

## SECTIONS



### Service: *Give Back*

Challenge yourself to be a responsible, caring member of the community.



### Physical Recreation: *Break a Sweat*

Challenge yourself to improve your health, fitness and performance.



### Adventurous Journey: *Get Wild & Explore*

Challenge your spirit of adventure in nature.



### Skill Development: *Find Your Genius*

Challenge yourself to improve your skills and widen your interests.



### Gold Project: *Go Away with Others and Find Yourself*

Challenge yourself to broaden your horizons and open your eyes to the world.

## 3 AWARD LEVELS



### BRONZE

**STARTING AGE:** 14 years of age

**SECTIONS:**

**DURATION:** Minimum of 26 weeks

*Your achievement will be recognized at a local ceremony with a pin + certificate.*



### SILVER

**STARTING AGE:** 15 years of age

**SECTIONS:**

**DURATION:** Minimum of 52 weeks

(26 weeks, if you completed Bronze!)

*Your achievement will be recognized at a ceremony with a pin + certificate presented by your Lieutenant Governor or Commissioner.*



### GOLD

**STARTING AGE:** 16 years of age

**SECTIONS:**

**DURATION:** Minimum of 78 weeks

(52 weeks, if you completed Silver!)

*Your achievement will be recognized at a national ceremony with a pin + certificate by a member of the Royal Family, the Governor General or a notable Canadian!*

## CONTACT US TODAY!

### NATIONAL DUKE OF ED OFFICE

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**FR:** [www.lpde.org](http://www.lpde.org)

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### NATIONAL CADET AND JUNIOR CANADIAN RANGERS SUPPORT GROUP

Major-General Pearkes Building,  
101 Colonel By Drive, Ottawa, ON K1A 0K2

**Phone:** 1-800-627-0828

[www.cadets.ca](http://www.cadets.ca)

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We do not disclose personal information to any third party and take precautions to ensure that personal information is kept safe from loss, unauthorized access, modification or disclosure.

Our concept is one of individual challenge. We offer young people a balanced, non-competitive program of voluntary activities which encourages personal discovery and growth, self-reliance, perseverance, responsibility to themselves and service to their community.

Whether applying for college, university or future employment, completion of The Duke of Ed at any level plays a vital role in providing opportunities for young people to develop essential life skills, foster creativity and innovation.

# YOUR DUKE OF ED JOURNEY STARTS HERE

## SEA CADET INFORMATION



Find your path and take the next steps to achieving personal greatness.

Published in collaboration with the National Cadet and Junior Canadian Rangers Support Group



## ROYAL CANADIAN SEA CADETS

All of the below classes will count as Physical Recreation, Skills and Community Service time toward any level of your Duke of Ed Award. Make sure you have a qualified Assessor who can evaluate your progress.

If you are not able to participate in these cadet activities on a regular basis (one hour per week or two every two weeks) then you will need to supplement with activities outside cadets to ensure the requirements are met in full.

## ABOUT THE AWARD

The Duke of Edinburgh's International Award is a global program with the goal of challenging, empowering and recognizing young people.

Since 1963, we have helped motivate young Canadians to set goals and challenge themselves to take control of their lives and futures.

The classroom is not the only place to nurture the potential of one of our country's greatest natural resources — our youth. We strive to reach young Canadians in communities across the country and provide a platform that helps them chart their individual lives and equips them with important skills.

## COMMUNITY SERVICE

M309.07	M409.05	502PC	MX02.01
C309.03	C409.02	503PC	CX02.01
C309.06	C409.03		
	C409.05		
	C409.06		

## SKILLS

Biathlon	M108.01	M208.01
Coaching a sports team	M108.02	M208.02
Colour party	M108.03	C208.01
Designing drill sequence	M108.04	C208.02
Effective speaking	M108.05	
First aid	M108.06	M308.01
Instructional techniques	M108.07	M308.02
Marksmanship	M108.08	C308.01
Music training	M108.09	C308.02
Naval communications	M108.10	
Navigation	M108.11	M408.03
Officiating and refereeing	C108.01	
Orienteering	C108.CA	
Power boating (SCOP)		
Rifle drill		
Sailing		
Seamanship		
Whaler training		

## PHYSICAL RECREATION

C111.04	C211.02	C311.01	M504.01
	C211.03	C311.02	MX04.01
	C211.04		MX04.02
			CX04.01
			MX05.01
			CX05.01
			CX05.02

## ADVENTUROUS JOURNEY

M423.01
M423.03
M423.04
C423.01
M423.02

## GOLD PROJECT

The Gold Project aims to broaden participants' horizons through involvement with others in a residential setting. Most Cadet summer courses qualify.

## THE DUKE OF ED IS...

### GREAT FOR APPLICATIONS

The Award looks great on post-secondary applications, scholarships, CVs and resumes.

### OPEN TO EVERYONE

Anyone aged 14-24, no matter your gender, cultural background, religious or political affiliation or physical ability can participate.

### NON-ACADEMIC & NON-COMPETITIVE

A personal challenge recognizing that there are many aspects to a well-rounded person. Anyone who puts in the effort will receive the Award. Your Award is based on personal choice, reflecting your abilities and interests. No two Awards are alike!

## HOW TO REGISTER FOR THE AWARD

1. Contact your Cadet Corps or Commanding Officer.
2. Go to [dukeofed.org/signup](http://dukeofed.org/signup).
3. Select province
4. Certain provinces will be re directed to the Online Record Book (ORB).

## ONLINE RECORD BOOK (ORB)

1. Select "Award Participant" and click Register.
2. Select Canada as your country.
3. Start typing in your Cadet Corps name or number. If your unit does not appear, type in "Independent Participant".
4. Pay the \$31 registration fee on step 5 of the registration process.
5. Wait 2-3 days for your payment to activate your account.

\*\* This price is in effect until June 30, 2018