



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



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 expedition 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/ Exploration
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 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/ Exploration
6 months	6 months	6 months	Plan, train for and complete a 3 day, 2 night adventurous journey
If you haven't done your Bronze Award, you must undertake a further 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/ Exploration	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 haven't done your Silver Award, you must undertake a further six months of appropriate activity in either the Service, Physical or Skills section				



Choosing activities

Here are a few examples of activities you can choose 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/Exploration: This is something that you will plan for, it involves being part of a team and completing an expedition for a set number of days. There are Adventurous Journey providers on the Award website

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 Youthtown can help you gain your Award

There are a lot of activities which you may already be doing at your local Youthtown which you could count for your Award outlined in the table below:

Service	Physical	Skills	Adventurous Journey/ Exploration
Youthtown Volunteer Programmes	Youthtown Sports Teams	Youthtown Skills Programmes and Workshops	Youthtown Outdoor Programmes
<ul style="list-style-type: none"> Assisting with after school or holiday programmes Rest home projects Office administration Sports coaching Community event involvement 	<ul style="list-style-type: none"> Fitness sessions Sports skills Archery Rock climbing Slacklining Water based activities including kayaking, sailing, windsurfing and paddle boarding 	<ul style="list-style-type: none"> Umpire Training Life Guard Training Financial Literacy First Aid Leadership/Teamwork Event Management Learner's Licence 	<p>Camps and Tramping Opportunities</p> <p>All levels must meet the Award requirements for Training sessions plus Practice and Qualifying Journey:</p> <p>Bronze: 2 days, 1 night Silver: 3 days, 2 nights Gold: 4 days, 3 nights</p>

Recognition of Prior Activity (PRA)

When registering for an Award level for the first time – participants may claim up to three months RPA for activities that accredit to an Award section provided that the participant is already involved in Youthtown activities and the Award Leader is comfortable that those activities took place.

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 25th birthday to complete any programme and achieve an Award!

MORE INFO

Talk to your Award Leader to find out more and take a look at www.dofehillary.org.nz and www.youthtown.org.nz