

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

Revised October 2017

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 | Residential Project (must be 16 years of age to embark on Residential Project in order qualify for Gold level) |
|---|--|--|--|--|---|
| BRONZE minimum start age 14 Qualify in 4 sections as indicated | 13 weeks 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. | 13 weeks Average of one hour per week dedicated to each activity over the time period | 13 weeks Average of one hour per week dedicated to each activity over the time period | Preliminary training: Practice Journey 1 day Qualifying Journey: 2 days + 1 night 6 hours of purposeful effort per day | Additional requirement completed at Gold level to broaden participants' experience through involvement with others unknown to them in a residential setting. n/a**** |
| SILVER minimum start age 15 Qualify in 4 sections as indicated | 26 weeks Average of one hour per week dedicated to each activity over the time period If a Direct Entrant to the Award (have not achieved Bronze) then an extra 26 weeks is required either: Service, Skills or Physical Recreation. Participants select which category to dedicate the extra months. | 26 weeks Average of one hour per week dedicated to each activity over the time period | 26 weeks Average of one hour per week dedicated to each activity over the time period | Preliminary training: Practice Journey 2 days + 1 night Qualifying Journey 3 days + 2 nights 7 hours of purposeful effort per day | n/a**** |
| GOLD minimum start age 16 Qualify in 5 sections as indicated | 52 weeks 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 category to dedicate the extra months. | 52 weeks Average of one hour per week dedicated to each activity over the time period | 52 weeks Average of one hour per week dedicated to each activity over the time period | 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 |
| 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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