

THE CONGRESSIONAL AWARD

The **Congressional Award** is the United States Congress' award for young Americans. It is non-partisan, voluntary, and non-competitive. The program is open to **ages 14–23**. Participants earn bronze, silver, and gold **Congressional Award** certificates and medals.

Each level involves setting goals in four program areas:

- **Volunteer Public Service** •
- **Personal Development** •
- **Physical Fitness** •
- **Expedition / Exploration** •

Earning the award is a fun and interesting way to get more involved in something you already enjoy or something you would like to try for the first time. You move at your own pace and on your own or with friends. This is not an award for past accomplishments. Instead, you are honored for achieving your own challenging goals.

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.

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There are two ways to register
for the **Congressional Award**:

- Online •
- Mail •

The **signed waiver and **one-time \$15 registration fee**
are **required by mail**.*

**This is the perfect opportunity
to challenge yourself!**

How it works:

- Register •
- Set goals •
- Work towards goals •
- Receive award •
- Move to the next level •

**For more information, please visit
<http://congressionalaward.org/about-us>**