

# The Duke of Edinburgh's Award

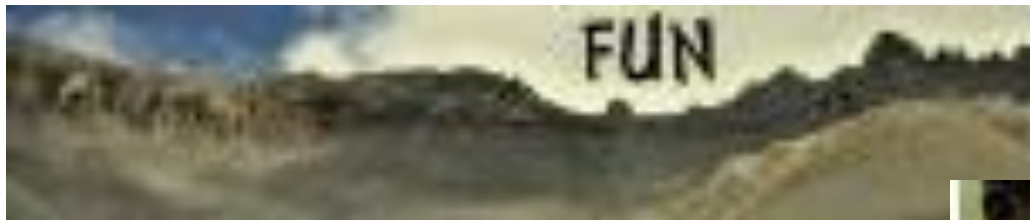


Young Canadians Challenge



# What is it?

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# What?



- a program of activities designed to challenge youth to become involved in worthwhile extracurricular activities, to set and achieve personal goals and to learn about themselves and their community

# Who?

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- youth between the ages of 14 and 25
- to date, nearly 4 million young people from 108 countries have participated in the program



WHO WE ARE

# Why?



- challenging, yet rewarding (you set your own goals)
- learn new skills and abilities
- it is **NON-COMPETITIVE**, you choose your own activities within each of the required components and set your own pace
- looks great on future applications and resumes
- recognition for the fantastic things that you are already accomplishing
- meet new people
- it's **FUN**



# When?

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- The Award is open to all young people over the age of 14 and under the age of 25. Participation in any level of the Award—Bronze, Silver, Gold—can be undertaken at any time over 14 years for Bronze, over 15 years for Silver and over 16 years for Gold.

# Where?

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- here at Oxford School
- in your community
- in other parts of the world as an exchange\*





# 3 cornerstones:

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- to make an **EFFORT**
- to show **IMPROVEMENT**
- to set and face a **CHALLENGE**

# BUT HOW?





# How:

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- requirements for any level of *The Duke of Edinburgh's Award* are satisfactory completion of four program categories:
  1. volunteer community service
  2. physical fitness
  3. personal skill development
  4. participation in overnight wilderness camping



# Bronze Requirements:

(minimum age to start is 14)

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## ■ *SERVICE:*

- choose one or more forms of service and undertake training and practical service to others. A minimum of 15 hours of service over a period of 6 months.

*Examples:* Animal care shelter work; Aquatics/water safety instructor; Camp/outdoor school volunteer; Conservation projects; Crime Prevention; Day care center volunteer; Disabled citizens assistance; Fire dept. or Police volunteer; Hospital volunteer; Immigrant services (bilingual tutoring, etc.); Leadership (Scout, 4-H leader); Library work; Meals on Wheels; Nursing home/aid to elderly; Red Cross volunteer; Tutoring; YMCA volunteer



# Bronze Requirements:

(minimum age to start is 14)

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## ■ *SKILLS:*

- Follow a skills program for a minimum of 6 months. Activity may be changed once during this period.

*Examples:* Agriculture/farming; Amateur radio; Arts and crafts; Astronomy; Automotive science; Career development programs; Clerical and office; Collecting (stamps, coins, etc.); Conservation/environment; Construction; Creative writing; Cross cultural programs; Dancing; Dog training; Electrical engineering; Fashion design/tailoring; Floral art; Forestry; Gardening; Horsemanship; Job training programs; Language study; Leadership training; Learning For Life; Literacy programs; Magic; Model building; Music/singing; Photography; Speech and debate; Sewing/quilting; Theater/acting; Venturing; Video production; Woodwork



# Bronze Requirements:

(minimum age to start is 14)

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## ■ *PHYSICAL FITNESS:*

- Take part in physical activities (games or sports, individual or team) for a minimum of 30 hours over a minimum of 15 weeks.

*Examples:* Aerobics; Gymnastics; Archery; Handball; Backpacking; Hiking; Badminton; Hockey; Baseball; Martial Arts; Basketball; Racquetball; Bicycling; Rafting/rowing; Bowling; Rollerblading; Boxing; Rugby; Canoeing/kayaking; Running or jogging; Dancing; Sailing; Exercise program; SCUBA/skin diving; Exploring; Skateboarding; Field events; Skiing; Figure skating; Soccer; Fencing; Tennis; Fitness walking; Volleyball; Football; Weight training; Golf; Wrestling



# Bronze Requirements:

(minimum age to start is 14)

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## ■ *Expedition:*

- Undertake basic training (map & compass; menu planning; route planning; gear selection; wilderness first aid, etc.), carry out a practice journey, then complete an Expedition in an unfamiliar area. Minimum of two days out required including one night camping

# Awards Ceremonies:

- **Bronze:** presented at the Gr.9 Graduation Ceremony
- **Silver:** presented by the Lt. Governor of Nova Scotia
- **Gold:** presented by a member of the Royal Family



*TRH The Earl and Countess of Wessex*

# The Duke of Edinburgh's Award

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## Questions?

# The Duke of Edinburgh's Award: [www.intaward.org](http://www.intaward.org)



*challenging  
young people  
everywhere*

## Are you up for the challenge?

**1<sup>st</sup> meeting:** next Thursday at lunch in Mme Stjärne's room!

