



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 you 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 you 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.

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

- Award Leadership
- Changemakers
- Childcare
- Elderly People
- First Aid – British Red Cross, St Andrews, St John, Order of Malta
- Fundraising
- Helping Children
- Mountain Leader Award
- Other People in Need
- Outdoor Leadership
- People with Special Needs
- Religious Education
- SOS Kit Aid
- Sports Leadership/ Coaching
- Youth Work

Uniformed Youth Organisation Leadership

- Air Training Corps
- Army Cadet Force
- Boys' Brigade
- Campaigners
- Church Lads & Girls Brigade
- Combined Cadet Force
- Girlguiding UK
- Girls Brigade
- Girls Venture Corps
- Religious Education - Jewish
- Scout Association
- Sea Cadet Corps
- St John Youth Leadership

Emergency/Rescue Service

- Ambulance
- BCU Lifeguards
- Civil Aid
- Coastguard
- Emergency Services
- Fire Service
- Lifeboat
- Life Saving
- Mountain Rescue
- Police
- Surf Life Saving

Environmental Service

- Animal Welfare
- Environment

Safety Training

- Cyclist Training
- Home Accident Prevention
- Personal Safety
- Road Safety

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

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

- Aeronautics
- Agriculture/Farming
- Aircraft Recognition
- Amateur Radio
- Aquarium Keeping
- Archaeology
- Architecture
- Astronautics
- Astronomy
- Basket Making
- Bee Keeping
- Billiards etc.
- Birdwatching
- Boatwork
- Bookbinding
- Brass Rubbing
- Bridge
- Budgies etc
- Buglers & Trumpeters
- Bushcraft & Survival
- Cacti Growing
- Cake Decoration
- Camping Gear Making
- Candlemaking
- Canoe Building
- Canvas Work
- Carnival Floats
- Casualty Simulation
- Ceramics
- Ceremonial Drill
- Chess
- Choirs
- Church Bellingring
- Circus Skills
- Clay Modelling
- Clay Target Shooting
- Coastal Navigation
- Coin Collecting – see 'Numismatics'
- Collections etc
- Committee Skills
- Comms – Hearing
- Comms – Sight
- Conjuring & Magic
- Conservation
- Consumer Info.
- Cookery
- Corn Dollies
- Costume Study
- Creative Embroidery
- Crocheting
- Cross Stitch
- Cycle Maintenance
- Dance Appreciation
- Darts
- Democracy in Action
- Disc Jockey
- DIY
- Dogs
- Dough Craft
- Drama & Theatre
- Drawing
- Dressmaking
- Driving – see 'Motors'
- Drugs & Peer Education
- Egg Decorating
- Enamelling
- Event Planning
- F1 Car Design
- Fancy Ropework
- Fantasy Games
- Fashion
- Film Studies
- Film Making
- Fishing
- Floral Decoration
- Fly Fishing
- Flying
- Forces Insignia
- Forestry
- French Polishing
- Furniture Restoration
- Gardening
- Gemstones
- Genealogy
- Geology
- Glass Painting
- Glasswork
- Gliding
- Groundsmanship
- Handbell Ringing
- Health & Style
- Heraldry
- Historical Period Re-Enactment
- History of Art
- Horses – Handling
- Information Technology
- Insects
- Interior Design
- Jewellery
- Journalism
- Karting
- Keeping of Pets
- Kites
- Knitting
- Lace Making
- Languages
- Leatherwork
- Lettering etc.
- Library Skills
- Life Skills
- Majorettes
- Marksmanship
- Marquetry
- Model Construction
- & Racing
- Model Soldiers
- Money Management
- Mosaic
- Motor Cars – Maintenance
- Motor Cars – Skills
- Motor Cycles – Maintenance
- Motor Cycles – Skills
- Motor Sports
- Music Appreciation
- Music Playing
- Natural World
- Navigation
- Newsletters etc
- Numismatics
- Orchid Growing
- Painting & Design
- Paleontology
- Papercraft
- Patchwork
- Period Furniture
- Pewter Working
- Photography
- Pigeons
- Pond and Water Features
- Pool/Snooker – see Billiards
- Power Boating
- Public Speaking
- Puppetry
- Quilting
- Radio – see 'Amateur Radio'
- Reading
- Religion
- Reptiles
- Rug Making
- Ship Recognition
- Signalling
- Singing
- Soft Furnishing
- Soft Toy Making
- Sports Appreciation
- Sports Officiating
- Stamp Collecting
- Table Games
- Tatting
- Taxidermy
- Textiles
- Theatre Appreciation
- Transport Restoration
- War Games
- Weather
- Weaving etc
- Wine Making
- Wood Carving
- Woodwork
- Writing
- Young Engineers
- Young Enterprise
- Zoology

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

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 | • Crown Green Bowls | • Kabaddi | • Rock Climbing | • Table Tennis |
| • Athletics | • Curling | • Keep Fit | • Rounders | • Tchouk Ball |
| • Badminton | • Cycling | • Korfbal | • Rowing & Sculling | • Tennis |
| • Baseball | • Dance | • Lacrosse | • Rugby Union | • Tenpin Bowling |
| • Basketball | • Diving | • Land Yachting | • Rugby League | • Trampoline |
| • BMX Racing | • Dragon Boats | • Martial Arts | • Running | • Triathlon |
| • Boccia | • Fencing | • Medau Movement | • Sailing | • Ultimate Flying Disc |
| • Boxing | • Fitness Activities | • Modern Pentathlon | • Scottish Dancing | • Volleyball |
| • Camogie | • Fives | • Mountain Biking | • Self Defence | • Walking – see ‘Fitness Activities’ |
| • Canoe Polo | • Football | • Netball | • Skateboarding | • Water Polo |
| • Canoeing | • Golf | • Octopushing | • Skating – Ice, Roller | • Water Skiing |
| • Carpet Bowling | • Gymnastics | • Orienteering | • Snow Sports | • Weightlifting |
| • Carriage Driving | • Hang Gliding | • Parachuting | • Squash | • Welsh Folk Dancing |
| • Caving | • Hockey | • Paragliding | • Stoolball | • Windsurfing |
| • Cheerleading | • Horse Riding | • Pétanque | • Sub Aqua | • Wrestling |
| • Cricket | • Hurling | • Physical Achievement | • Surfing | • Yoga |
| • Croquet | • Ice Skating | • Polo | • Swimming | |
| • Cross Country Running | • Judo | • Real Tennis | • Table Cricket | |

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

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 website: 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 five consecutive days with four 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

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 (as a direct entrant) and at least 18 months at Gold (as a direct entrant).

Timescales

Bronze Award (for those aged 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 (for those aged 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 (for those aged 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

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**