

Working together

Mahi tahi ana

A guide to completing your Duke of Edinburgh's
Hillary Award with Bigfoot Adventures

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
AOTEAROA NEW ZEALAND | HILLARY AWARD



What is the Duke of Edinburgh's Hillary Award and why should I get involved?

The concept of the Duke of Edinburgh's Hillary Award (the Award) is simple – anyone aged 14 to 24 can do a programme at one of three progressive levels which, when successfully completed, lead to a Bronze, Silver or Gold Award.

Because Award programmes are all about getting out there, having fun and self-development, everyone can achieve something. You'll find yourself helping people or the community, getting fitter, developing skills, going on an adventurous journey and at Gold level only, taking part in a residential activity.

What do I need to do to achieve my Duke of Edinburgh's Hillary Award?

The programme is made up of four sections (five at Gold). Over the required time you'll need to do each activity for an average of an hour a week. You'll need to show persistence, commitment and personal development.

Bronze (14+ years old)

To achieve your Bronze Award, you need to complete the following sections:

| Voluntary Service | Physical | Skills | Adventurous Journey |
|---|----------|----------|---|
| 3 months | 3 months | 3 months | Plan, train for and complete a 2 day, 1 night adventurous journey |
| You must also undertake a further three months of appropriate activity in either the Voluntary Service, Physical or Skills section | | | |

Silver (15+ years old)

To achieve your Silver Award, you need to complete the following sections:

| Voluntary Service | Physical | Skills | Adventurous Journey |
|---|----------|----------|---|
| 6 months | 6 months | 6 months | Plan, train for and complete a 3 day, 2 night adventurous journey |
| If you have not completed your Bronze Award, you must undertake a further six months of appropriate activity in either the Voluntary Service, Physical or Skills section | | | If you have not completed your Bronze Award, you must first complete your Bronze Adventurous Journey training and Bronze practice journey |

Gold (16+ years old)

To achieve your Gold Award, you need to complete the following sections:

| Voluntary Service | Physical | Skills | Adventurous Journey | Gold Residential Project |
|---|-----------|-----------|--|---|
| 12 months | 12 months | 12 months | Plan, train for and complete a 4 day, 3 night adventurous journey | Undertake a shared activity in a residential setting away from home for 5 days and 4 nights |
| If you have not completed your Silver Award, you must undertake a further six months of appropriate activity in either the Voluntary Service, Physical or Skills section | | | If you are a Direct Entrant Gold, you must first complete your Bronze and then your Silver Adventurous Journey training and practice journey | |

Choosing activities

There are a lot of activities you may already be doing that can count towards your Award. Here are a few examples to help get you started:

Voluntary Service: Volunteer with a charity service, coach or manage a sports team, fundraise for a charity, volunteer at the SPCA, become a leader at a youth club, help with an emergency services team such as surf lifesaving

Physical: do a team sport such as soccer or netball, athletics, skiing, kayaking, kickboxing, horse riding, running, dancing

Skills: play a musical instrument, learn a craft such as jewellery making, referee or umpire for a sport, learn sign language, drama and theatre skills

Adventurous Journey: this is something you will plan for; it involves being part of a team and completing an adventurous journey for a set number of days. Here at Bigfoot Adventures, we offer excellent courses for participants to complete this part of their Award.

Gold Residential Project (Gold Award only): attend a residential programme for five days and four nights with people you don't know and undertake purposeful activity – e.g., helping at a youth camp, cookery course, sailing course or taking part in a Bigfoot adventure

Bigfoot Adventures

Bigfoot Adventures offer a fun and interactive way of achieving the Adventurous Journey components, to Aotearoa New Zealand and International award participants! With our qualified and experienced outdoor instructors, you can go straight from the couch to the bush, sea-kayaking or mountain biking! Did you know that we are also the first and only adventurous journey provider currently in Aotearoa New Zealand to offer Mountain Biking as an option at Silver and Gold levels?

Take full advantage of our unique and exhilarating experiences to not only develop yourself, but also to meet new mates and develop valuable skills to tackle whatever life has to throw at you. Bigfoot Adventures can give you the practical know-how to get out and experience the stunning backdrop Aotearoa New Zealand has to offer.

We are proudly Department of Conservation approved, and practice strict Leave No Trace and Sustainability principles. We regularly run trips across the Upper North Island and can take your group anywhere in Aotearoa New Zealand, at any time!

How Bigfoot Adventures can help you gain your award

- Comprehensive training days at Bronze, Silver and Gold levels to prepare you for your Adventurous journeys.
- 2 day/1 night Bronze Practice and Qualifying journeys in local regional parks and the Kaimai Ranges.
- 3 day/2 night Silver and Gold Practice and Silver Qualifying journeys. You can choose from tramping, kayaking and mountain biking adventures.
- 4day/2 night Gold Qualifying journeys, designed to order wherever you want!
- 5 day/4 night Bronze or Silver Training/Qualifier trips tailored to your group's needs.
- 7 day/6 night Silver and Gold Practice and Qualifier combo's in tramping, kayaking, mountain biking and canoeing.

At Bronze level, our qualified and experienced instructors run Trainings Days which allow students to gain an introduction to expedition preparation and planning. Students then have the opportunity to develop these skills further in a practical environment during the Bronze Practice and Qualifying Journeys.

At Silver level, we develop the skills learnt at Bronze. Students are responsible for much of the preparation and planning whilst still being supported by our professional instructors. The Silver Journey can also be undertaken in kayaks, canoes or on mountain bikes.

At Gold level, we seek build a solid foundation of outdoor knowledge. To complete Gold Adventurous Journey, students plan an exciting Gold Qualifying Expedition in its entirety. This can be undertaken anywhere in New Zealand! Our instructors are on-hand to assist with the details and maintain safety. There are various modes of transport available including tramping, kayaking, canoeing or mountain biking

We can design a range of programmes specific to your group's needs.

Getting started

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- Step 1** Decide which level of the Duke of Edinburgh's Hillary Award programme you would like to do – this will depend on your age, time commitments etc
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- Step 2** Talk to your Award Leader and arrange to register to do your Award programme
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- Step 3** Decide with your Award Leader what you are going to do for each section of your Award programme
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- Step 4** Get started! Don't forget to log your progress on ORB, our online record book, and ask your Assessors to sign off each section as you complete them
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- Step 5** Once your Award programme is complete, speak to your Award Leader who will arrange for you to receive your certificate or badge. They can also advise you about starting the next level of the Award if appropriate.
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How long will it take?

The time it will take to complete your programme and achieve an Award is in many ways down to you. The shortest time in which you can complete your Bronze programme is 6 months; your Silver programme, 6 months; and your Gold programme, 12 months. During your programme you'll need to do each activity for an average of an hour a week over this time. Don't forget – you have until your 25th birthday to complete any programme and achieve an Award!

Find out more...

Talk to your Award Leader to get more information and take a look at <https://dofehillary.org.nz/> and [Bigfoot Adventures](mailto:doe@bigfootadventures.co.nz)
Drop Bigfoot Adventures directly via email @ doe@bigfootadventures.co.nz

