

# Duke of Edinburgh's International Award

## Programs and Performance targets

	<b>Bronze</b> (from 14 years)	<b>Silver</b> (from 15 years)	<b>Gold</b> (from 16 years)
<b>Service</b> Voluntary work in the community (e.g. paramedics, THW, youth fire brigade)	<ul style="list-style-type: none"> <li>• 3 months, 1 hour per week</li> <li>• an additional 3 months in a creative area (e.g. service, sport, AG)</li> </ul>	<ul style="list-style-type: none"> <li>• 6 months, 1 hour per week</li> <li>• without bronze: additional 6 months in a creative area (e.g. service, sport, AG)</li> </ul>	<ul style="list-style-type: none"> <li>• 12 months, 1 hour per week</li> <li>• without silver: additional 6 months in a creative area (e.g. service, sport, AG)</li> </ul>
<b>Fitness</b> Improve fitness, live healthier			
<b>Talents</b> Enjoy a non-sporting activity (e.g. music, chess, film, cooking, art)			
<b>Expedition</b> Develop a spirit of adventure and discovery, an understanding of nature and the environment	<ul style="list-style-type: none"> <li>• 2 days, 24 km</li> <li>• rural area</li> <li>• at least 1 trial tour</li> </ul>	<ul style="list-style-type: none"> <li>• 3 days, 48 km</li> <li>• rural area</li> <li>• at least 2 trial tours (with bronze: 1)</li> <li>• Exploration (research on a self-defined topic, e.g. architecture and functions of Black Forest farms)</li> </ul>	<ul style="list-style-type: none"> <li>• 4 days, 80 km</li> <li>• Wilderness area</li> <li>• at least 3 trial tours (with silver: 1)</li> <li>• Exploration (research on a self-defined topic, e.g. recognizing, collecting and preparing edible herbs)</li> </ul>
<b>Gold Residential Project</b> Selfless leisure project with unknown people working towards a common goal, outside their familiar surroundings			<ul style="list-style-type: none"> <li>• at least 5 days</li> </ul>