

# Working together Mahi tahi ana

A guide to completing your Duke of Edinburgh's Hillary Award with  
Bowls Wellington



## 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 will 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 will need to do each activity for an average of an hour a week. You will need to show persistence, commitment, and personal development. With Bowling Wellington only bronze level is currently offered.

### 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 <b>further</b> 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 <b>further</b> 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 <b>further</b> 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 lifesaving

**Physical:** do a team sport such as soccer or netball, athletics, skiing, kayaking, kickboxing, horse riding, running, dancing. And of course, you can try bowling!

**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.

**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

## Who are Bowls Wellington?

Bowls Wellington is the governing body for the sport of lawn bowls for the greater Wellington region.

Bowls is a fun, strategic and skilful game with fantastic opportunities to play socially and competitively throughout your school life and beyond as you transition into the workforce.

Bowls is a re-emerging sport, and Bowling Wellington see a key responsibility to improve the physical and mental health and wellbeing of our Tamariki while contributing to social education through the sport of bowls.

## How can Bowls Wellington help with your Award?

Bowls Wellington is delighted to offer Year 9/10 High School students the opportunity to play bowls and use this towards achieving the Physical Recreation component of the Duke of Edinburgh's Hillary Bronze Award.

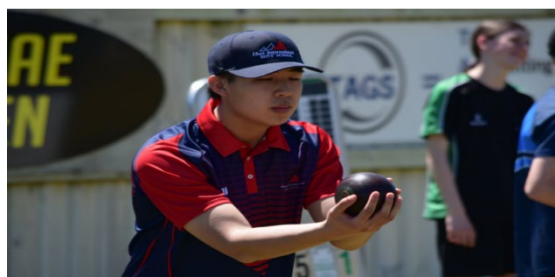
## 2022 Bowls Wellington Duke of Edinburgh Programme:

### Part 1- Introduction to Bowls on Thursdays in Term 1 (4-5pm\*) This is run at Hutt Bowling Club and is run by Bowls Wellington.

In Term 1, you will be introduced to the basics of bowling, from how to hold the bowl, through to playing a game against other people. These sessions will be held at Hutt Bowling Club on Thursday afternoons from 4-5pm\* (Feb 18-Apr 15) and will be delivered by a qualified bowls coach who has experience coaching at the secondary school level.

### Part 2- School Competition (Term 4)

In Term 4, you will enter the College Sport Wellington competition and represent your school in an organised tournament over 6-7 weeks. These competitions are held at a local club – The clubs are as follows, Massey Avenue, Johnsonville, Miramar or Silverstream from 4-5pm on Thursdays.



## 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

Currently Bowls Wellington offers the activity only for the bronze award. During your programme you will need to do each activity for an average of an hour a week over this time (Feb 18-Apr 15). Then to complete the bronze award you will complete in the term 4 tournament that is held over 6-7 weeks.

## Find out more...

Talk to your Award Leader to get more information and take a look at <https://dofehillary.org.nz/> or contact Brady Amer, Bowls Wellington DOE coordinator/ Engagement and Inclusivity Officer on 0211228253 or at [Brady.Amer@bowlswellington.com](mailto:Brady.Amer@bowlswellington.com)

