

# GOLD REQUIREMENTS

## VOLUNTEERING

12 months volunteering for 1 hour a week

## SKILL

6 or 12 months developing a skill for 1 hour a week

## PHYSICAL

12 or 6 months doing some kind of physical exercise for 1 hour a week

## RESIDENTIAL

Shared activity with people you don't know

(5 days & 4 nights)

## EXPEDITION

Completing training and 2 walking expeditions

(4 days walking and 3 nights camping)

**YR 12**  
**(OVER 2 YEARS)**

