

# THE DUKE OF EDINBURGH'S AWARD AT A GLANCE

TAKE THE CHALLENGE



## What is the Award?

The Award is a challenging programme of activities which will help you to learn new skills, help others and experience adventure and it will give you a great sense of achievement. What's more, many organisations such as employers and universities take a good view of the Award and what it says about the person who has achieved it.

## What does it involve?

There are three levels – Bronze, Silver and Gold - and, for each, you complete activities in four Sections - Service, Skills, Physical Recreation and Expeditions. At the Gold level you also take part in a Residential Project. It's up to you what you do. In each Section there is a wide range of options you can choose from or you can find other similar activities which interest you. This could be something entirely new or you could continue with an activity you already enjoy. The good news is it's not an exam and you can't fail! The Award is about having a go. It's not a competition – you just need a bit of enterprise and perseverance.

## Who is it for?

The Award is open to anyone between the age of 14 and 25 years. Special qualifications are not needed, just a willingness to have a go.

## Where can I do it?

- at your local youth club or voluntary youth organisation
- at your school, college or university
- through your employer

There will be people on hand to offer advice, help review your achievements and to record your successes.

## What will I get out of it?

- self-belief
- self-confidence
- a sense of identity
- independence – of thought and action
- a sense of responsibility
- an awareness of your potential
- new talents and abilities
- an understanding of your strengths and weaknesses
- the ability to plan and use time effectively
- the ability to learn from and give to others in the community
- new relationships
- skills including problem solving, presentation and communication
- the ability to lead and work as part of a team

On successful completion, you will be presented with a badge and certificate and at Gold level you are invited to a Presentation Ceremony at one of the Royal Palaces.

# PHYSICAL RECREATION



**Aim - To encourage participation and improvement in physical activity.**

This Section offers a wide range of programmes in the belief that:

- Involvement in some form of enjoyable physical activity is essential for physical well-being.
- A lasting sense of achievement and satisfaction is derived from meeting a physical challenge.
- Sports are enjoyable in themselves and can lead to the establishment of a lasting active lifestyle.
- You should have the opportunity to make a choice, then discuss and agree a personal programme of participation and achievement.

Below are some ideas to get you started:

## Choices

- |                             |                        |                              |                            |                        |
|-----------------------------|------------------------|------------------------------|----------------------------|------------------------|
| • Archery                   | • Curling              | • Judo                       | • Rounders                 | • Table Cricket        |
| • Athletics                 | • Cycling              | • Keep Fit                   | • Rowing & Sculling        | • Table Tennis         |
| • Badminton                 | • Dance                | • Korfball                   | • Rugby Football League    | • Tennis               |
| • Baseball                  | • Diving               | • Lacrosse                   | • Rugby Football Union     | • Tchouk Ball          |
| • Basketball                | • Dragon Boat Racing   | • Martial Arts               | • Running                  | • Trampolineing        |
| • BMX Racing                | • Fencing              | • Medau Movement             | • Sailing                  | • Triathlon            |
| • Boccia                    | • Fitness Activities - | • Modern Pentathlon          | • Sand & Land Yachting     | • Ultimate Flying Disc |
| • Bowling - Tenpin          | • Aerobics, Skipping,  | • Mountain Biking            | • Scottish Country Dancing | • Volleyball           |
| • Boxing                    | • Walking              | • Netball                    | • Self Defence             | • Water Polo           |
| • Carpet, Crown/Flat Green  | • Fives                | • Octopushing                | • Skateboarding            | • Water Skiing         |
| • Camogie                   | • Football & Gaelic    | • Orienteering               | • Skating - Ice, Roller    | • Weightlifting /      |
| • Canoe Polo                | • Association Football | • Parachuting / Sky Diving   | • Snow Sports -            | • Weight Training      |
| • Canoeing                  | • Golf                 | • Paragliding                | • Skiing, Snowboarding     | • Welsh Folk Dancing   |
| • Carriage Driving          | • Gymnastics           | • Petanque                   | • Squash                   | • Windsurfing          |
| • Caving & Potholing        | • Hang Gliding         | • Physical Achievement Tests | • Stoolball                | • Wrestling            |
| • Cheerleading              | • Hockey - Field, Ice, | • Polo                       | • Sub Aqua - Scuba         | • Yoga                 |
| • Cricket - Outdoor, Indoor | • Roller, Street       | • Real Tennis                | • Diving, Snorkelling      |                        |
| • Croquet                   | • Horse Riding         | • Rock Climbing /            | • Surfing / Body Boarding  |                        |
| • Cross Country Running     | • Hurling              | • Wall Climbing              | • Swimming                 |                        |

Always check your choice with your Award Leader. Further information and advice on each activity can be found in the Programmes File or the Award's website: [www.theaward.org](http://www.theaward.org)

# EXPEDITIONS



**Aim - To encourage a spirit of adventure and discovery by preparing for and carrying out an adventurous journey as part of a Team.**

The journey should be in the countryside or on water, by foot, cycle, horse, canoe, boat or dinghy. The Qualifying Venture involves:

- enterprise and imagination in concept.
- forethought, careful attention to detail and organisational ability in preparation.
- preparatory training, both theoretical and practical, including practice journeys, leading to the ability to journey safely in the chosen environment.
- shared responsibility for the venture, leadership from within the Team, self-reliance and co-operation amongst those taking part.
- determination in implementation.
- a review and presentation related to the Aim of the Qualifying Venture and the Aim of the Expeditions Section.

More information can be found in the Award Handbook, Programmes File and on the Award's web site [www.theaward.org](http://www.theaward.org)

| Level  | Duration            | Minimum hours of planned activity each day |
|--------|---------------------|--|
| Bronze | 2 days and 1 night  | At least 6 hours during the daytime        |
| Silver | 3 days and 2 nights | At least 7 hours during the daytime        |
| Gold   | 4 days and 3 nights | At least 8 hours during the daytime        |

- time associated with overnight accommodation and catering is additional to the minimum daytime hours of planned activity.
- the Team should plan how they propose to spend the daytime hours which should be a combination of journeying and exploring.

## Residential Project (Gold Award only)

**Aim - To broaden young people's experiences through involvement with others in a residential setting.**

Your Residential Project needs to be some form of purposeful enterprise in an unfamiliar environment with people you do not already know.

It should be at least 5 consecutive days with 4 nights spent away.

## Choices

Suitable opportunities will generally fall into one of the following categories:

- Conservation or environmental work
- Activity based
- Service to others
- Personal training

Further advice and information can be found in the Award Handbook, Programmes File, Expedition Guide, Award Journal or the Award's website: [www.theaward.org](http://www.theaward.org)

## How long will it take?

The minimum time requirements for each Section are expressed in months, during which you need to undertake a regular commitment averaging at least an hour a week.

You have until your 25th birthday to complete any of the Awards, but it takes: at least 6 months at Bronze, at least 12 months at Silver and at least 18 months at Gold for direct entrants.

## Timescales

### Bronze Award (14 + years)

| Service  | Skills   | Physical Recreation | Expeditions  |
|----------|----------|---------------------|--|
| 3 months | 3 months | 3 months            | Plan, prepare for and undertake a 2 day, 1 night venture |

All participants must undertake a further three months in either the Service, Skills or Physical Recreation Sections.

### Silver Award (15 + years)

| Service  | Skills  | Physical Recreation | Expeditions  |
|----------|---|---------------------|--|
| 6 months | One Section for 6 months and the other Section for 3 months |                     | Plan, prepare for and undertake a 3 day, 2 night venture |

Direct entrants must undertake a further 6 months in either the Service or the longer of the Skills or Physical Recreation Sections.

### Gold Award (16 + years)

| Service   | Skills   | Physical Recreation | Expeditions  | Residential   |
|-----------|--|---------------------|--|---|
| 12 months | One Section for 12 months and the other Section for 6 months |                     | Plan, prepare for and undertake a 4 day, 3 night venture | Undertake a shared activity in a residential setting away from home for 5 days and 4 nights |

Direct entrants must undertake a further 6 months in either the Service or the longer of the Skills or Physical Recreation Sections.

## What is the Award based on?

### The key principles are:

- non-competitive – a personal challenge, not a competition
- available to all – anyone can do it!
- voluntary – it's up to you what you do – it's your leisure time
- flexible – your programme is designed by you for you
- balanced - it will stretch you in all directions
- progressive – you improve at your own pace
- achievement focused – you can't fail!
- marathon not a sprint – it takes more than a short burst of enthusiasm
- personal development – it's the taking part that matters: getting an Award is the icing on the cake
- enjoyable – it's about getting out there and having fun!

## What do I do next?

Ring or write to the contact on the back of this leaflet or your nearest UK Award Office and ask for details of your nearest Award Group.

To enrol you need to buy a Record Book Pack, then use this leaflet to make your choices!

For more information refer to the Award Handbook or website [www.theaward.org](http://www.theaward.org)

Good Luck!

Your local contact is:

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The Duke of Edinburgh's Award is a registered charity and relies on the generous support of volunteers, Operating Authorities, businesses, trusts and individuals to meet its commitment to help all young people realise their full potential. Registered charity number: 1072490

# SERVICE

## Aim - To encourage Service to individuals and to the community.

You should identify the need for voluntary service, gain some knowledge of the needs of those whom you are assisting and then receive briefing and training in the skills required to give that service.

Below are some ideas to get you started:

### Choices

| People in the Community   | Uniformed Youth Organisation Leadership  | Emergency/Rescue Service   | Environmental Service   | Safety Training  |
|---|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Award leadership</li> <li>• Changemakers</li> <li>• Childcare</li> <li>• Elderly People</li> <li>• First Aid – British Red Cross, St Andrews St John, Order of Malta</li> <li>• Fundraising</li> <li>• Helping Children</li> <li>• Mountain Leader Award</li> <li>• Other People in Need</li> <li>• Outdoor Leadership</li> <li>• People with Special Needs</li> <li>• Religious Education</li> <li>• Sports Leadership/ Coaching</li> <li>• Youth Work</li> </ul> | <ul style="list-style-type: none"> <li>• Air Training Corps</li> <li>• Army Cadet Force</li> <li>• Boys Brigade</li> <li>• Campaigners</li> <li>• Church Lads &amp; Girls Brigade</li> <li>• Combined Cadet Force</li> <li>• Girlguiding UK</li> <li>• Girls Brigade</li> <li>• Girls Venture Corps</li> <li>• Religious Education - Jewish</li> <li>• Scout Association</li> <li>• Sea Cadet Corps</li> <li>• St John Youth Leadership</li> </ul> | <ul style="list-style-type: none"> <li>• Ambulance</li> <li>• Canoe Union Lifeguard</li> <li>• Civil Aid</li> <li>• Coastguard</li> <li>• Emergency Services</li> <li>• Fire Services</li> <li>• Lifeboat</li> <li>• Life Saving</li> <li>• Mountain Rescue</li> <li>• Police</li> <li>• Surf Life Saving</li> </ul> | <ul style="list-style-type: none"> <li>• Animal Welfare</li> <li>• Environment</li> </ul> | <ul style="list-style-type: none"> <li>• Cyclist Training</li> <li>• Home Accident Prevention</li> <li>• Personal Safety</li> <li>• Road Safety</li> </ul> |

Always check your choice with your Award Leader. Further information and advice on each activity can be found in the Programmes File or the Award's website: [www.theaward.org](http://www.theaward.org)

# SKILLS

## Aim - To encourage the discovery and development of practical and social skills and personal interests.

You should choose and follow an activity and show progression and sustained interest over a period of time, leading to a deeper knowledge of the subject and the attainment of an increased degree of skill.

Your skill may be something entirely new or an existing interest. Below are some ideas to get you started:

### Choices

|  |  |  |   |  |
|--|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Aeronautics</li> <li>• Agriculture / Farming</li> <li>• Aircraft Recognition</li> <li>• Amateur Radio &amp; Radio Construction</li> <li>• Aquarium Keeping</li> <li>• Archaeology</li> <li>• Architectural Appreciation</li> <li>• Astronautics</li> <li>• Astronomy</li> <li>• Ballet Appreciation</li> <li>• Basket Making</li> <li>• Baton Twirling</li> <li>• Bee Keeping</li> <li>• Billiards, Snooker, Pool</li> <li>• Bird Watching</li> <li>• Boatwork</li> <li>• Bookbinding</li> <li>• Brass Rubbing</li> <li>• Bridge</li> <li>• Budgerigars &amp; Canaries</li> <li>• Buglers &amp; Trumpeters</li> <li>• Bushcraft &amp; Survival</li> <li>• Cacti Growing</li> <li>• Cake Decoration</li> <li>• Candle Making</li> <li>• Canoe Building</li> <li>• Canvas Work (Needlepoint)</li> <li>• Carnival / Festival Float Construction</li> <li>• Casually Simulation</li> <li>• Ceramics</li> <li>• Ceremonial Drill</li> <li>• Chess</li> <li>• Choirs</li> <li>• Church Bell Ringing</li> <li>• Circus Skills</li> <li>• Clay Modelling</li> </ul> | <ul style="list-style-type: none"> <li>• Clay Target Shooting</li> <li>• Coastal Navigation</li> <li>• Coin Collecting</li> <li>• Collections, Studies and Surveys</li> <li>• Committee Skills</li> <li>• Communication with people who have hearing impairment</li> <li>• Communication with people who are visually impaired</li> <li>• Conjuring &amp; Magic</li> <li>• Conservation</li> <li>• Construction &amp; Maintenance of Outdoor Equipment</li> <li>• Consumer Information</li> <li>• Cookery</li> <li>• Corn Dollies &amp; Straw Work</li> <li>• Costume Study</li> <li>• Creative Embroidery</li> <li>• Criminology</li> <li>• Crocheting</li> <li>• Cross Stitch</li> <li>• Cycle Maintenance</li> <li>• Darts</li> <li>• Democracy in Action</li> <li>• Disc Jockey</li> <li>• DIY</li> <li>• Dogs – Training &amp; Handling</li> <li>• Dough Craft</li> <li>• Drama and Theatre Skills</li> <li>• Drawing</li> <li>• Dressmaking</li> <li>• Drugs &amp; Peer Education</li> <li>• Egg Decorating</li> </ul> | <ul style="list-style-type: none"> <li>• Enamelling</li> <li>• Event Planning &amp; Organisation</li> <li>• Fancy Ropework</li> <li>• Fantasy Games</li> <li>• Fashion</li> <li>• Film Production Studies</li> <li>• Film &amp; Video Making</li> <li>• Fishing</li> <li>• Floral Decoration</li> <li>• Fly Fishing</li> <li>• Flying</li> <li>• Forces Insignia</li> <li>• Forestry</li> <li>• French Polishing</li> <li>• Furniture Restoration</li> <li>• Gardening</li> <li>• Gemstones</li> <li>• Genealogy</li> <li>• Geology</li> <li>• Glass Painting</li> <li>• Glasswork</li> <li>• Gliding</li> <li>• Groundsmanship</li> <li>• Handbell Ringing</li> <li>• Health &amp; Style</li> <li>• Heraldry</li> <li>• Historical Period Re-enactment</li> <li>• History of Art &amp; Design</li> <li>• Horses - handling &amp; care</li> <li>• Information Technology</li> <li>• Insects</li> <li>• Interior Design</li> <li>• Jewellery</li> <li>• Journalism</li> <li>• Karting</li> <li>• Keeping of Pets</li> <li>• Kite Construction &amp; Flying</li> </ul> | <ul style="list-style-type: none"> <li>• Knitting</li> <li>• Lace Making</li> <li>• Languages</li> <li>• Leatherwork</li> <li>• Lettering &amp; Calligraphy</li> <li>• Library &amp; Information skills</li> <li>• Life Skills</li> <li>• Majorettes</li> <li>• Marksmanship</li> <li>• Marquetry</li> <li>• Model Construction</li> <li>• Model Soldiers</li> <li>• Money Management</li> <li>• Mosaic</li> <li>• Motor Cars - Maintenance</li> <li>• Motor Cars - Roadskills</li> <li>• Motor Cycles, Mopeds &amp; Scooters - Maintenance</li> <li>• Motor Cycles, Mopeds &amp; Scooters - Roadskills</li> <li>• Motor Sports</li> <li>• Music Appreciation</li> <li>• Music - playing an instrument</li> <li>• Natural World</li> <li>• Navigation</li> <li>• Newsletter &amp; Magazine Production</li> <li>• Orchid Growing</li> <li>• Painting &amp; Design</li> <li>• Paleontology</li> <li>• Papercraft</li> <li>• Patchwork</li> <li>• Period Furniture</li> <li>• Pewter Working</li> <li>• Photography</li> <li>• Pigeons</li> <li>• Power Boating</li> </ul> | <ul style="list-style-type: none"> <li>• Public Speaking &amp; Debating</li> <li>• Puppetry</li> <li>• Quilting</li> <li>• Reading</li> <li>• Religion</li> <li>• Reptiles</li> <li>• Rug Making</li> <li>• Ship Recognition</li> <li>• Signalling</li> <li>• Singing</li> <li>• Soft Furnishing</li> <li>• Soft Toy Making</li> <li>• Sports Appreciation</li> <li>• Sports Officiating - Umpiring &amp; Refereeing</li> <li>• Stamp Collecting</li> <li>• Table Games</li> <li>• Tattling</li> <li>• Taxidermy</li> <li>• Textiles</li> <li>• Theatre Appreciation</li> <li>• Transport Restoration</li> <li>• War Games</li> <li>• Weather / Meteorology</li> <li>• Weaving &amp; Spinning</li> <li>• Wine Making</li> <li>• Woodwork</li> <li>• Writing</li> <li>• Young Engineers</li> <li>• Young Enterprise</li> <li>• Zoology</li> </ul> |
|--|--|--|---|--|

Always check your choice with your Award Leader. Further information and advice on each activity can be found in the Programmes File or the Award's website: [www.theaward.org](http://www.theaward.org)