



Bronze

Bronze is the first level of the Award, and you can start it in the school year that you turn 14. Bronze takes a minimum of 6 months to complete for 2 of your chosen individual sections. The final individual section will take an additional 3 months totaling 9 months to complete and this is considered a Major.

There are three specific sections—[Voluntary Service](#), [Skills](#) and [Physical Recreation](#)—that you'll choose your activities from, plus an [Adventurous Journey](#) to complete.

The table below gives you a good idea of what time is involved for each section. If you're already playing a sport, learning a skill (e.g. learning to drive or play a musical instrument), or helping others in your community, once registered you will be able to use these activities to count towards your required hours:



Service



Skills



Physical Recreation



Adventurous Journey

BRONZE Ages 14+	3 months	3 months	3 months	2 days/1 night ¹
	Averaging at least one hour per week <i>on each section</i> , plus a further 3 months in one of the Service, Skills or Physical Recreation sections.			<u>Plus</u> Training and at least one Practice Journey

¹ With 6 hours of purposeful effort per day