

Bronze timescales

It will usually take you at least 6 months to complete your Bronze programme.

- Volunteering section: 3 months
- Physical section: 3 months
- Skills section: 3 months
- Expedition section: 2 days/1 night

You also have to spend an extra three months on one of the Volunteering, Physical or Skills sections. It's your choice which one and, though you can change your mind later, you should decide which section you want to do for longer at the beginning.

Knowing how long you're going to do it for will help you to choose your activity and set your goals for each section.

Silver timescales

It will take you at least 6 months for Silver if you've already achieved your Bronze, or 12 months if you've jumped straight into Silver.

- Volunteering section: 6 months
- Physical and Skills sections: One section for 6 months and the other section for 3 months
- Expedition section: 3 days/2 nights

If you didn't do Bronze, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

Gold timescales

For Gold, you'll need to do your programme for at least 12 months if you've achieved your Silver Award, or 18 months if you've started at Gold level without doing your Silver – even if you've done Bronze. The big difference at Gold is you'll also do a Residential section – staying away from home for five days and four nights doing a shared activity with people you don't know.

- Volunteering section: 12 months
- Physical and Skills sections: One section for 12 months and the other section for 6 months
- Expedition section: 4 days/3 nights
- Residential section: Undertake a shared activity in a residential setting away from home for 5 days and 4 nights.

If you didn't do Silver, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.