

The Duke of Edinburgh's International Award

爱丁堡公爵国际奖

Program Introduction

项目介绍



The Duke of Edinburgh's International Award was founded by HRH The Duke of Edinburgh KG, KT in 1956, in conjunction with Kurt Hahn, the German educationalist.

爱丁堡公爵国际奖由爱丁堡公爵及德国教育学家库尔特·汉恩于1956年联合创建。

Beyond the classroom walls

走出教室的学习

The Duke of Edinburgh's International Award helps young people to be ready for their world.

爱丁堡公爵国际奖帮助青年为走向世界做好准备。

Not all learning happens in the classroom. In fact, we believe some of life's biggest lessons happen in the least likely locations. Quality holistic education and learning plays a key role in the development of young people, helping them to become #WORLDREADY.

学习不仅仅只发生在课堂上；我们相信生活中一些最重要的学习，实际上来自在最不可能发生的地方。优质的全人教育和学习对青年的发展起着关键作用，帮助他们“迎接世界”。

- 2/3 young people say formal learning alone is not enough to prepare them for the world.
三分之二的青年认为仅学术教育已经无法满足他们未来发展需要了。
- 9/10 young people want to make a difference in the world.
十分之九的青年有改变世界的想法。
- 7/10 adults think there is pressure on young people to strive for perfection.
十分之七的成年人相信青年有追求完美的压力。
- 2/3 young people want to find a job which fulfills their passion.
- 三分之二的青年希望找到一份令他们充满激情的工作。

The Duke of Edinburgh's International Award is a holistic education and learning framework operating in more than 130 countries and territories around the world, through which young people's achievements outside of academia are recognized and celebrated.

爱丁堡公爵国际奖是一个全人教育学习框架，在全球130多个国家和地区运营开展。青年在学术以外取得的成就，通过这个框架得到认可和表彰。

It is our long-term ambition that every eligible young person aged 13 – 24 will have the opportunity to participate in the Award.

我们的长期目标是让每一位13-24岁的青年都有机会参加爱丁堡公爵国际奖。

Our vision is that by 2025, 20% of them are underprivileged young people for whom the Award can be truly life changing.

我们的愿景是不断扩展爱奖参与者的多元化。到2025年，争取有20%的参与者是来自弱势境地的青少年，爱奖能够助力他们真正改变人生命运。



The Award Framework

爱丁堡公爵国际奖框架

Part One: Three Award Levels

第一部分：三个奖项级别

The Duke of Edinburgh's International Award is the world's leading youth achievement award. The Award with its instantly recognizable levels of Bronze, Silver and Gold, is voluntary, non- competitive and available to anyone aged 13–24. It is about individual challenge.

爱丁堡公爵国际奖是世界领先的青年成就奖。奖项分为三个级别：铜奖、银奖以及金奖，具有自愿性与非竞争性，提供给任何13 - 24岁的青年。



Bronze 铜奖

For those over 13 years old.

13 岁以上可以参加

Silver 银奖

For those over 15 years old.

15 岁以上可以参加

Gold 金奖

For those over 16 years old.

16 岁以上可以参加

Part Two: All Award Sections

第二部分：奖项所有科目

- Skills 技能学习
- Voluntary Service 志愿服务
- Physical Recreation 体育锻炼
- Adventurous Journey 户外探索
- Residential Project 团体生活(仅限金奖)

Part Three: Introduction of all sections

第三部分：所有科目介绍



**Voluntary
Service**



**Physical
Recreation**



Skills



**Adventurous
Journey**



**Gold
Residential
Project**

BRONZE 13+ years	3 months	3 months	3 months	2 days/1 night (1 x practice journey & 1 x qualifying journey)	N/A Gold Level only
Averaging at least 1 hour per week. Plus additional 3 months for a Major Section-either Service, Skill or Physical Recreation *					
SILVER 15+ years	6 months	6 months	6 months	3 days/2 nights (1 x practice journey & 1 x qualifying journey)	N/A Gold Level only
Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Bronze Award not completed.*					
GOLD 16+ years	12 months	12 months	12 months	4 days/3 nights (1 x practice journey & 1 x qualifying journey)	5 days/4 nights
Averaging at least 1 hour per week. Plus additional 6 months of a Major Section if Silver Award not completed.*					

Voluntary Service 志愿服务



“Challenge yourself to be a responsible, caring member of the community.” “挑战自我，成为一名有责任，有爱心的社区成员。”

The Service section of the Award encourages young people to volunteer their time to and understand the benefits of this service to their community. 志愿服务科目鼓励青年利用时间志愿服务，并理解他们的服务对社区的意义。

Participants are required to give service (volunteer) over a set period that enables them to experience the benefits that their service provides to others. 要求参与者参加一定时长的志愿服务活动，确保参与者体验到他们的服务对他人的好处。

Examples of voluntary Service 志愿服务的例子

- First aid 急救
- Visiting and supporting people in need, such as the elderly, or those with disabilities
看望或支持需要帮助的人，比如年长者及残障人士
- Volunteering at a hospital or local care home
在医院或养老院志愿服务
- Sports coaching 义务运动教练
- Charity work 慈善工作

Time requirements 时间要求

- Bronze - at least 3 months 铜奖-至少3个月
- Silver - at least 6 months 银奖-至少6个月
- Gold - at least 12 months 金奖-至少12个月

Skills 技能学习



“Challenge yourself to improve your skills and widen your personal interests.” “挑战自我、提高技能，拓展兴趣爱好。”

The Skills section of the Award encourages the development of personal interests and practical and social skills. 技能学习科目旨在鼓励发展个人兴趣爱好及实践和社会技能。

The Skills section provides the opportunity for a participant to either improve on an existing skill, or to try something new. As with the other Sections of the Award, a level of commitment is required over time to progress a skill. It leads to a sense of achievement and well-being, and possibly improved employability through the development of life and vocational skills.

技能学习科目为参与者提供了提高现有技能或尝试新技能的机会。与该奖项的其他科目一样，随着时间的推移，需要一定程度的承诺来提高技能，建立成就感和幸福感，并可能通过发展生活和职业技能来提高就业能力。

Examples of Skills 技能学习的例子

- Music - singing, learning to play an instrument, music event management 音乐类-唱歌，学习乐器，音乐活动管理
- Sports related - sports officiating, umpiring/refereeing, sports ground maintenance 运动类-体育裁判，运动场维护（注意区分运动本身活动）
- Arts and crafts - ceramics, embroidery, jewelry making, drawing, painting, sculpture, photography 艺术和工艺-陶瓷，刺绣，珠宝制作，涂鸦，绘画，雕塑，摄影
- Nature and the environment - agriculture, astronomy, bee keeping, conservation, fishing, forestry, gardening 自然与环境-农业，天文学，养蜂，养护，钓鱼，林业，园艺

- Communication - film and video, languages, reading, writing, public speaking, journalism, website development 交际沟通-电影和视频, 语言, 阅读, 写作, 公众演讲, 新闻, 网站开发
- Games - billiards, snooker or pool, chess, darts, backgammon 游戏-台球, 斯诺克, 象棋, 飞镖, 双陆棋

Time requirements 时间要求

- Bronze - At least 3 months 铜奖-至少3个月
- Silver - At least 6 months 银奖-至少6个月
- Gold - At least 12 months 金奖-至少12个月

● Physical Recreation 体育锻炼



“Challenge yourself to improve your performance, health and fitness.” “挑战自我，坚持运动，更加健康。”

The Physical Recreation section of the Award encourages young people to participate in sport and other physical recreation for the improvement of health and fitness. 体育锻炼科目鼓励青少年参加体育运动和其他锻炼活动，以保持健康和提高体能。

Encouraging healthy behaviors has benefits, not only for participants but also for their communities, whether through improved health, or active participation in team activities. This Section specifically aims to improve the health, team skills, self-esteem and confidence of participants.

自身锻炼，或参加集体活动，对于参与者或者参与者的社区，都非常有益。本科目旨在改善参与者的健康状况、提高其团队技能、自我认知和自信心。

Examples of Physical Recreation 体育锻炼的例子

- Ball sports - football, rugby, volleyball, basketball, cricket, golf, tennis
球类运动-足球，橄榄球，排球，篮球，板球，高尔夫球，网球
- Athletics - running, jumping, throwing, biathlon, triathlon, decathlon
田径类-跑，跳，投掷，冬季两项、铁人三项、十项全能
- Water sports - canoeing, kayaking, swimming, water polo, diving, kite boarding 水上运动项目-皮划艇，游泳，水球，跳水，冲浪
- Winter sports - skiing, snowboarding, curling, bobsleigh, ice hockey
冬季运动项目-滑雪、单板滑雪、冰壶、雪橇、冰球

- Martial arts - karate, judo, kickboxing, boxing, taekwondo, kendo
武术-空手道、柔道、跆拳道、拳击、跆拳道表演、剑道
- Animal sports - horse riding, polo
动物类运动项目-骑马, 马球

Time requirements 时间要求:

- Bronze - At least 3 months 铜奖-至少3个月
- Silver - At least 6 months 银奖-至少6个月
- Gold - At least 12 months 金奖-至少12个月

● Adventurous Journey 户外探索



“Challenge yourself to journey with your eyes open.”

“睁开双眼，挑战自我。”

The Adventurous Journey section encourages a sense of adventure and discovery whilst undertaking a team journey. As part of a small team, participants plan, train for and undertake a journey with a purpose in an unfamiliar environment.

户外探索科目旨在鼓励青年参加团队户外探索，锻炼探索精神意识。青年与小组成员一起有目的地规划行程，参加培训并完成有目的的旅程。

All Adventurous Journeys must comprise of two elements: a Journey and a clearly defined Team Goal. The aim of this Section is to provide participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork and health. Participants are taken out of their comfort zone but kept within a safe and secure setting, achieved through suitable training and supervision.

所有的户外探索旅程都必须包含两个要素：旅程和一个明确的团队目标。这个科目的目的是为参与者提供机会了解户外环境，提高自信心，增强团队合作能力及增强体质。参与者需要在确保环境及设备安全，并通过合适的培训及监督的情况下，走出自己的舒适圈，完成旅程。

Examples of Adventurous Journey 户外探索的例子

- Exploring the natural world: glaciation, erosion, geology, coastal studies 探索野外世界：冰川，侵蚀，地质学，海岸线研究
- Carrying out health surveys or health education in remote areas 在边远地区开展健康调查或健康教育

- Completing a demanding journey by foot, cycle, canoe or kayak
通过徒步，骑车，独木舟或者皮划艇完成要求的行程
- Kayaking the entire navigable stretch of a river
通过皮划艇航行整个河流
- Climbing the Alpine, Himalayan or other mountainous peaks
攀登阿尔卑斯山脉，喜马拉雅山脉或者其他山脉高峰
- Cycling from one end of a country to another
骑车横跨国家

Time requirements 时间要求

- Bronze - two days and one night; average of six hours of purposeful effort per day; minimum 12 hours of purposeful effort in total
铜奖-两天一晚；每天平均6个小时的有目的行动；最少总共12个小时有目的的活动
- Silver - three days and two nights; average of seven hours of purposeful effort per day; minimum 21 hours of purposeful effort in total
银奖-三天两晚；每天平均7个小时的有目的行动；最少总共21个小时有目的的活动
- Gold - four days and three nights; average of eight hours of purposeful effort per day; minimum 32 hours of purposeful effort in total
金奖-四天三晚；每天平均8个小时的有目的行动，最少总共32个小时的有目的的活动

● Residential Project 团体生活 (仅限金奖)



“Challenge yourself to experience life from a different perspective.” “从不同角度挑战自我，体验生活。”

The Residential Project, completed only at Gold Level, aims to broaden participants' horizons through involvement with others in a residential setting. 团体生活科目（只针对金奖参与者）目的在于通过与其他人一起的同住共创活动，拓展参与者的视野。

Through the Residential Project participants will meet new people, work towards a common goal, explore life in an unfamiliar environment, develop new skills and, hopefully, have a life changing experience. 通过团体生活科目，参与者遇见新的朋友，共同设定计划并完成目标，探索新环境，发展新技能，获得一段可以改变人生的经历。

Examples of Residential Projects 金奖团体生活的例子

- Residential language courses 住家式的语言课程
- Youth camp overseas 海外青年营地
- Voluntary work with national parks, youth parliaments, sports coaching 国家公园志愿者工作，青年议会，运动教练
- Crew member on a tall ship 高桅横帆船船员
- Work for an international charity 在国际慈善组织工作
- Restoration project 复建项目

Time requirements 时间要求

The activity should take place over a period of at least four nights and five consecutive days. 活动至少5天4晚集中完成。

How young people complete their Award

青年如何完成自己的爱丁堡公爵国际奖

The Duke of Edinburgh's International Award is an internationally recognized program for young people, building their skills to equip them for life and work. By creating opportunities for young people to develop skills, get physically active, give service and experience adventure, the Award can play a critical role in their development.

爱丁堡公爵国际奖是国际认可的青年发展计划，旨在培养青年的生活和工作技能。通过为青年创造机会来发展技能、锻炼身体，参加志愿服务活动和体验户外探索经历。爱奖在青年的发展中发挥关键作用。

The choice to do the Award is entirely voluntary and every Award is different. Each Participant chooses what activities they want to take part in for each Section. It is a very personal program that offers young people a structure to fulfill their passions and ambitions in a way that suits them. Apart from the requirements for each Section, and the safety training requirements for the Adventurous Journey Section, the activities a Participant chooses to undertake is entirely up to them. They have the freedom to progress through the Award according to their personal needs and abilities. There are no limits to what you can achieve!

爱奖的参与完全是自愿的，每个奖项都是量身定制。每个参与者选择他们希望做的每个科目的活动。这是一项非常个人化的计划，它为青年提供了一种更适合他们的方式，实现他们的激情和抱负。除了每个科目的基本活动要求和户外探索的安全培训以及基本要求以外，参与者选择做的活动完全取决于他们。他们可以根据个人需要和能力自由地参加并完成奖项。您的潜力无限！

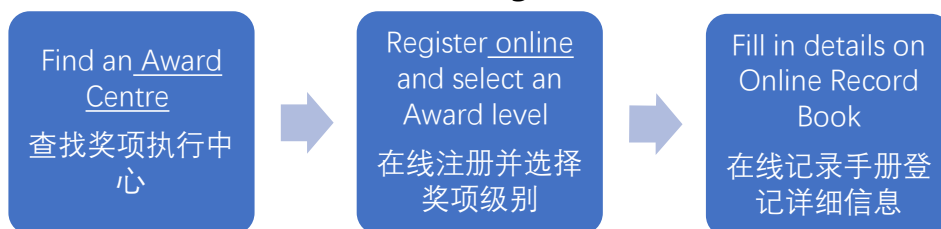
Young people design their own Award programme, set their own goals and record their own progress via **online record book** (APP or Website). They choose a Service, Physical Recreation, Skills activity, go on an Adventurous Journey and, to achieve a Gold Award, take part in a Residential Project. The only person they compete against is themselves, by challenging their own beliefs about what they can achieve.

爱奖参与者设计自己的奖项，设定目标并在**在线记录册上**记录活动进展。为完成奖项，他们需要完成志愿服务、体育锻炼、技能学习以及户外探索旅程，金奖级别还需要额外参加团体生活科目。自己是完成奖项的唯一挑战对象，只需要自己设定目标和计划，然后持之以恒的完成。

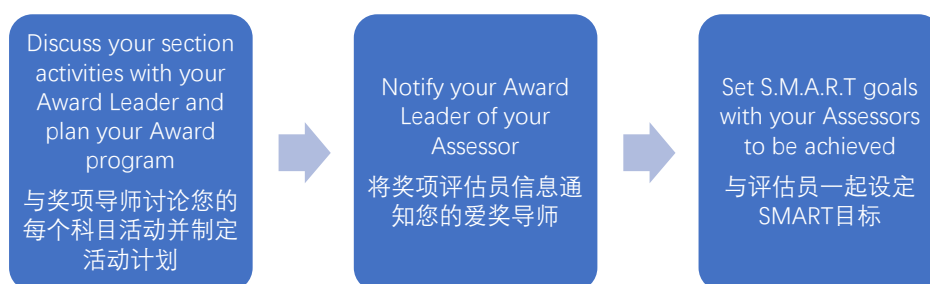
Key Steps in the Award Process

奖项活动的关键步骤

注册前 Pre-Registration



Deciding Award Activity 决定奖项活动



Doing Your Award Activity 开始奖项活动



Achieving Your Award 获取你的奖项认可



Participant Benefit

参与者收获

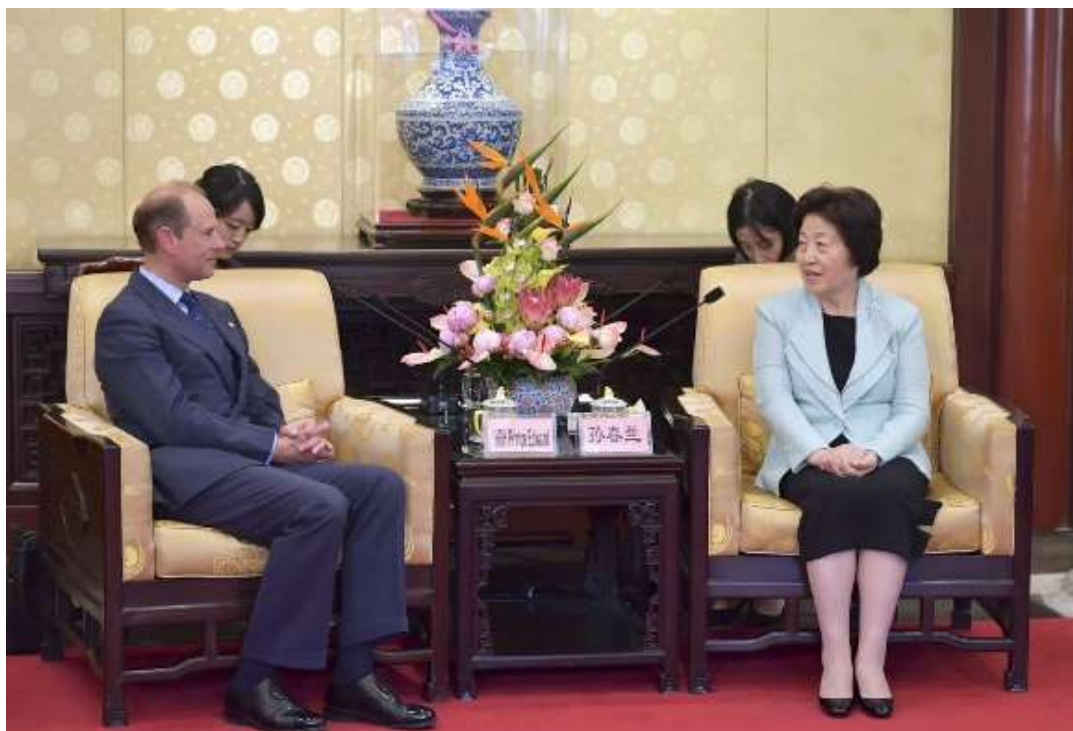
计划与解决问题 Planning and problem solving	情感管理 Managing feelings	跨文化能力 Intercultural competence	个人及社会幸福 Personal and Social well being	创造力与适应力 Creativity and adaptability
自信心Confidence	公民素质 Civic competence	抗挫能力与决心 Resilience and determination	关系与领导力 Relationships and leadership	交流能力 Communication

Delivering the Award

执行奖项

The Duke of Edinburgh's International Award is delivered globally. Any organization that works directly with young people can deliver the Award, such as schools, company and NGOs. It offers organizations a way of gaining accreditation for development activities with young people.

爱丁堡公爵国际奖在全球范围内开展，学校、公司、公益组织等任何直接与青年合作的组织都可以申请执行该奖项，为青年发展工作提供一种认证途径。





Organizational benefits of delivering the Award

机构运营奖项的好处

Delivering the Award brings your organization many benefits, not least the opportunity to help develop young people and support them on their journey to a better future. By delivering the Award your organization will:

执行爱丁堡公爵国际奖将为您的组织带来许多好处，尤其是有机会帮助青年发展并支持他们迈向更美好的未来。通过执行该奖项，您的组织将：

- Support your organization 's strategy and specific goals
支持您组织的战略发展和特定目标
- Greatly help to develop the lives of young people and their communities
极大地帮助发展青年及其所在社区
- Become part of an international network of Award Centers, Award Leaders and like-minded individuals and organizations
成为全球爱奖网络的一份子。该网络由奖项执行中心，奖项导师以及志同道合的个人和组织构成
- Complement existing extra-curricular activities that you provide and receive recognition for them
补充您提供的现有课外活动并获得国际组织的认可
- Give young people the opportunity to achieve the world' s leading youth Award
让青年有机会获得世界领先的青年成就奖

Governance Structure

治理结构

As an international organization, The International Award Foundation, governed by its Trustees has the overall responsibility of the Award. The International Award Association is a member organization that facilitates the delivery of the Award through its member countries.

爱丁堡公爵国际奖基金会作为一个国际组织，由国际理事会管理，承担奖项的总体责任。国际爱奖协会是一个成员组织，协助获得授权的国家级爱奖管理机构完成奖项的运营。

The Duke of Edinburgh's International Award China is the exclusively licensed entity of The Duke of Edinburgh's International Award Foundation, who sublicenses suitable organizations in mainland China to deliver the Award. Please contact operations@intawardchina.cn for further support.

爱丁堡公爵国际奖中国区机构是爱丁堡公爵国际奖基金会在中国内地的国家级爱奖管理机构，全权负责中国内地的奖项运营并向合适的机构颁发执照和证书。联系 operations@intawardchina.cn 获取更多支持。



How to obtain a license in China

在中国执行爱丁堡公爵国际奖

Two types of licenses are available from the Award in China:

爱丁堡公爵国际奖中国区机构颁发两种执行执照：

- **Award Center License for schools (AC)**
奖项执行中心 (学校类)
- **Open Award Center License for non-school organizations (OAC)**
开放奖项执行中心 (非学校类)

For organizations that can provide their service to participants in award sections, China NAO offers recognized activity provider certificate.

为奖项活动提供专业服务的机构可以申请推荐的奖项服务提供方证书。

- **Recognized Activity Provider**
推荐的奖项服务提供方

Award Centers and Open Award Centers

奖项执行中心和开放奖项执行中心

Award Centres and Open Award Centers are licensed by the Duke of Edinburgh's International Award China to deliver the Award to young people in their organization.

奖项执行中心和奖项开放中心获得爱丁堡公爵国际奖中国区的许可，可将奖项提供给组织中的青年参与。

Award Coordinator

奖项协调员

These Award Centres and Open Award Centers nominate a key point of contact, known as an Award Coordinator, to run the Award together with Award Leaders.

所有的奖项执行中心需指定一个关键联系人，称为奖项协调员，与奖项导师一起管理奖项。

Award Leaders

奖项导师

Award Leaders help Participants with their Award by monitoring, discussing and motivating them to reach their goals! Award Leaders are assisted in this role with:

奖项导师通过监督，讨论和激励参与者实现目标，帮助参与者获得奖项认可！
奖项导师将通过以下方式协助担任这一角色：

- Training: face to face and tele-conference
培训：面对面和电话会议
- An Online Record Book (ORB) to manage participant records and monitor their Award activity
在线记录册（ORB），用于管理参与者记录并监督活动
- Resources and templates
资源和模板
- Phone and onsite support
电话和现场支持

Recognized Activity Provider

推荐的奖项服务提供方

The Duke of Edinburgh's International Award China recommends suitable organizations whose main business scope are closely related to one or more Award activities of the Duke of Edinburgh International Award (Voluntary Service, Skills, Physical Recreation, Adventurous Journey and Gold Residential Project) and have the ability and qualification to outsource services to Award Centers or Open Award Centers.

爱丁堡公爵国际奖中国区机构为一些有资质和能力，且主营业务范围与爱丁堡公爵国际奖的一项或多项奖项活动（志愿服务、技能学习、体育锻炼、户外探索及金奖团体生活）密切相关，能提供奖项活动外包服务的机构颁发推荐证书。

There are five RAP certificates available in accordance with our five Award activities. Applications are available to NGOs, museums, libraries, gyms,

scientific centers, base camps and outdoor facilities and other professional organizations etc. who are capable to facilitate award activities once needed.

5种推荐奖项服务方证书, 对应奖项的5种活动。合适的机构可以是公益组织、博物馆、图书馆、健身房、科技中心、营地、户外机构或者其他有能力支持奖项活动的专业机构。

Further Award program information are available at

www.intawardchina.cn or Wechat “DofEChina” .

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Contact

Zoe Zhou

Marketing & Development Manager

zoe.zhou@intawardchina.cn

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