



## Earn The Congressional Award!

### Program Requirements

The Congressional Award Program is about challenge. The Award offers young people, ages 14 to 23, the opportunity to set personally challenging goals and achieve them. Along the way, they serve their communities and learn about qualities like responsibility, citizenship, and the ability to plan and organize. There are six levels of Award—Bronze, Silver, and Gold Certificates and Bronze, Silver, and Gold Medals. Each level is cumulative. Time spent on one Award is carried on to the next level.

<b>Certificate Level</b>			
	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
<b>Minimum Hours Per Program Area</b>			
Voluntary Public Service	30	60	90
Personal Development	15	30	45
Physical Fitness	15	30	45
Expedition/Exploration	One Day	Two Days	Three Days
<b>Minimum Total Hours</b>	<b>60</b>	<b>120</b>	<b>180</b>
<b>Minimum Time to Earn The Award</b>	No minimum	No minimum	6 Months

<b>Medal Level</b>			
	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
<b>Minimum Hours Per Program Area</b>			
Voluntary Public Service	100	200	400
Personal Development	50	100	200
Physical Fitness	50	100	200
Expedition/Exploration	One Overnight	Two Consecutive Overnights	Four Consecutive Overnights
<b>Minimum Total Hours</b>	<b>200</b>	<b>400</b>	<b>800</b>
<b>Minimum Time to Earn The Award</b>	7 Months	12 Months	24 Months