






# At-a-glance guide to completing the Award

Award Requirements (Summary of Conditions)

Award Level & Age Requirements	 Community Service	 Skills	 Physical Recreation	 Adventurous Journey	 Gold Project
	Challenge yourself to make a positive difference in your community.	Challenge yourself to improve your skills and widen your interests.	Challenge yourself to improve your health and fitness, whatever your starting point.	Challenge yourself in planning, preparing and undertaking a journey with a group of peers.	Challenge yourself to work with new people towards a common goal in an unfamiliar setting. <b>Additional requirement at the Gold level.</b>
<b>BRONZE</b>	Average of one hour per week dedicated to each activity over the time period specified for the level.				
Minimum start age is 14 (exceptions may apply). Qualify in 4 sections as indicated.	<b>13 weeks</b>	<b>13 weeks</b>	<b>13 weeks</b>	<b>Preparation and Training</b> <b>Practice Journey:</b> 1 day (night out optional) <b>Qualifying Journey:</b> 2 days + 1 night  6 hours of purposeful effort each day.	
<b>SILVER</b>	<b>26 weeks</b>	<b>26 weeks</b>	<b>26 weeks</b>	<b>Preparation and Training</b> <b>Practice Journey:</b> 1 day + 1 night out <b>Qualifying Journey:</b> 3 days + 2 nights  7 hours of purposeful effort each day.	
<b>GOLD</b>	<b>52 weeks</b>	<b>52 weeks</b>	<b>52 weeks</b>	<b>Preparation and Training</b> <b>Practice Journey:</b> 1 day + 1 night out <b>Qualifying Journey:</b> 4 days + 3 nights  8 hours of purposeful effort each day.	5 days + 4 nights
<b>Examples</b>	Supporting people in the community, youth work, community education, health education, environmental service, charity work, supporting a local emergency service etc.	Music, computer programming, performance skills, leadership, coaching, arts and crafts, nature and the environment, media and communications, technical and vocational skills, cooking etc.  Activity must be passive and/or non-athletic.	Individual or team activities such as ball and racket sports, athletics, cycling, water sports, winter sports, martial arts, animal sports, fitness activities, adventure sports, street sports etc.	Expedition: bicycle, canoe, kayak, hike, horseback, snowshoe, etc.  Exploration: should be of an environmental or historic nature.  Other: For other types of Adventurous Journey speak to your Award Leader for options and approval.	Training courses, student exchanges, cultural or service projects, conferences, adventurous expeditions, etc.  (must be 16 years of age to embark on Gold Project in order qualify for Gold level)

Participants must register with their Award Centre before starting. Activities prior to registration cannot be counted towards the Award.

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