



THE CONGRESSIONAL AWARD



ABOUT

U.S. Congress' award for youth

Highest honor bestowed upon a youth civilian through the U.S. Senate and House of Representatives

Open to youth ages 13 ½ - 23

Encourages goal-setting and fosters principles of citizenship





HISTORY



Founded by Congress in 1979

Public Law 96-114:
The Congressional Award Act

Public-private partnership

Non-partisan program to honor
initiative, service, and achievement
in America's youth



BENEFITS

Superlative for college, job,
scholarship, internship applications

Mentor-based opportunities

Serves communities near and far

Interactions with Members of Congress

Medals struck by U.S. Mint





AWARD LEVELS



The program is cumulative. Participants may start at the lowest level and progress level-by-level or advance directly to a higher level.

Bronze Certificate
Silver Certificate
Gold Certificate
Bronze Medal
Silver Medal
Gold Medal



PROGRAM REQUIREMENTS

Minimum hour and month totals

	BRONZE CERTIFICATE	SILVER CERTIFICATE	GOLD CERTIFICATE	BRONZE MEDAL	SILVER MEDAL	GOLD MEDAL
VOUNTARY PUBLIC SERVICE	30 Hours	60 Hours	90 Hours	100 Hours	200 Hours	400 Hours
VOUNTARY PUBLIC SERVICE	No min. month requirement	No min. month requirement	6 Months	7 Months	12 Months	24 Months
PERSONAL DEVELOPMENT	15 Hours	30 Hours	45 Hours	50 Hours	100 Hours	200 Hours
PERSONAL DEVELOPMENT	No min. month requirement	No min. month requirement	6 Months	7 Months	12 Months	24 Months
PHYSICAL FITNESS	15 Hours	30 Hours	45 Hours	50 Hours	100 Hours	200 Hours
PHYSICAL FITNESS	No min. month requirement	No min. month requirement	6 Months	7 Months	12 Months	24 Months
EXPEDITION OR EXPLORATION	1 Day	2 Days	3 Days	2 Day, 1 Night Trip	3 Day, 2 Night Trip	5 Day, 4 Night Trip



THE PROGRAM

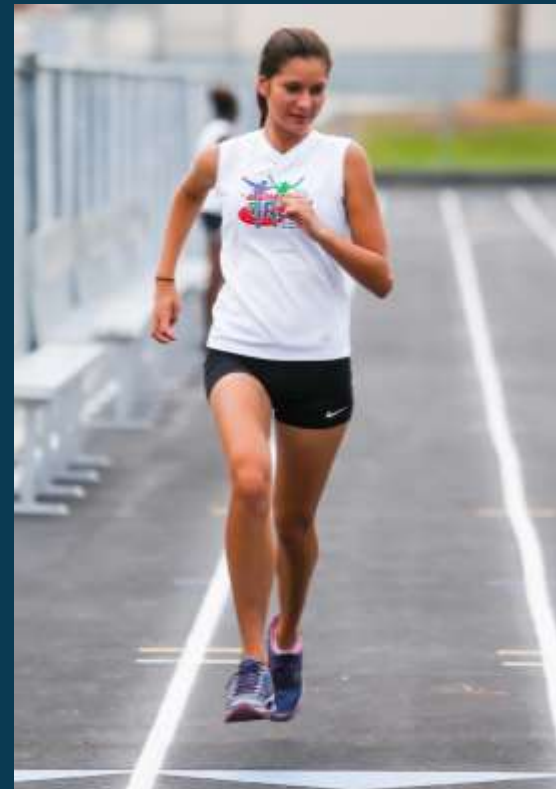
Voluntary Public Service



Personal Development



Physical Fitness



Expedition/Exploration





*Sharing time and talents
for the benefit of others*

VOLUNTARY PUBLIC SERVICE



Serving without compensation

Identifying a need in your community
and finding a way to volunteer directly

Activities must benefit greater
community at-large (public
organizations, non-partisan, non-
religious, no hot-button issues)

Set up to four different goals



VOLUNTARY PUBLIC SERVICE

SAMPLE ACTIVITY IDEAS:

AmeriCorps NCCC
Animal Care Shelter Work
Aquatics/Water Safety
Instructor
Camp/Outdoor School
Volunteer
Civil Air Patrol
Conservation Projects
Crime Prevention
Disabled Citizen Assistance
Fire Dept/ or Police Volunteer
First Aid Instructor
Health Service

Habitat for Humanity
Hospital Volunteer
Interpreter
Library Work
Meals of Wheels
Nursing Home/Aid to Elderly
Park Volunteer
Red Cross Volunteer
Tutoring within the Community
United Way Volunteer
YMCA Volunteer



PERSONAL DEVELOPMENT

Pursue a new activity or advance ability an existing interest

Goals must be specific and measurable

Count part-time work if you're a full-time student. Count educational activities if you're employed full-time.

Set up to two different goals



Developing skills in a personal, career, or social interest



PERSONAL DEVELOPMENT

SAMPLE ACTIVITY IDEAS:

Agriculture/Farming
Amateur Radio
Arts and Crafts
Astronomy
Automotive Science
Career Development
Programs
Clerical and Office
Collecting (stamps, coins,
etc.)
Conservation/Environment
Construction
Creative Writing

Cross Cultural
Programs
Dancing
Dog Training
Fashion
Design/Tailoring
Gardening
Horsemanship
Job Training Programs
Language Study
Leadership Training
Learning for Life
Literacy Programs

Magic
Model Building
Music/Singing
National Guard
Part-Time Work
Photography
Speech and Debate
Sewing/Quilting
Theater/Acting
Video Production
Woodwork



Improving one's quality of life

PHYSICAL FITNESS



Goals cannot be competitive

Goals must be specific and measurable

Include current fitness level and determine where you'd like to advance

Fitness activities do not have to be strenuous in order to be challenging

Set up to two different goals



PHYSICAL FITNESS

Sample Activity Ideas:

Aerobics
Badminton
Bastball
Basketball
Bicycling
Boxing
Canoeing/Kayaking
Dancing
Equestrian
Fencing
Field Events
Fitness Walking

Football
Golf
Gymnastics
Handball
Hiking
Hockey
Martial Arts
Personal Workout
Pilates
Racquetball
Rafting/Rowing
Rollerblading

Rugby
Running or Jogging
Sailing
SCUBA Diving
Skateboarding
Skiing
Spinning
Soccer
Tennis
Valleyball
Weight training
Wrestling
Yoga



EXPEDITION or EXPLORATION

Expedition: Discover the great outdoors

Exploration: Experience culture,
history, humanity

Develop a spirit of adventure

Organize, prepare, and execute

Does not have to be costly or far off



*Immersion in an unfamiliar
environment or culture*



EXPEDITION/EXPLORATION

EXPEDITION IDEAS:

- Bicycle Tour
- Philmont Scout Ranch
- Camping
- Canoe Trip
- Civil Patrol Rescue
- Horseback Endurance Ride
- Mountain Climbing
- Outward Bound Activities
- Wilderness Hiking

EXPLORATION IDEAS:

- Visit a State or National Historical Site
- People to People International
- Ambassador Trip
- Stay with a Family of a Different Culture or Religion
- Live the Life of a Ranch Hand or Cattle Round-Up
- Take part in a Reenactment
- Visit a city or town to learn about a historical event or time



PRESENTATIONS

Local and state Congressional Award ceremonies occur throughout the year for Bronze and Silver Medalists.

Types of presentations from Members of Congress:

Hosted in District Office

Town Halls

School visit or award banquets

Statewide ceremonies in special venues

**Certificates are mailed directly to participants.*





GOLD MEDAL CEREMONY



Gold Medalists attend an annual ceremony in the U.S. Capitol in Washington, DC each summer.

Members of Congress, family and friends, celebrity personalities, and partners join the celebration.



JOIN THE CONVERSATION



@The Congressional Award



PO Box 77440
Washington, DC 20013



@thecongressionalaward



(202) 226-0130
1-888-80-AWARD



@theaward



information@congressionalaward.org



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