

About the Award



What is involved?

There are three levels to the Award:



BRONZE

For those over 14 years.
6 months minimum participation.



SILVER

For those over 15 years.
12 months minimum participation.



GOLD

For those over 16 years.
18 months minimum participation.

Each level of the Award has four sections:

And at Gold level only:

Service

Participants volunteer in their communities, make a positive contribution to society and demonstrate social responsibility.

Physical Recreation

Encourages young people to improve their fitness and performance, and enjoy healthy lifestyles for good mental and physical well-being.

Skills

Enables participants to develop their talents, broaden their abilities, increase their self-confidence and improve their employability.

Adventurous Journey

Young people discover a spirit of adventure and gain a deeper understanding of the environment and the great outdoors.

Residential Project

Participants broaden their experience by staying in an unfamiliar environment with other young people, taking part in a worthwhile project and building new relationships.

What next?

To find out more about the Award and its impact, or to get involved, visit our website: www.intaward.org or connect with us by social media.





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