

## INTERNATIONALLY RECOGNISED...

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The Duke of Edinburgh's International Award is the world's largest youth achievement award. Since its launch over 60 years ago, the Award has inspired millions of young people to transform their lives.

Operating in over 130 countries and territories

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Today more than 1.3 million young people  
are taking part

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Internationally recognised around the world

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The Award has been running in New Zealand since 1963. In New Zealand it is known as The Duke of Edinburgh's Hillary Award. The name reflects the significant achievements of Sir Edmund Hillary, one of New Zealand's greatest adventurers.

*"People do not become extraordinary.  
They decide to accomplish extraordinary things"*  
- Sir Edmund Hillary



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

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To find out more, check out:

<https://dofehillary.org.nz/>

 [facebook.com/dukeofednz](https://facebook.com/dukeofednz)

 <https://www.instagram.com/dukeofednz/>

The Duke of Edinburgh's Hillary Award  
Email: [info@dofehillary.org.nz](mailto:info@dofehillary.org.nz)  
Freephone: 0800 69 29 27

## TAKE YOUR LIFE TO THE NEXT LEVEL...

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

# 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, become a leader at a youth club, surf lifesaving

## 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. eg: tramping, kayaking, cycling

## 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](http://www.dofehillary.org.nz)