



The Duke of Edinburgh's Award

The Award encourages all youth between the ages of 14 to 25 to participate in new activities and pursue their current interests in four different areas. It offers participants the opportunity to set goals and achieve results in a fun and challenging way and is non-competitive and barrier free. Participants benefit through their own effort and will learn and grow from the experience. Participants will be recognized for their achievements with a Bronze, Silver or Gold Award.

Participation in The Award allows young people to:

- Broaden their extra-curricular experiences, through a range of valuable, worthwhile and challenging situations.
- Enhance their personal and social development.
- Develop additional skills, explore unfamiliar environments and participate in new activities.
- Build self-confidence.
- Develop positive and constructive relationships with a wide range of adults in their local community.
- Gain credibility with potential employers and/or on applications for further higher education.

The Award involves comprehensive development, self-training and personal achievement, and is based upon individual effort and improvement. To achieve the Award, participants must set goals in all 4 areas:

- Community Service – Providing volunteer service within their community.
- Skill Development – Developing a personal interest or practical skill (non-athletic.)
- Physical Recreation – Improving health through fitness activities.
- Adventurous Journey – Undertaking a wilderness or adventure experience.
- Residential Project – Undertake a residential experience away from home (Gold)

	Bronze *	Silver **	Gold ***
Physical Recreation	3 months	6 months	12 months
Skill (non-athletic)	3 months	6 months	12 months
Community Service	3 months	6 months	12 months
Adventurous Journey	2 days + 1 night	3 days + 2 nights	4 days + 3 nights
Residential Project	N/A	N/A	5 days + 4 nights
Minimum age to start	14 years	15 years	16 years

* All participants must complete an additional 3 months in either Physical Recreation, Skill or Community Service

** Participants who have not achieved a Bronze Award must complete an additional 6 months in either Physical Recreation, Skill or Community Service.

*** Participants who have not achieved a Silver Award must complete an additional 6 months in either Physical Recreation, Skill or Community Service

To register, go to www.intawardorb.com and follow the links to register a participant.

There is a \$30 registration fee payable to The Duke of Edinburgh's Award – Ontario.