

Award Levels & Requirements

	Service	Physical Recreation	Skill	Adventurous Journey	Residential Project
Bronze 14yrs +	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
	3 months	3 months	3 months	2 days / 1 night (1 x Practice Journey and 1 x Qualifying Journey)	N/A (Gold level only)
Averaging at least 1 hour per week. Plus an additional 3 months for either Service, Skill or Physical Recreation					
Silver 15yrs +	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				
Gold 16yrs +	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. Plus an additional 6 months for either Service, Skill or Physical Recreation				

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 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
 Great Victorian Bike Ride
 Lord Somers and Lady Somers Camp
 Murray River Marathon
 Portsea Children's Camp
 Rotary Youth Leadership Award
 Rural placement
 Senior Leader Course
 YMCA Youth Parliament

*Gold Level only