

## 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 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 25<sup>th</sup> 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/>, [https://www.facebook.com/pg/OutdoorTrainingNZ/about/?ref=page\\_internal](https://www.facebook.com/pg/OutdoorTrainingNZ/about/?ref=page_internal) and <https://www.outdoortraining.nz/index.php>



**A guide to completing your Duke of Edinburgh's Hillary Award with OTNZ**

## 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 Duke of Edinburgh's Hillary 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:

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 <b>further</b> three months of appropriate activity in either the Service, Physical or Skills section			

### Silver (15+ years old)

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

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 <b>further</b> six months of appropriate activity in either the Service, Physical or Skills section			

### Gold (16+ years old)

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

Service	Physical	Skills	Adventurous Journey	Residential
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 <b>further</b> six months of appropriate activity in either the Service, Physical or Skills section				



## 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:

**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 various programmes at OTNZ as outlined below

**Residential (Gold Award only):** attend a residential programme for five days and four nights with people you don't know – youth camps, cookery courses, sailing courses, photography etc



## How Outdoor Training New Zealand (OTNZ) can help you gain your Award

OTNZ run specific courses to meet the requirements of the following sections of the Duke of Edinburgh's Hillary Award:

- Bronze Adventurous Journey Training
- Silver Adventurous Journey Training
- Gold Adventurous Journey Training

OTNZ has a list of their upcoming Award programmes advertised on their website here – <https://www.outdoortraining.nz/courses/courses.php>

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