

# Award Levels & Requirements

	Service	Physical Recreation	Skill	Adventurous Journey	Residential Project
	To develop and encourage a sense of community spirit and responsibility to others	To encourage participation in physical recreation and improvement in physical fitness and performance	To encourage the development of personal interests and practical skills	To encourage a spirit of adventure and discovery	To broaden experience through involvement with others in a residential setting
<b>Bronze</b> 14yrs + \$210	3 months	3 months	3 months	2 days / 1 night (1 x Practice Journey and 1 x Qualifying Journey)	N/A (Gold level only)
<b>Silver</b> 15yrs + \$210	6 months	6 months	6 months	3 days / 2 nights (1 x Practice Journey and 1 x Qualifying Journey)	N/A (Gold level only)
	Averaging at least 1 hour per week, plus an additional 6 months for either Service, Skill or Physical Recreation				
<b>Gold</b> 16yrs + \$210	12 months	12 months	12 months	4 days / 3 nights (1 x Practice Journey and 1 x Qualifying Journey)	5 days / 4 nights
	Averaging at least 1 hour per week				

# Activity examples

## Service



Aged care  
 Bush regeneration  
 Care for abandoned or unwell animals  
 Child care  
 Coaching sports teams  
 Conservation project  
 Disability awareness  
 Emergency services volunteer  
 First aid  
 Fundraising  
 Helping people with special needs  
 Hospital volunteer  
 Library assistance  
 Peer support  
 Sunday school teaching  
 Surf life saving  
 Tree planting  
 Umpiring / refereeing  
 Water biodiversity  
 Youth Award Leader

## Physical Recreation



**Individual Activities**  
 Aerobics  
 Athletics  
 Canoeing  
 Cycling  
 Gymnastics  
 Martial Arts  
 Physical fitness program  
 Swimming  
 Surfing  
 Walking  
 Skateboarding  
 Yoga

**Group Activities**  
 Basketball  
 Dancing  
 Football  
 Hockey  
 Lacrosse  
 Netball  
 Soccer  
 Ten pin bowling

## Skill



**Arts**  
 Art and architecture appreciation  
 Choreography  
 Drama  
 Drawing / Painting  
 Photography

**Communications**  
 Computing (IT)  
 Film/magazine production  
 Languages  
 Public speaking  
 Reading / writing

**Crafts**  
 Cooking  
 Furniture making  
 Knitting  
 Metal / plastic work

**Music**  
 Music appreciation  
 Playing an instrument / singing

## Adventurous Journey



**Expedition**  
 Bushwalking  
 Canoeing  
 Camping  
 Cross country skiing  
 Cycling  
 Horse riding  
 Rafting  
 Rowing  
 Sailing

**Exploration**  
 Cultural trip (language studies)  
 Historical trip  
 Marine study  
 Rock-climbing  
 Scientific exploration  
 Survey of national/wildlife park

## Residential Project\*



Bronze surf life saving camp  
 Career orientation seminar  
 Cultural experiences - overseas  
 Cultural experiences - remote  
 Aboriginal communities  
 Environmental projects  
 Rotary Youth Leadership Award  
 Rural placement  
 Senior Leader Course  
 YMCA Youth Parliament

\*Gold Level only