

What is The Duke of Edinburgh's International Award?

**Information for
Young People**

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The Duke of Edinburgh's International Award (the Award) is a Non-formal Education and Learning framework supporting young people to find their purpose, place and passion in the world. In more than 120 countries and territories, our globally recognised accreditation is available to 14 to 24 year-olds, inclusive of all backgrounds, locations, cultures and abilities.

Through the programme, you will become part of something special while developing your individual interests, universal skills and life ambitions. Today there are consistently over a million young people annually taking on the Award's challenge to believe in the power of their potential, make a difference in their community and take control of their future.



Watch our video [here](#)



Why take part?

While exam results and classroom learning remain important foundations for future opportunities, universities and employers are looking for young people with the confidence, resilience, and practical skills to thrive in a world that's changing faster than ever. The Award helps you build these qualities, and our surveys show the powerful, lasting impact this experience has on those who take on the challenge.

83%

of participants believe they can actively shape and improve their communities

85%

of participants feel more equipped to set goals and achieve what they want out of life

84%

of participants report stronger resilience and the ability to bounce back from challenges

82%

of participants say their problem-solving abilities have grown

83%

of participants have gained greater confidence through the activities they took part in

87%

of participants strengthened their collaboration and teamwork skills

Data taken from the Global Participant Satisfaction Survey 2024 Report



Timescales and Age requirements

The Award is referred to as a marathon, not a sprint. In the Voluntary Service, Skills, and Physical Recreation sections, you are required to participate regularly in your chosen activity. On average, you must spend at least one hour per week on each activity. This could be broken down into two x 30 minute sessions, four x 15 minute sessions, or six x 10 minute sessions each week. As long as it adds up to an average of one hour per week, you can fit your Award commitments around you!

Level	Minimum age	Minimum period of participation		Qualifying Adventurous Journey length
		Direct Entrants	Award Holders	
Bronze	14*	6 months / 26 weeks	N/A	2 days + 1 night
Silver	15	12 months / 52 weeks	6 months / 26 weeks (if Bronze holder)	3 days + 2 nights
Gold	16	18 months / 78 weeks	12 months / 52 weeks (if Silver holder)	4 days + 3 nights

**Flexibility is permitted if a young person, aged 13, is part of a peer group where the majority are 14 or older. You'll have until your 25th birthday to achieve your Award. .*



Sections of the Award

The Award is designed to provide a balanced programme of personal development and challenge, with four sections at the Bronze and Silver levels, and five sections at the Gold level.

Voluntary Service

Participants volunteer in their communities, make a positive contribution to society and demonstrate social responsibility.

Skills

Enables participants to develop their talents, broaden their abilities, increase their self-confidence and improve their employability.

Physical Recreation

Encourages young people to improve their fitness and performance, and enjoy healthy lifestyles for good mental and physical wellbeing.

Adventurous Journey

Young people discover a spirit of adventure and gain a deeper understanding of the environment and the great outdoors.

Gold Residential Project

Participants broaden their experience by staying in an unfamiliar environment with other young people, taking part in a worthwhile project and building new relationships.

For every section of the Award, you'll set yourself a clear SMART goal and select an adult mentor (outside your family) with the right skills and experience in your chosen activity to act as your Section Assessor.

S

Be **Specific**
about your
goals

M

Are they
Measurable?

A

Is it
Achievable?

R

Are they
Realistic?

T

How much
Time will it
take?

The Online Record Book (ORB) website and app make it easy to track your weekly activities and upload evidence—like notes, photos, or screenshots—to show your progress towards your SMART goal. When you complete a section, your Assessor will provide a short report to confirm it's finished.



Activity Ideas

Activities should be chosen to reflect your unique interests.
You can choose something new, or progress in an activity you've done before.
Here are some ideas to help you get started!

Physical Recreation	Skills	Voluntary Service
<ul style="list-style-type: none">• Athletics• Court / Field Sports• Dance / Gymnastics• Gym / Personal Programmes• Martial Arts / Self Defence• Outdoor Recreation• Snow / Winter Activities• Watersports	<ul style="list-style-type: none">• Arts and Design• Communications• Crafts• Environment / Nature• Financial Literacy• Foreign Languages• Games• Hobbies• Life and Vocational Skills• Music• Performance• Sports-related Skills (Umpiring, Coaching, Maintenance, etc)	<ul style="list-style-type: none">• Animal Welfare• Charity• Education• Emergency Services• Environmental Sustainability and Conservation• Health and Wellness• Leadership• Media• Community Care

The Adventurous Journey

Made up of three stages: Training, a Practice Journey and a Qualifying Journey, the Adventurous Journey section is all about exploration, teamwork, and self-discovery. In small groups, participants set out on a shared challenge, working together toward a common goal. An Adventurous Journey doesn't have to mean a remote mountain expedition — it could be cycling, sailing, paddleboarding, or even discovering new corners of your city. Adventurous Journeys are typically organised through the Award Centre a participant is registered to, so check with them to find out how they run this part of the Award. To give you an idea of what's possible, here are some examples of activities for this section:

Journey Activity	Kayaking	Hiking	Cultural Trip
Journey Purpose	Explore and record the human impact on the environment including studying farms, litter, and local infrastructure.	As the first cohort of the DofE expedition, produce a comprehensive vlog that will serve as a tutorial and real-life guide for future participants.	Explore and document the city's history as a former colony, especially through changes in art, science, culture and politics.

“ The Adventurous Journey challenged me to overcome my fear of wildlife and helped me embrace the outdoors in a way I never had before. Navigating unfamiliar terrain allowed me to grow in independence, build confidence in my abilities, and appreciate the true value of teamwork and communication.”

- Jovita (Participant)
Regent International School. UAE

To participate, you must first register with a licensed Award Centre.

[Click here](#) to find more information about where the Award is delivered near you!

