

Award Level	Service	Fitness	Skills	Additional Requirements	Expeditions	Minimum Time Requirement
Bronze	3 months: in each section 1h/week			extra 3 months in one of the sections (,major')	2 days/1 night (min. 1 practice expedition)	6 months
Silber	6 months: in each section 1h/week			For all, who do not have a Bronze Award: extra 6 months in one of the sections	3 days/2 nights (min. 1 practice expedition)	6 or 12 months
Gold	12 months: in each section 1h/week			For all, who do not have a Silver Award: extra 6 months in one of the sections	4 days/3 nights (min. 1 practice expedition)	12 or 18 months