



Proud to be



GOLD LEVEL

Gold is the third level of the Award and takes a minimum of 12 months to complete if you have completed Silver or 18 months if you have not completed Silver. You can only start your Gold Award at age 16.

There are five specific sections to complete —Service, Skills and Physical Recreation, an Adventurous Journey and a Residential Project.

The table below gives you a good idea of what time is involved for each section but bear in mind that 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; that time may count towards your required hours.

Note that activities done prior to enrolling will not be acknowledged.

GOLD	SERVICE	SKILLS	PHYSICAL RECREATION	ADVENTUROUS JOURNEY	RESIDENTIAL PROJECT
<p>Ages 16 - 24</p> <p>Minimum completion period of 12 months for a Silver Award Holder, 18 months for Direct Gold.</p> <p>Participants must complete the requirements in each of the sections concurrently.</p>	<p>At least 72 hours spread over 12 months</p>	<p>Select an activity and show regular effort and improvement over 12 months (e.g. debating, photography, chess)</p>	<p>Select an activity and show regular effort and improvement spread over 12 months</p>	<p>Undertake a journey with an agreed purpose over 4 consecutive days and 3 nights in an unfamiliar natural and remote environment. The group of no fewer than 4 peer equals, supervised and assessed by an experienced adult(s). 8 hours planned activity per day. Accommodation in tents, trail huts or similar.</p> <p>Basic guide for an Expedition:</p> <p>Walk: 80 km / Cycle: 225 km / Horseback: 160 km / Canoe: 6 hours per day / Sail: 8 hours per day</p>	<p>Undertake a shared purposeful activity with people who are not your usual colleagues or friends, in an unfamiliar residential setting for at least 4 nights and five consecutive days.</p>
	<p>Averaging at least 1 hour per week on each section. If you haven't already completed Silver, you must do an extra 6 months in either Service, Skills or Physical Recreation.</p>				

All activities must be recorded on a PoE (Portfolio of Evidence) or ORB (Online Record Book) by the participant and approved by activity coaches. ORB is currently only available to schools and activity coaches with infrastructure to record and approve activities online.

Still have questions? Contact us on info@presidentsaward.co.za