
There is no competition between participants. The only people with whom they compete are themselves. Self-motivation is fundamental to the Programme. There are no set standards to achieve. The criterion for gaining an Award is based on individual improvement based on each participant's starting point and potential.

There is no such thing as failure in the Award. Even if an Award is not attained, just being involved brings new friends, new knowledge and new adventures which are, above all, enjoyable.

There are three "AWARDS" - Bronze, minimum starting age 14; Silver, minimum starting age 15; Gold, minimum starting age 16. To qualify for an Award, a young person must first register and obtain a Record Book and then satisfy the requirements of the four sections of the Programme — Service, Expeditions, Skills, and Fitness.

The Award itself consists of a lapel pin or brooch, and an inscribed certificate of achievement.

More than 25,000 young Canadians are now participating in the Award programme either as members of organized groups, or on an individual basis.



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SUMMARY OF CONDITIONS

The Duke's on-line
Visit our web site at
<http://dukeofed.org/>