

The Girl Guides program and The Duke of Edinburgh's Award have a long history together, with thousands of Guides earning their Award through their Guide Units. Many Guides already do the Award activities through their Guide Units, but are not using them to earn the Award. This information will help outline how Guiding activities can be used towards earning your Duke of Edinburgh's Award for Pathfinders, Rangers, and young Guide leaders.

Guides can also use activities they participate in at school or in their communities towards their Award. You are not restricted to using only Guide activities!

The following lists are not exhaustive. If you have questions, please contact our office. We are here to help!

### Service

- Community Parades
- Cookie Sales
- Remembrance Day
- Volunteer Fairs
- Ranger Service Project
- Volunteering with younger Guides
- Canada Cord Community Service work
- Citizenship Certificate
- Nat/Prov Challenges

You can complete the Service section by using a combination of different activities.

### Skill

- Any skill you learn towards getting a badge, including:
- Cyber safety
- Fashion Design
- Science and Tech
- Artistic activities
- First Aid
- Leadership Skills
- Ask yourself: what is your passion and what do you want to learn? You can use it towards your skill!

One Skill is selected to be practiced consistently for the duration of the Award level. You may change your skill once if your original choice proves impossible to continue.

### Physical Recreation

- What gets your blood pumping?
- Sports
- Yoga
- Swimming
- Cycling
- Hiking
- Kayaking/Canoeing

You can complete the Physical Recreation section by using a combination of different activities with Guides on your own or with an athletic team.

If you are not able to participate in these Guide activities on a fairly regular basis (an hour a week or two hours every two weeks) then you will need to supplement with activities outside Guides to ensure Award requirements are met.

### Adventurous Journey

Some, but not all, Girl Guide camps can be counted as Adventurous Journeys. Check with us if you are not sure.

Many Guide camps may be more suited to Practice Journeys and/or Residential Projects (see section below) as the Guide camps often do not focus on journeying or studying the natural world.

Qualifying Journeys will focus either on journeying under one's own power or nature power (an Expedition) or studying an aspect of the natural environment (an Exploration).

Trips and Camps that include biking, kayaking, canoeing and other travels under your own power would qualify for an Expedition. Studying local flora, fauna, history or geography require some prior research and would qualify as an Exploration.

Please note that Explorations still require an element journeying and some research into the chosen topic must be completed before the trip.

Often these elements can be included with other Guide activities, and as long as sufficient time is dedicated to the Duke of Edinburgh's Award requirements they can qualify towards the Adventurous Journey.

On Adventurous Journeys, Guides will need to:

- Camp out, or stay in basic cabins
- Cook their own meals
- Spend an average of 6[Bronze]/7[Silver]/8[Gold] hours per day setting up camp, journeying or studying

### Residential Project

[Required for Gold only]

- Camps at Area, Provincial, or National Levels
- Conferences for Junior Leaders/Unit Guiders
- Some International Trips and Guide Exchanges
- Conferences & competitions

[A Residential Project is 5 days in a new place working with new people]

More information can be found on our website at [www.dukeofed.org/sk](http://www.dukeofed.org/sk). If you are unsure whether something will qualify please contact the Division Office for guidance.

**We are here to support all Guides (& their Leaders) towards earning the Duke of Edinburgh's Award!**