








Summary of Award Requirements

At-A-Glance Guide To Completing The Duke of Edinburgh Award



| Award Level & Age Requirements |  Community Service Challenge yourself to make a positive difference in your community. |  Skills Challenge yourself to improve your skills and widen your interests. |  Physical Recreation Challenge yourself to improve your health and fitness, whatever your starting point. |  Adventurous Journey Challenge yourself in planning, preparing and undertaking a journey with a group of peers. |  Gold Project Challenge yourself to work with new people towards a common goal in an unfamiliar setting. Additional requirement at the Gold level. |
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| BRONZE Minimum start age is 14. Qualify in four sections as indicated. | Average of one hour per week dedicated to each activity over the time period specified for the level. | | | Preparation and Training Practice Journey: 1 day (night out optional) Qualifying Journey: 2 days + 1 night 6 hours of purposeful effort each day. | |
| | 13 weeks | 13 weeks | 13 weeks | | |
| SILVER Minimum start age is 15. Qualify in four sections as indicated. | 26 weeks | 26 weeks | 26 weeks | Preparation and Training Practice Journey: 1 day + 1 night out Qualifying Journey: 3 days + 2 nights 7 hours of purposeful effort each day. | |
| GOLD Minimum start age is 16. Qualify in five sections as indicated. | 52 weeks | 52 weeks | 52 weeks | Preparation and Training Practice Journey: 1 day + 1 night out Qualifying Journey: 4 days + 3 nights 8 hours of purposeful effort each day. | 5 days + 4 nights |
| Examples: | Supporting people in the community, youth work, community education, health education, environmental service, charity work, supporting a local emergency service etc. | Music, computer programming, performance skills, leadership, coaching, arts and crafts, nature and the environment, media and communications, technical and vocational skills, cooking etc. Activity must be passive and/or non-athletic. | Individual or team activities such as ball and racket sports, athletics, cycling, water sports, winter sports, martial arts, animal sports, fitness activities, adventure sports, street sports etc. | Expedition: bicycle, canoe, kayak, hike, horseback, snowshoe, etc. Exploration: should be of an environmental or historic nature. Other: For other types of Adventurous Journey speak to your Award Leader for options and approval. | Training courses, student exchanges, cultural or service projects, conferences, adventurous expeditions, etc. Participants must be at least 16 to begin any aspect of the Gold level. |