






SUMMARY OF AWARD REQUIREMENTS

AT-A-GLANCE GUIDE TO COMPLETING THE AWARD

Award Level & Age Requirements	 Community Service Challenge yourself to make a positive difference in your community.	 Skills Challenge yourself to improve your skills and widen your interests.	 Physical Recreation Challenge yourself to improve your health and fitness, whatever your starting point.	 Adventurous Journey Challenge yourself in planning, preparing and undertaking a journey with a group of peers.	 Gold Project Challenge yourself to work with new people towards a common goal in an unfamiliar setting. Additional requirement at the Gold level.
BRONZE Minimum start age is 14. Qualify in four sections as indicated.	Average of one hour per week dedicated to each activity over the time period specified for the level.			Preparation and Training Practice Journey: 1 day (night out optional) Qualifying Journey: 2 days + 1 night 6 hours of purposeful effort each day.	
SILVER Minimum start age is 15. Qualify in four 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).	Preparation and Training Practice Journey: 1 day + 1 night out Qualifying Journey: 3 days + 2 nights 7 hours of purposeful effort each day.	
GOLD Minimum start age is 16. Qualify in five sections as indicated.	52 weeks Section Major: Direct Entrant participants (have not achieved Silver) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	52 weeks Section Major: Direct Entrant participants (have not achieved Silver) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	52 weeks Section Major: Direct Entrant participants (have not achieved Silver) must complete an additional 26 weeks in one Section (Voluntary Service, Skill, OR Physical Recreation).	Preparation and Training Practice Journey: 1 day + 1 night out 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.	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. The direct entry age for Gold is 16. Participants who have completed the Silver level can start their Gold without delay even if they are not yet 16.

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