

At-a-glance guide to completing your Award.

Revised July 2020

Award Requirements (Summary of Conditions)

Award Level & Age Requirements	Voluntary Service	Skills	Physical Recreation	Adventurous Journey	Gold Project
BRONZE Minimum start age is 14 (exceptions may apply). Qualify in 4 sections as indicated.	Average of one hour per week dedicated to each activity over the time period specified for each level.			Preliminary Training Practice Journey: 1 day Qualifying Journey: 2 days + 1 night 6 hours of purposeful effort each day.	Challenge yourself to work with new people towards a common goal in an unfamiliar setting. Additional requirement at the Gold level.
SILVER Minimum start age is 15 (exceptions may apply). Qualify in 4 sections as indicated.	13 weeks Section Major: All participants starting at Bronze are Direct Entrants and must complete an additional 13 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	13 weeks Section Major: All participants starting at Bronze are Direct Entrants and must complete an additional 13 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	13 weeks Section Major: All participants starting at Bronze are Direct Entrants and must complete an additional 13 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	Preliminary Training Practice Journey: 2 days + 1 night Qualifying Journey: 3 days + 2 nights 7 hours of purposeful effort each day.	
GOLD Minimum start age is 16 (exceptions may apply). Qualify in 4 sections as indicated.	26 weeks Section Major: Direct Entrant participants (have not achieved Bronze) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	26 weeks Section Major: Direct Entrant participants (have not achieved Bronze) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	26 weeks Section Major: Direct Entrant participants (have not achieved Bronze) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	Preliminary Training Practice Journey: 2 days + 1 night Qualifying Journey: 4 days + 3 nights 8 hours of purposeful effort each day.	5 days + 4 nights
Examples	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. If you break a sweat it counts!	Expedition: bicycle, canoe, kayak, hike, horseback, snowshoe, etc. Exploration: should be of an environmental or historic nature. Other: For Other Adventurous Journeys you must be 18 or older and project must be approved in advance by your Award Leader.	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 be registered with their Award Centre before starting their Award. Activities prior to registration cannot be counted towards the Award.

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