

Do you participate in public service?

April 03, 2012

If you're a young adult between 14 and 23, get rewarded for the work you are already doing!

The Congressional Award is the United States Congress' award for young Americans. It is non-partisan, voluntary, and non-competitive. Participants earn Bronze, Silver and Gold Congressional Award Certificates and Bronze, Silver and Gold Congressional Award Medals.

Each level involves setting goals in four program areas; Volunteer Public Service, Personal Development, Physical Fitness, and Expedition/Exploration. Earning the Award is a fun and interesting way to get more involved in something you already enjoy or something you'd like to try for the first time. You move at your own pace - on your own or with your friends, and you are honored for achieving your own challenging goals.

Regardless of your situation, you can earn the Congressional Award. The Congressional Award has no minimum grade point average requirements. It accommodates young people with special needs or disabilities who are willing to take the challenge.

[Visit the Congressional Award website](#), or [download this PDF](#) to get started.