

A person wearing a dark jacket, a beanie, and a large blue backpack is walking away from the camera on a dirt trail. The trail is bordered by a rope and wooden posts. In the background, there is a calm lake and distant mountains under a clear sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The backpack has a logo that says "Lowe alpine" and "PEAK ATTACK".

THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD



# What is The Duke of Edinburgh's International Award?

**Information for  
Adults and Caregivers**

# What is The Duke of Edinburgh's International Award?

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, each young person becomes part of something special while developing their 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, young people also need confidence, resilience, and practical skills to thrive in a world that's changing faster than ever. The Award helps them build these qualities, and our surveys show the powerful, lasting impact the experience has on those who take on the challenge.

**83%**

of participants feel confident they can make a positive difference in their community

**79%**

of participants say the Award has strengthened their leadership skills

**78%**

of participants improved their ability to communicate ideas in different ways

**82%**

of participants feel more comfortable in new and unfamiliar situations

**83%**

of participants improved their physical fitness through the Award

**87%**

of participants now view challenges as opportunities to grow

*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, participants are required to participate regularly in their chosen activity. On average, they must spend at least one hour per week on each activity.

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. Participants have until their 25th birthday to achieve their 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.

Participants can log their activities and upload evidence using the Online Record Book (ORB) webpage or app.



# Activity Ideas

Activities should be chosen to reflect the unique interests of each participant. Here are some ideas to help get started!

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

# 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 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



# Ensuring young people have a safe and enjoyable experience

The ethos of the Award is that the Voluntary Service, Skills, and Physical Recreation activities take place within the participant's own time and, where possible, in their local community. The Award Foundation licenses suitable organisations to deliver the Award through a robust quality assurance process. However, in the course of their Award, a young person may take part in activities that are not directly under the control of the organisation's Award team. In these cases, you should be aware that the responsibility for ensuring the safety of such activities rests with yourself rather than the Award Leader.

## Supporting young people

Your encouragement can be the spark that lights a young person's journey through The Duke of Edinburgh's International Award. Whether they're considering participating, or are keen to get started, your belief in their potential makes all the difference. Show interest in their goals, celebrate small wins, offer practical support and cheer them on. From learning new skills to helping their communities and exploring the outdoors, the Award challenges young people to grow in confidence, resilience, and responsibility. It's not just about the certificate, it's about the journey, and your support can make all the difference. With you in their corner, they'll discover just how much they're capable of!

**To participate, young people must be registered with a licensed Award Centre.**

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