



For young people with a disability aged 14+

# The Bridge Award: Award Levels and Requirements

## Level 1

## Level 2

## Level 3

## Level 4

### Physical Recreation

Participate in a physical activity! You can use something you are already doing or try something that you've never done before.

Minimum  
10 hours

Minimum  
15 hours

Minimum  
20 hours

Minimum  
25 hours

### Skill

With so many hobbies and interests to choose from, you may discover inner talents you didn't know you had and develop practical and social skills.

Minimum  
10 hours

Minimum  
15 hours

Minimum  
20 hours

Minimum  
25 hours

### Service

Volunteer your time to help other people in your school or community. It can be doing something you love or helping those in need.

Minimum  
10 hours

Minimum  
15 hours

Minimum  
20 hours

Minimum  
25 hours

### Adventurous Journey

Visit a location that is new to you and explore; work out how to get there and what to take.

2 day trips

3 day trips or  
1 day trip &  
1 overnight stay

4 day trips or 2  
day trips &  
1 overnight stay

3 day trips & 1  
overnight stay or 2  
day trips & 2  
overnight stays



# Get inspired!

Here are some activity examples...



## Physical Recreation

### Individual Activities

- Bike riding
- Physical fitness program
- Swimming
- Hydrotherapy
- Physiotherapy
- Walking
- Wii Fit
- Trampolining
- Yoga

### Group Activities

- Basketball
- Cricket
- Netball
- Tennis
- Ten pin bowling
- Zumba
- Dancing
- Sailing
- Horseriding



## Skill

### Arts

- Art and architecture appreciation
- Photography
- Pottery
- Drawing / Painting

### Communications

- Computing (IT)
- Learn Auslan / Makaton
- Learning to use other communication devices
- Reading / writing
- Travel training

### Crafts

- Cooking
- T-Shirt making / screen printing
- Knitting
- Jewellery making
- Doll making / wheat bag making

### Music

- Singing / songwriting / instrument



## Service

- Gardening
- Tree planting
- Making tactile pillows for young children
- Fundraising
- Meals on Wheels
- Lunch time community radio
- School monitor
- Club House Captain / School caption
- First aid
- Making festive cards and donating the proceeds to charity
- Film production on a pressing topic (ie. Cyber bullying)
- Hospital volunteer
- Library assistance
- Peer support
- Recycling



## Adventurous Journey

### Day Trips

- Sporting facilities
- Historical buildings
- Churches
- Famous landmarks
- National parks
- Botanical Gardens
- Art galleries
- Zoo
- Planetarium
- Beach

### Overnight trips

- Backpacker hostels
- Pitching a tent in the back yard
- Sleepover at school
- Spending the night in another respite service
- Spending the night at a friend's house
- Staying in a caravan park

Activities should be undertaken regularly, so it's a good idea to plan out your activities to take place over the course of a month, three months, or a year...