

Skill	Basic Requirements
Volunteering	<ul style="list-style-type: none"> <li>• Volunteering is simple. It's about choosing to give time to help people, the community or society, the environment or animals.</li> <li>• Your volunteering must not be done for a business but can be undertaken for a charity or not-for-profit organisation.</li> </ul>
Physical	<p>For your physical activity you need to choose any sport, dance or fitness activity – in short, anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would count. However, learning to be a coach in the same sport would be a Skills section activity, whilst being a volunteer coach counts for the Volunteering section.</p>
Skills	<p>For your skills activity you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill.</p>
Expedition	<p>For your Expedition section, you will need to plan, train for and complete an unaccompanied, self-reliant expedition with an agreed aim. You must do the correct training for your level and mode of travel, at least one practice expedition, a qualifying expedition (the one that is assessed) and a final presentation in order to complete the section.</p>