



Proud to be

THE DUKE OF EDINBURGH'S  
INTERNATIONAL AWARD

In Luxembourg

## Adventurous Journey requirements

1. All journeys need to have a clearly defined **Aim**.
2. All journeys must be **registered at least 3 weeks in advance** in the national office.
3. All participants must have undergone **suitable training** to have the appropriate skills to undertake their journeys.
4. All participants must undertake a **minimum of one Practice Journey per level**.
5. The group, for all journeys, must be **no fewer than 4 and no more than seven** members.
5. All members of the group must be involved with the **planning and preparation** of their practice and qualifying journeys.
7. All journeys must be **supervised and assessed** by suitable and experienced adults.
8. All journeys must take place on land or water; all team members must use a **mode of travel** that requires their own effort.
9. **Accommodation** must be in portable tents or simple self-catering accommodation such as hostels or huts.
10. The **environment** chosen must be unfamiliar to all participants.
11. The distance covered on all journeys will depend on the terrain, weather conditions and ability of the group members. All group members must however undertake a minimum of 6 hours (for Bronze), 7 hours (for Silver) and 8 hours (for Gold) per day of **purposeful effort**.
12. On an **exploration**, at least one third of the purposeful effort requirement must be spent journeying  
with the remainder working towards the overall aim.
13. On an **expedition**, at least two thirds of the purposeful effort requirement must be spent journeying  
with the remainder working towards the overall aim.
14. All members of the group must carry sufficient equipment, food and water to be completely **self-sufficient** throughout their journey.
15. All members of the group must ensure that they prepare and consume a **full meal each day**.
16. On completion of the Qualifying Journey, the team is required to **deliver a report** to their Assessor.