

# Participant Activities

## Bronze Award Participant Activities

A minimum of 1 hour a week is required in each of the first 3 areas

- 1 Community Involvement: 13 weeks
- 2 Personal Skill: 13 weeks
- 3 Physical Recreation: 13 weeks

**Additional activity of 13 weeks** in any section of your choice in consultation with your PAL.

4 Adventure Journey: Plan prepare and undertake a 2 day, 1 night adventure journey in a group.

## Silver Award Participant Activities

A minimum of 1 hour a week is required in each of the first 3 areas

	<b>Silver Award Direct Entry</b>	<b><u>Bronze Award Holder</u></b>
1 Community Involvement:	26 weeks	26 weeks
2 Personal Skill:	26 weeks	26 weeks
3 Physical Recreation:	26 weeks	26 weeks

**Additional Activity of 26 weeks** in any section of your choice in consultation with your PAL.

**No additional activity required**

4 Adventure Journey: Plan, prepare and undertake a 3 day, 2 night adventure journey in a group.

## Gold Award Participant Activities

A minimum of 1 hour a week is required in each of the first 3 areas

	<b>Gold Award Direct Entry</b>	<b><u>Silver Award Holder</u></b>
1 Community Involvement	52 weeks	52 weeks
2 Personal Skill	52 weeks	52 weeks
3 Physical Recreation	52 weeks	52 weeks

**Additional Activity of 26 weeks** in any section of your choice in consultation with your PAL.

**No additional activity required**

4 Adventure Journey: Plan, prepare and undertake a 4 day, 3 night adventure journey in a group.

5 Residential Project:

A shared activity with a group in a residential setting for 5 days and 4 nights.