	Voluntary Service	Physical Recreation	Skills	Adventurous Journey	Gold Residential Project	
Bronze Minimum time 3 months	3 Months	3 Months	3 Months	2 Days, 1 Night	N/A Gold Level only	Averaging 1 hour p/w
Silver Minimum time 6 months	6 Months	6 Months	6 Months	3 Days, 2 Nights - Practice Journey/s - Qualifying Journey	N/A Gold Level only	Averaging 1 hour p/w + additional 6 months for major section if **Bronze** Level not completed
Gold Minimum time 12 months	12 Months	12 Months	12 Months	4 Days, 3 Nights - Practice Journey/s - Qualifying Journey	5 Days, 4 Nights	Averaging 1 hour p/w + additional 6 months for major section if **Silver** Level not completed