

## Guide for Using Cadet Activities

The Cadet program and The Duke of Edinburgh's Award have a long history together, with thousands of Cadets having earned their Award through their corps or squadron. This guide will help outline how Cadet activities can be used towards earning your Duke of Edinburgh's Award!

Cadets can also use activities they participate in at school or in their communities towards their Award. You are not restricted to using only Cadet activities.

The following lists are not exhaustive. If you have questions, please contact our office. We are here to help!

### Service

- Community Parades
- Food Drives
- Remembrance Day
- Leading other Cadets
- Assisting veterans
- Tag Days / Poppy Sales

You can complete the Service section by using a combination of different activities.

### Skill

- Marksmanship
- Coaching
- Flag party
- Public Speaking
- Music/band
- First Aid
- Officiating/Refereeing
- Aircraft maintenance
- Model building
- Ground school
- Flying/Gliding
- Orienteering/Navigation
- Seamanship
- Naval communications

One Skill is selected to be practiced consistently for the duration of the Award level. You may change your skill once if your original choice proves impossible to continue.

### Physical Recreation

- Sports Nights
- Biathlon
- Drill
- Physical Training

You can complete the Physical Recreation section by using a combination of different activities with cadets, on your own or with an athletic team.

If you are not able to participate in these Cadet activities on a fairly regular basis (an hour a week or two hours every two weeks) then you will need to supplement with activities outside Cadets to ensure the Award requirements are met in full.

### Adventurous Journey

Some, but not all, Cadet trips can be counted as Adventurous Journeys. Check with us if you are not sure.

Many training sessions, including field training exercises, and survival training exercises, are better suited as Practice Journeys as their focus is not on journeying or on studying the natural world.

Qualifying Journeys will focus either on journeying under one's own power or nature power (an Expedition) or studying an aspect of the natural environment (an Exploration).

Hiking, canoeing, kayaking, snowshoeing, cross-country skiing, biking or sailing would all qualify for an Expedition. Studying local flora, fauna, history or geography would qualify as an Exploration.

Please note that Explorations still require an element journeying and some research into the chosen topic must be completed before the trip.

Often these elements can be included with other Cadet activities as long as sufficient time is dedicated to the Duke of Edinburgh's Award requirements.

Cadets will need to:

- Camp out, or stay in basic cabins
- Cook their own meals (prepare MREs if needed)
- Spend an average of 6(Bronze)/7(Silver)/8(Gold) hours per day setting up camp, journeying or studying

### Residential Project

- Summer Training Courses
- International Exchange
- National Biathlon Championships
- National Air Rifle Championships
- Silver and Gold Star expeditions (min. 5 days)
- Sea Cadet Deployments
- Annual Seamanship Concentration
- National Regatta

(A Residential Project is 5 days in a new place working with new people)

More information can be found on our website at [www.dukeofed.org/bc](http://www.dukeofed.org/bc). If you are unsure whether something will qualify please contact the Division Office for guidance.

**We are here to support all Cadets (& their Leaders) towards earning the Duke of Edinburgh's Award!**