

Programme Outline



BRONZE LEVEL

1. For those over 14 and under 25 years old
2. Minimum completion period of 6 months
3. The participant must complete the requirements in each of the four sections below:

SERVICE	PHYSICAL RECREATION	SKILLS AND INTEREST	ADVENTUROUS JOURNEY
At least 24 hours spread over 3 months	Select an activity and show regular effort and improvement spread over 3 months	Select an activity and show regular effort and improvement spread over 3 months	Minimum requirements: 2 days and 1 nights 6 hours planned activity each day in a group of people.
			Walk 24 km or Cycle 80 km or Horseback 48 km or Canoe/row 4 hrs/day or Sail 6 hrs/day

A PARTICIPANT MUST DO AN EXTRA 3 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.



SILVER LEVEL

1. For those over 15 and under 25 years old
2. Minimum completion period of 6 months for a Bronze Award Holder
3. The participant must complete the requirements in each of the four sections below:

SERVICE	PHYSICAL RECREATION	SKILLS AND INTEREST	ADVENTUROUS JOURNEY
At least 48 hours spread over 6 months	Select an activity and show regular effort and improvement spread over 6 months	Select an activity and show regular effort and improvement spread over 6 months	Minimum requirements: 3 days and 2 nights 7 hours planned activity each day in a group of people.
			Walk 48 km or Cycle 145 km or Horseback 96 km or Canoe/row 5 hrs/day or Sail 7 hrs/day

NON-BRONZE AWARD HOLDERS MUST DO AN EXTRA 6 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.



GOLD LEVEL

1. For those over 16 and under 25 years old
2. Minimum completion period of 12 months for a Silver Award Holder and 18 months for a Non-Silver Award holder
3. The participant must complete the requirements in each of the four sections below:

SERVICE	PHYSICAL RECREATION	SKILLS AND INTEREST	ADVENTUROUS JOURNEY
At least 72 hours spread over 12 months	Select an activity and show regular effort and improvement spread over 12 months	Select an activity and show regular effort and improvement spread over 12 months	Minimum requirements: 4 days and 3 nights 8 hours planned activity each day in a group of people.
			Walk 80 km or Cycle 225 km or Horseback 160 km or Canoe/row 6 hrs/day or Sail 8 hrs/day

NON-SILVER AWARD HOLDERS MUST DO AN EXTRA 6 MONTHS IN EITHER SERVICE, PHYSICAL RECREATION OR SKILL.

ALL GOLD PARTICIPANTS MUST COMPLETE A COMPULSORY RESIDENTIAL PROJECT OF AT LEAST 5 CONSECUTIVE DAYS.