








Summary of Award Requirements

At-a-glance guide to completing the Award

Award Level & Age Requirements	 Community Service	 Skills	 Physical Recreation	 Adventurous Journey	 Gold Project
	Challenge yourself to make a positive difference in your community.	Challenge yourself to improve your skills and widen your interests.	Challenge yourself to improve your health and fitness, whatever your starting point.	Challenge yourself in planning, preparing and undertaking a journey with a group of peers.	Challenge yourself to work with new people towards a common goal in an unfamiliar setting. Additional requirement at the Gold level.
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.	
Silver Minimum start age is 15. Qualify in four sections as indicated.	13 weeks	13 weeks	13 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. For Silver Award Holders progressing to the Gold level, there is no age restriction.	26 weeks	26 weeks	26 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.	Standard: bicycle, canoe, kayak, hike, horseback, snowshoe, etc. Urban: Gain a better understanding of public spaces in different neighbourhoods and how they are used, learn more about local Indigenous cultures, practices and music, walking trip to explore community art projects, local autumn biking trip and bird watching, etc. For other types of Adventurous Journeys, speak to your Award Leader for options and approval.	Training courses, student exchanges, cultural or service projects, conferences, adventurous expeditions, etc.
www.dukeofed.org	Participants must register with their Award Centre before starting. Activities prior to registration cannot be counted towards the Award.				