

Working together Mahi tahi ana



A guide to completing your Duke of Edinburgh's Hillary Award with New Zealand Sailing Trust



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: 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 life-saving

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: you can work towards the expedition section of the Award through The New Zealand Sailing Trust as outlined below

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 – eg: helping at a youth camp, cookery course, sailing course



How The New Zealand Sailing Trust can help you gain your Award

The New Zealand Sailing Trust runs specific courses to meet the requirements of the Adventurous Journey section of the Award. You can participate in the specifically developed programmes, or if you come with your school on a sailing journey discuss with New Zealand Sailing Trust if the duration qualifies you for part of your adventurous journey. The New Zealand Sailing Trust has a list of their upcoming Award programmes advertised on their website here – <https://www.nzsailingtrust.com/sail-kayak>

It's as simple as finding the right programme for you and signing up.

Getting started

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 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

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 or badge. They can also advise you about starting the next level of the Award if appropriate.

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 <https://www.nzsailingtrust.com/sail-kayak>