

HOW ESCAPE ADVENTUROUS JOURNEYS CAN HELP YOU GAIN YOUR AWARD...

OPEN AWARD CENTRE:

Escape Adventurous Journeys is an Open Award Centre for the Central North Island. This means if you live in this area, you can sign up with Escape Adventurous Journeys to do your Award. You will be assigned an Award Leader who will assist you.

Escape Adventurous Journeys and John Paul College have redesigned Year 10 Activity Week in 2023. Now all year 10 students will be enrolled in the Bronze Duke of Edinburgh's Hillary Award. The Award is an internationally recognised programme giving rangatahi the chance to develop skills, get physically active, give back and experience adventure.

The students will log their hours in the area of Skill / Physical / Service throughout the year and then take part in

- Social Justice / Service class field trips in our local community helping others.
- An adventure week in Term 4 to complete their awards requirements and experience an outdoor education activity camp.

Year 10 Camp Cost - \$260 per student (covers all registration and trip / camp costs.)



Take up the challenge – the Award will give you **confidence, problem solving skills** and the **resilience** to thrive in our ever-changing world

Get started today -

- 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.
- Step 2 Talk to your Escape Adventurous Journeys Award Leader and arrange to register to do your Award programme.
- Step 3 Decide with your Award Leader what you are going to do for each section of your Award programme and find appropriate Assessors.
- 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.
- Step 5 Once your Award programme is complete, speak to your Award Leader who will arrange for you to receive your certificate and badge. They can also advise you about starting the next level of the Award if appropriate.

To find out more, check out:

Escape Adventurous Journeys
Email: enquiries@escapeaj.co.nz
Ph: 021 709 209
www.escapeaj.co.nz

The Duke of Edinburgh's Hillary Award
www.dofehillary.org.nz



John Paul College
ROTORUA | NEW ZEALAND



Working together...



A guide to completing your Duke of Edinburgh's Hillary Award with Escape Adventurous Journeys

EXPERIENCE THAT LASTS A LIFETIME...

Challenge yourself to leave your comfort zone and discover the world around you.

The Duke of Edinburgh's Hillary Award is all about getting out there, gaining real life experiences and creating unforgettable memories along the way.

You'll find yourself helping people in the community, getting fitter, developing skills and going on an outdoor journey in our great Kiwi backyard.

The Award provides you with life skills and qualities that are recognised and sought after by employers and educational institutions worldwide.

WHAT'S INVOLVED...

AGE:

Open to everyone aged 14 to 24 (you can start during the school year that you turn 14).

THREE LEVELS:

Bronze, Silver and Gold, each progressively more challenging.

FOUR SECTIONS:

Physical Recreation, Skills, Voluntary Service & Adventurous Journey (plus Residential Project at Gold level only).

KEY REQUIREMENTS:

Over the required time you'll need to do each activity for an average of an hour per week. You'll be supervised by an Award Leader and Activity Assessor (Mentor).



BRONZE

Starting age : 14 years

Time: Minimum of 26 weeks

Sections:    



SILVER

Starting age : 15 years

Time: Minimum of 26 weeks

Sections:    



GOLD

Starting age : 16 years

Time: Minimum of 52 weeks

Sections:     



SECTIONS IN A NUTSHELL...

PHYSICAL RECREATION: BREAK A SWEAT



Participate regularly in a team or individual sport. eg: netball, soccer, athletics, kayaking, kickboxing, running, horse riding, dance

SKILLS: FIND YOUR GENIUS



Challenge yourself to improve your skills and widen your interests. eg: learn a musical instrument, learn to drive, drama, photography

VOLUNTARY SERVICE: GIVE BACK



Give back to your community by regularly volunteering. eg: coach or manage a sports team, volunteer at the SPCA, volunteer at Escape Adventurous Journeys

ADVENTUROUS JOURNEY: GET WILD AND EXPLORE



As part of a small team, plan, train for and undertake an expedition or exploration for a set number of days & nights in the outdoors. You can work towards this section of the Award through Escape Adventurous Journeys

RESIDENTIAL PROJECT (Gold Award only): LEAVE YOUR COMFORT ZONE



Attend a Residential Project and undertake purposeful activity with people who you don't already know. eg: leader at a youth camp, restoration projects, voluntary work with national parks

Check out our website for more examples of things you can do
www.dofehillary.org.nz