**The Congressional Award**

Earn Congress’ Award for Youth!

On November 16, 1979, Congress created The Congressional Award to encourage American youth to become involved in their local communities. It remains Congress’ only charity and the highest award bestowed upon a young person from a member of the U.S. Senate or House of Representatives.

The Congressional Award is attainable to any young person ages 13 1/2 – 24, regardless of ability or circumstance. Unlike many award programs there is no nomination process, minimum grade point average, and it is not a competition. The award is not designed to recognize past achievements, but instead, encourages young people to set personally challenging goals for their immediate future.

An individual must set goals in four program areas to be considered for the award; Voluntary Public Service, Personal Development, Physical Fitness, and Expedition/Exploration.

The program has six different levels – Bronze, Silver, and Gold Certificates and Bronze, Silver, Gold Medals. Each participant completes the program at his or her own pace. The award levels are cumulative, meaning the hours logged at lower levels carrying into higher levels.

Once a young person is approved for a Congressional Award Medal, their Member of Congress will organize an award presentation to recognize the great achievement. The Congressional Award is a great way to bolster college applications, resumes, and extra-curricular activities and instills goal-setting habits and civic engagement.

If a young person is already active in organizations such as Boy Scouts, Girl Scouts, KEY Club, 4-H, American Red Cross, etc., those activities are often eligible for The Congressional Award.

There are currently 50,000 participants enrolled nationwide in The Congressional Award. Since its founding, participants have contributed 8.1 million hours of service to their communities.

Learn more about Congress’ award for youth and register for the program at [www.congressionalaward.org](http://www.congressionalaward.org).

Join the conversation on social media to get a glimpse of the impact Congressional Award participants are making across the country.

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