



# The Award Programme

[www.theaward.org](http://www.theaward.org)

# AT A GLANCE

## HOW LONG WILL IT TAKE TO DO AN AWARD?

You have until your 25th birthday to complete any of the Awards, but it takes at least 6 months at Bronze, at least 12 months at Silver and at least 18 months at Gold for direct entrants.

### TIMESCALES: Bronze Award (14+ years)

Service	Skills	Physical Recreation	Expeditions
3 months	3 months	3 months	Plan, prepare for and undertake a 2 day, 1 night venture

All participants must undertake a further 3 months in either the Service, Skills or Physical Recreation Section

### Silver Award (15+ years)

Service	Skills	Physical Recreation	Expeditions
6 months	One Section for 6 months and the other Section for 3 months		Plan, prepare for and undertake a 3 day, 2 night venture

People who do not have the Bronze Award must undertake a further 6 months in either the Service or the longer of the Skills or Physical Recreation Sections

### Gold Award (16+ years)

Service	Skills	Physical Recreation	Expeditions	Residential
12 months	One Section for 12 months and the other Section for 6 months		Plan, prepare for and undertake a 4 day, 3 night venture	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

People who do not have the Silver Award must undertake a further 6 months in either the Service or the longer of the Skills or Physical Recreation Sections

### The key principles are that the Award is...

- non-competitive – a personal challenge, not a competition
- available to all – anyone can do it!
- voluntary – it's up to you what you do – it's your leisure time
- flexible – your programme is designed by you for you
- balanced – it will stretch you in all directions
- progressive – you improve at your own pace
- achievement focused – you can't fail!
- marathon not a sprint – it takes more than a short burst of enthusiasm
- personal development – it's the taking part that matters: getting an Award is the icing on the cake
- enjoyable – it's about getting out there and having fun!

## SKILLS

**Aim** - To encourage the discovery and development of personal interests and social and practical skills.

You should follow an activity and show progression and sustained interest over a period of time, leading to a deeper knowledge of the subject and the attainment of an increased degree of skill. Your skill may be an existing interest or something entirely new. Below are some ideas to get you started.

Agriculture – farming	Citizenship – politics and democracy	Drawing	Motorcycle, Mopeds and Scooters – maintenance
Aircraft – study of, recognition, flying, construction, restoration	Coastal Navigation	Glasswork	Motor Sport – motor cross, powerboating, jet skiing
Animals – keeping, breeding, studying, racing, handling	Coins – collecting, study of	Handbell Ringing	Music Appreciation
Archaeology	Committee Procedures	Health and Style	Music Playing
Architectural Appreciation – contemporary, historic, church	Communication with people who have a hearing impairment	Historical Period Re-enactment	Natural History
Art and Design – painting, drawing, etching, calligraphy	Communication with people who have a visual impairment	IT – use of standard packages, design of systems, web site design	Needlecrafts
Astronautics	Conjuring and Magic	Interior design – furnishing and decorating, DIY, soft furnishing	Papercrafts
Astronomy	Conservation	Jewellery	Performing Arts
Audio Broadcast – radio, DJ-ing	Consumer Information	Journalism	Performing Arts Appreciation
Baton Twirling and Majorettes	Cookery	Karting	Photography
Bellringing	Criminology	Kite Construction and Flying	Plants – study of, growing
Billiards, Snooker and Pool	Cycle Maintenance	Languages	Pottery and Ceramics
Boat Building – construction, restoration	Darts	Leatherwork	Printing – screen, fabric, lino, lithography
Book Binding	Debating and Public Speaking	Library and Information Skills	Radio Construction
Camp Equipment – construction	Drugs and Peer Education	Life Skills	Religion
Candlemaking	Enameling	Literacy – skills and literature	Rug Making
Cars – engineering and construction	Fantasy Games	Magazine and Newsletter Production	Sculpture – clay, stone, wood
Cars – maintenance	Fashion – design, study, dressmaking	Marksmanship	Sport Appreciation
Cars – roadskills	Film and Video Production	Metalwork – pewter work	Sport Officiating
Casualty Simulation	Fishing	Meteorology/weather study	Stamp Collecting
Chess	Floral Art	Model Construction	Table and Indoor Games
Choirs	Furniture – making, restoration	Money Matters	Taxidermy
Circus Skills	Gardening	Mosaic	Wine Making
	Geology	Motorcycles and Mopeds – roadskills	Woodwork
	Genealogy		Young Engineers
	Geometrical and Technical		Young Enterprises
			Zoology

## RESIDENTIAL PROJECT (Gold Award only)

**Aim** - To broaden young people's experiences through involvement with others in a residential setting.

Your Residential Project needs to be some form of purposeful enterprise in an unfamiliar environment with people you do not already know.

It should be at least 5 consecutive days with 4 nights spent away

Suitable opportunities will generally fall into one of the following categories:

Conservation or environment work

Service to others

Activity based

Personal training

Always check your choice with your Award Leader. Further information and advice on each activity can be found in the

Programmes File or on the Award's web site [www.theaward.org](http://www.theaward.org)

## SERVICE

**Aim** - To encourage Service to individuals and to the community.

You should identify the need for voluntary service, gain some knowledge of the needs of those whom you are assisting and then receive briefing and training in the necessary skills required to give that service. Below are some ideas to get you started.

### People in the Community

- Assisting at day centres, creches, playschemes
- Assisting children and young people at risk
- Award Leadership
- Child Care
- Dance Leadership
- Helping children and young people with special needs
- Learning Support
- Mountain/Expedition Leadership
- Religious Education Leadership
- Sports Leadership
- Uniformed Youth Organisation Leadership
- Visiting Children in Care
- Youth Work
- Peer Support Projects
- Community Care
- Assisting with community based charities
- Community Support for elderly or disabled people
- First Aid
- Helping at clubs, homes & day centres
- Home Nursing
- Support for elderly or disabled people
- Visiting elderly or disabled people

### Emergency Services

- Ambulance Service
- Assistance with Emergency Service charities
- Civil Aid
- Coastguard Services
- Fire Services
- Lifeboat Service
- Police Service

### Fundraising

- for a charity or project
- for an animal or environmental charity
- for children's charities
- for community based charities
- for emergency charities
- for rescue services
- for safety charities

### Rescue Service

- Assisting rescue service charities
- Canoe Lifeguard
- Cave Rescue
- Mountain Rescue
- Rescue Coxswain (RYA)
- Life Saving
- Surf Lifesaving

### Environmental Service

- Assisting with a conservation charity or project
- Assisting with an animal or environmental charity
- Care for Animals

### Safety Training

- Accident Prevention
- Assisting with a safety charity
- Cycle Proficiency Instruction
- Road Safety

## PHYSICAL RECREATION

**Aim** - To encourage participation and improvement in physical activity.

This Section offers a wide range of programmes in the belief that:

- involvement in some form of enjoyable physical activity is essential for physical well-being
- a lasting sense of achievement and satisfaction is derived from meeting a physical challenge
- sports are enjoyable in themselves and can lead to the establishment of a lasting active lifestyle
- you should have the opportunity to make a choice, then discuss and agree a personal programme of participation and achievement

Below are some ideas to get you started.

Aerobics	Dragon Boat Racing	Octopushing	Squash
Archery	Fencing	Orienteering	Stoolball
Athletics	Fitness Activities – aerobics aquarobics, multi-gym, jogging	Parachuting/Sky Diving	Sub Aqua
Badminton		Paragliding	Surfing/Body Boarding
Baseball	Fives	Pétanque	Swimming
Basketball	Football and Gaelic Association Football	Physical Achievement	Table Cricket
BMX Racing	Golf	Polo	Table Tennis
Boccia	Gymnastics	Real Tennis	Tennis
Bowling	Hang Gliding	Riding	Tchouk Ball
Camogie	Hockey – Field, Ice, Roller, Street	Rounders	Trampoline
Canoe Polo	Hurling	Rowing and Sculling	Ultimate Flying Disc (Frisbee)
Canoeing	Judo	Rugby League Football	Volleyball
Carriage Driving	Keep Fit	Rugby Union Football	Walking
Caving and Potholing	Korfball	Running	Water Polo
Climbing	Lacrosse	Sailing and Windsurfing	Water Skiing
Cricket	Medau Rhythmic Movement	Sand and Land Yachting	Weightlifting
Croquet	Modern Biathlon, Pentathlon, Triathlon	Skating – Ice, Roller	Weight Training
Cross Country Running	Mountain Biking	Skiing	Wheelchair Mobility
Curling	Netball	Skiing	Wrestling
Cycling		Snowboarding	Yoga
Dance			

## EXPEDITIONS

**Aim** - To encourage a spirit of adventure and discovery.

In a small group you will need to plan, prepare for and undertake an adventurous journey in the countryside or on water, by foot, cycle, horse, canoe, boat or dinghy. The venture involves:

- enterprise and imagination in concept
- forethought, careful attention to detail and organisational ability in preparation
- preparatory training, both theoretical and practical, leading to the ability to journey safely in the chosen environment
- areas of training will include first aid, navigation, campcraft and team building amongst others
- shared responsibility for the venture, leadership from within the group, self-reliance and co-operation amongst those taking part
- determination in implementation
- a review of the venture in relation to its purpose

Level	Walking Expeditions	Cycling, canoeing, horse riding, rowing Expeditions	Sailing Expeditions	Explorations (all modes of travel)
<b>Bronze</b> 2 days/1 night	24km / 15 miles	At least 4 hours journeying each day	12 hours planned activity over 2 days	At least 5 hours journeying over the 2 days
<b>Silver</b> 3 days/ 2 nights	48km/ 30 miles	At least 5 hours journeying each day	21 hours planned activity over 3 days	At least 10 hours journeying over the 3 days
<b>Gold</b> 4 days/3 nights	80km/ 50 miles	At least 6 hours journeying each day	32 hours planned activity over the 4 days	At least 10 hours journeying over the 4 days