

The Duke of Edinburgh's International Award

About

The Cerebral Palsy Association in Alberta (CPAA) is proud to support youth ages 14-24 on their journey towards the highest achievement a youth can receive in Canada – The Duke of Edinburgh's International Award.

The Duke of Edinburgh's International Award was founded by H.R.H. Prince Philip in 1956 and brought to Canada in the 70's. The Award aims to help equip young Canadians for success in life by empowering them to discover hidden talents, develop untapped leadership potential, make a difference in their community and explore the wonders of the great outdoors.

The CPAA offers mentorship for youth interested in working towards the Duke of Edinburgh's International Award.

How to Participate

Participants set their own personal goals and activities they wish to achieve with the assistance of their adult leader/mentor. As long as participants dedicate themselves to these goals, they will receive the Award. The Award encourages participants to challenge themselves in the following areas:

- **Service:** Aims to encourage young people to volunteer their time so they may better understand the benefit of service to their community. [Learn more.](#)
- **Skills:** Aims to encourage the development of personal interests and practical and social skills. [Learn more.](#)
- **Physical Fitness:** Aims to encourage young people to participate in sports and other physical recreational activities for the improvement of health and fitness. [Learn more.](#)
- **Adventurous Journey:** Aims to encourage a sense of Adventure while undertaking a team journey or expedition. As a part of a small team, participants will plan, train for and undertake a journey with a defined purpose and unfamiliar environment. [Learn more.](#)
- **Gold Project:** (For Gold Level only) Aims to broaden horizons, experiences and outlooks through involvement with others in a residential setting. [Learn more.](#)

Award Levels

There are three levels to The Award: Bronze, Silver and Gold. A young person can progress through each level or enroll directly to either the Silver (15 years and up) or the Gold (16 years and up).

BRONZE

Starting Age: 14 years of age.

Sections: Service, Skills, Physical Recreation and Adventurous Journey.

Duration: Minimum of 6 months.

SILVER

Starting Age: 15 years of age.

Sections: Service, Skills, Physical Recreation and Adventurous Journey.

Duration: Minimum of 6 months if completed Bronze level or minimum of 12 months if directly enter the Silver level.

GOLD

Starting Age: 16 years of age.

Sections: Service, Skills, Physical Recreation, Adventurous Journey and Residential Project.

Duration: Minimum of 12 months if completed Silver level or minimum of 18 months if directly enter the Gold level.

Receiving the Award

Each level requires an increasing level of commitment and effort. Young people have until their 25th birthday to complete The Award. Once participants have completed their Award, they receive a pin and certificate to mark their achievement, and may be able to attend a ceremony within their Province or Territory (depending on Award level and ceremony availability). Gold Award ceremonies are only presided over by the Governor General of Canada or by a member of the Royal Family when their schedule permits.

If you would like to participate, please contact

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