

Section Requirements



GIVE BACK

Remember the three C's of Service:

No Cash, No Credit, No Chores!

Service is all about giving back to your community, or giving to others and their communities.

Service offers you the opportunity to engage with society and gain an understanding of the importance of your role within your immediate and global community. It gives you the chance to connect with individuals and groups you may have previously overlooked or not been aware of, and to make a real difference in your wider community.

REQUIREMENTS

- Service must meet a genuine need. Service activity must not be a required vocational or work experience activity. It cannot be volunteering for a for-profit organization or business.
- For some activities, training may be required. Any required training may be used towards your Service minimum time requirements.

Please note that completing training alone does not fully meet the requirements for this section.

- Like all sections of The Duke of Ed, choosing what or who to volunteer for is a personal choice. You should choose a Service activity that interests you. This could be something entirely new, or something you may already be involved in. You may choose up to three different activities in order to complete the Service section.
- You may feel comfortable choosing something no one in your peer group is doing, or you may want to choose an activity that you can do with your friends. The important thing is for you to choose something that you are interested in, to challenge yourself and to undertake an activity that makes a real contribution to your community. All Service activities must be unpaid.
- Although you are encouraged to (particularly for Bronze), you do not have to undertake the same activity for the entire required time. You may choose up to three different activities in-order to complete the Service section.
- You may do a variety of one time activities, however these activities should be organized under broad categories. For example, a broad category title could be "Service to your community," under which Participants could log any of the one time activities such as assisting a charity, hospital assistance, working on a cleanup campaign, etc. You will still need an Assessor's report and it should be written by the community member you interact with the most.

INSTRUCTION AND ASSESSMENT

Instruction and assessment is to be carried out by appropriately qualified persons approved by the group leader (where appropriate). Wherever possible, for the Gold Award, instruction and assessment should not be carried out by the same person. The training undergone is to be certified by the instructor in the Record Book and, only when this and any further qualification required by the conditions have been fulfilled is the assessor to sign the Record Book. In all cases, participants are encouraged to continue their Service beyond the time required for The Award.

Note: For more information on the Service Award Section please refer to pages 12-13 of the Participant Handbook



FIND YOUR GENIUS

The Duke's Rule of Thumb:

If you think more than you sweat, it's a skill!

With so many hobbies and interests to choose from, the Skill Section of the Duke of Ed allows you to explore and discover talents within yourself that you may have only hoped or dreamed about.

In some ways, this is the broadest section of the Duke of Ed, as it offers so many choices based on individual interests and passions, whether artistic, creative, musical, academic, technical, cultural or some other area. By trying something entirely new, or undertaking an existing activity with renewed purpose, you will stimulate new interests or improve existing ones.

REQUIREMENTS

- Developing a skill is enhancing your mental ability and should not be athletic in nature.
- Goals should be realistic and achievable within your ability.
- A skill must not be for a school credit or a family chore and must be practiced for at least one hour a week.
- You should choose a skill that interests you. This can be something new, or something you are already doing and want to improve, but only one skill can be selected. The Award allows the flexibility for you to change your skill once, if the original skill is no longer practical. A change of skill must be approved by your Award Leader or Division.
- You must set your own goal whether you choose an individual challenge or a group activity.
- All skill activities must be unpaid.

INSTRUCTION AND ASSESSMENT

Each individual is assessed throughout the required period on effort, perseverance, and progress as well as on understanding of the practical, cultural and social aspects of the chosen activity or topic. The person who is guiding the work may well be in the best position to undertake assessment but, in some cases, it will be desirable to bring in an independent assessor.

Group activities are to be assessed in regard to each individual's contribution to the planning, execution and completion of the chosen activities.

A young person qualifies in this section if the assessor, after consultation with the instructor where applicable, is satisfied that:

- a) there has been a substantial commitment of genuine leisure time,
- b) the Skill has been consistently followed for the required time,
- c) genuine effort and individual progress has been made within your capability.

Any written work should be assessed on content rather than on style or spelling. Dates of starting and successful completion are to be entered in the Online Record Book

Note: For more information on the Skills Award Section please refer to pages 14-16 of the Participant Handbook.



BREAK A SWEAT

The Duke's Rule of Thumb:

If you break a sweat, it's Physical Rec!

The Physical Recreation section of the Duke of Ed offers you the opportunity to participate in physical activity in a variety of ways: some people want to train alone, other enjoy non-competitive activities with one or more friends, others love the challenge of team sports and others still are exhilarated by the thrill of competition.

No matter what your physical or mental ability or inclination is, as long as you have the determination, the section offers you the opportunity to develop healthy fitness habits that will hopefully carry on long after an Award as been achieved.

REQUIREMENTS

- Choosing an activity is a personal choice and you should choose one that interests you. This could be something new, or something you are already doing and want to improve.
- Goals should be realistic and achievable within your ability.
- It can be helpful for you to join a club or follow a program of a sport's national governing body in order to provide structure to the activity. Using guidelines can also be helpful in setting meaningful and achievable goals.
- Although you are encouraged to (particularly for Bronze), you do not have to undertake the same activity for the entire required time. You may choose up to three different activities in order to complete the Physical Recreation section. If three activities are selected an Assessor's report is required for each activity.

INSTRUCTION AND ASSESSMENT

- Participation sessions are to be coached or supervised by persons knowledgeable and experienced in the activity. The form of participation should be approved in advance by the assessor. Participants should keep a written account of dates and hours of their Physical Recreation sessions.
- Some methods for assessing or monitoring improvement can be obtained from a physical education teacher or fitness instructor. These can be either self-monitoring, or for the assessor to use in evaluating improvement.
- Although some of the Physical Recreation pursuits may have limited fitness development, it is required that a Physical Recreation programme be developed to allow maximum benefit and greater safety in the activity.

Note: For more information on the Physical Recreation Award Section please refer to pages 17-18 of the Participant Handbook.



GET WILD AND EXPLORE

The Duke's Rule of Thumb:

"Glamping" is not considered an Adventurous Journey!

The Adventurous Journey is all about getting out and going on an expedition or exploration in an unfamiliar and challenging environment with a clear purpose. More than any other section of The Duke of Ed, the Adventurous Journey is about team work and social connection with both the team members who will undertake the journey, and also the volunteers who instruct, supervise and assess the journey.

At the heart of the Adventurous Journey is the opportunity for you to engage in activities that require determination, physical effort, perseverance, problem solving and cooperation. It is hoped that when undertaking this section of The Duke of Ed, you will be rewarded with a unique, challenging and memorable experience.

Things to know:

- All journeys should involve travel by personal effort without motorized assistance. In order to get to the departure point or from the completion point, motorized transport may be used. Your Adventurous Journey starts after you leave the motorized transportation.
- There are three types of journeys:

a) Explorations (A purpose with a trip)

An Exploration is a purpose with a journey. In an exploration, the primary focus is to observe and collect information relevant to the purpose. Participants may make use of a base camp, and their purpose involves some aspect of the natural environment (e.g. flora, fauna, land forms), or is historic in nature. In an exploration, at least one third of the minimum hours of planned effort should be spent on journeying. The remainder of the time is to be spent on the approved investigation or special activity. An Exploration must involve pre-journey research or study into the topic, an on-site study during the journey, and a report on the findings contained in the log.

b) Expeditions (A trip with a purpose)

An Expedition is a journey with a purpose. In an expedition, the primary focus is journeying, where participants stay at a different campsite each night. If obtaining different campsites proves to be impossible, participants may use a base camp. This journey may have one of many purposes. For Expeditions, the required hours of planned activity are to be spent on journeying, navigating and route finding, setting up and striking camp, and on tasks related to the purpose of the Expedition

c) Adventurous Project

The Adventurous Project is a journey that does not quite conform to the specific requirements of an expedition or exploration, although the aim and ethos remains the same. It tends to require more innovation, creativity and challenge than an expedition or exploration. It is often significantly more demanding than a standard expedition or exploration. Before commencing an Adventurous Project, Participants must be adequately prepared, trained and experienced prior to departure to ensure they can complete the Adventurous Project safely.

The Adventurous Project requires pre-approval from the Division Award Office. All Adventurous Project proposals must first be approved by the Award Leader (on behalf of the Award Unit). Adventurous Project proposals are then submitted to your Division to determine suitability prior to departure.

- All Explorations, Expeditions, and the Adventurous Project must have a clearly defined and preconceived purpose which may vary from the successful completion of a demanding journey to the satisfactory conclusion of a practical investigation.
- The duration of the journey, and the required hours to be spent on planned activity, will depend on the level of the Award you are working on. Refer to the chart below to see the days/nights you will need to spend out for your Award section.

	Practice Journey Duration	Qualifying Journey Duration
Bronze	1 full day out (spending a night out is optional)	2 days, 1 night
Silver	2 days, 1 night	3 days, 2 nights
Gold	2 days, 1 night	4 days, 3 nights

- During your expedition you we have suggested distance required to be covered depending on your Award level and mode of travel. Please refer to the chart below.

Mode	Bronze	Silver	Gold
On Foot - Hiking	20 km	40 km	60 km
Nordic skiing	35 km	65 km	95 km
Horseback	50 km	100 km	165 km
Cycling	85 km	165 km	250 km

- This list is only a guide and is not intended to restrict the choice of mode of travel. It is recognized that other modes of travel such as canoeing, sailing, kayaking, rock climbing and dog-sledding are best measured by duration rather than distance. Leaders and assessors should also take into account the nature of the terrain and climatic conditions.
- Other Adventurous Journeys, which may be described as expeditionary or exploratory, may be allowed provided that prior approval has been obtained from an Award office.
- The environment chosen must be appropriate to the purpose of the journey. For Silver and Gold participants, the environment chosen must be unfamiliar.
- During the qualifying journey, the team needs to be no fewer than four and not more than seven young people, operating independently of others.
- In the planning / training stage for each journey, each individual must undertake a share of the general organization of the journey, including submission of the planned route to the assessor for approval. It is imperative that, for trips into unfamiliar territory, training for each participant be completed prior to the journey. Examples of appropriate training include safety precautions, map reading, map and compass use, first aid, cooking, and wildlife awareness. An outline of the training to be under taken and of the practice journeys must be submitted to the assessor at the same time as the plan for the qualifying journey. Due account must be given to seasonal and terrain conditions. Any assistance given to participants should be appropriate to the Award level.
- For all journeys including practice journeys, suitable clothing and footwear must be worn and equipment and spare clothing appropriate to the nature of the journey must be carried. Participants should be knowledgeable in the proper use and care of all items of equipment. Note: A detailed Route Card outlining the planned route and time table of the journey, as well as an alternate emergency route, must be submitted to the assessor before the journey. Relevant medical information on each participant should also be given to the assessor prior to any journey.
- Nights away should be spent camping but, where appropriate, participants may make use of youth hostels, huts, barns or similar accommodations. Tents should be isolated or on small sites. Hostels and huts should be relatively remote.
 - For Expeditions - each night you should aim to camp at a different site if possible.
 - For Explorations - you can camp at the same site which will be your base during your exploration.
- When camping, food is normally carried by participants but fresh produce may be purchased during the journey. At least one hot cooked meal must be prepared each day.
- Practice Journey(s) - Prior to their qualifying journey, all participants are required to carry out practice journeys which may be accompanied by experience adults. Practice journeys need not be of the same duration and must not be over the same route but conditions should otherwise approximate as closely as possible those anticipated for the qualifying journey, and should include at least one night out (except Bronze). Requirements for practice journeys vary depending on the level (see chart above in #3)
- Reports are required and are to be submitted for assessment along with their Record Book, on completion of the Award level. We recommend the use of the Guidelines, outlined in this chapter, in preparing Adventurous Journey reports.
- All journeys will adhere to the Wilderness Code of Behaviour as outlined.

Note: For more information on the Adventurous Journey Award Section please refer to pages 19-26 of the Participant Handbook.



GO AWAY WITH OTHERS AND FIND YOURSELF

(THE GOLD PROJECT IS FORMALLY KNOWN AS THE RESIDENTIAL PROJECT)

The Duke's Rule of Thumb:

Vacations and tours do not count!

The Gold Project offers you a unique experience that truly broadens your horizons and challenges your outlook.

At the heart of the Gold Project is the undertaking of a purposeful experience with people who are not your usual companions, working towards a common goal. Adding to this, you are also outside your usual place of residence, often in an unfamiliar environment with unfamiliar people. It is hoped that the Gold Project rewards you with a sense of personal achievement, enhanced social connections with new and interesting people, and a truly life changing experience.

REQUIREMENTS

- Be at least 16 years of age, with no exceptions.
- Undertake shared purposeful activity which provides opportunities for broadening your interests and experience.
- Reside away from your usual place of residence for a total period of no less than five days and four nights.
- Be in the company of others who are, in the majority, not your usual companions.
- Undergo briefing and/or training (if required) prior to or during the Gold Project so that you are able to contribute fully to the activity and derive full benefit from the experience.
- In exceptional circumstances, the commitment may be spread over two or three separate occasions. In these situations, the same activity must be pursued over both occasions and must total 5 days of activity, and take place in the same 12-month period.
- Your Gold Project can be completed at any Award Level, but can only be submitted when achieving your Gold Award.

ASSESSMENT

- In all cases, it must be possible to arrange for assessment by a suitable person, approved by the participating group leader (if appropriate), who should be present during the period of residence. Young people are to be assessed on their personal standards, relationships with others, acceptance of responsibility, initiative, and general progress during the residential period having regard, in the case of service rendered, to the comments of the organization concerned

IDEAS

- Duke of Ed exchange program
- National sport camp
- Outward Bound trip
- Language immersion
- Scout Wood Badge training
- Encounters with Canada
- Cadet camp
- Overseas assignments
- Tall Ships training expedition
- Drama festival
- School exchange trip
- Music Camps/ Festival
- Archaeological dig
- Church sponsored event (Encounters Week)
- Youth conference
- Leadership development course

Note: For more information on the Gold Project Award Section please refer to pages 41-42 of the Participant Handbook.