

The Duke of Edinburgh's Hillary Award

The Duke of Edinburgh's Hillary Award is an internationally recognised qualification which challenges participants to make constructive use of their leisure time. It is divided into four sections - service, skills, physical recreation and adventurous journey. The table below shows how the programme is structured for the Bronze Award and time needed for each section:

Bronze Award	Service	Skills	Physical Recreation	Adventurous Journey
Time Requirement	3 Months (13 weeks)	3 Months (13 weeks)	3 Months (13 weeks)	Preliminary Training Practice Journeys Qualifying Journey
	Plus a further 3 months (6 months or 26 weeks in total) in either Service, Skill or Physical Recreation			2 days, 1 night with 6 hours of purposeful effort per day (approx. 20 km)
Regularity	At least one hour per week for the number of months chosen	At least one hour per week for the number of months chosen	At least one hour per week for the number of months chosen	

The basic cost to participate in the scheme at Bronze or Silver level is \$86.25. Students must be at least 14 years old to take part.

Adventurous Journey

For the adventurous journey aspect in 2018 we will be enlisting the help of accredited Duke of Edinburgh providers who will run the practice and qualifying journeys during four weekends throughout the year. The approximate cost of this will be \$150 per weekend (students will need to do one practice and one qualifying journey). Preliminary training will be carried out at school as part of the EOTC sessions in Week 3 of Term 1. The organised weekends are entirely optional and students are still able to plan and organise their own expeditions. Further details of what is required can be obtained from the DoE Co-ordinator at school.

Service

This involves doing something for someone else without being paid. For this section it is acceptable to do something for two hours once a fortnight. It is important it is a continued service rather a series of one-off events. Some examples of appropriate services are - coaching, tutoring, school librarians, helping at After School Care.

Skills

For something to be classed as a skill, you must undertake something you can demonstrate an improvement in. This could be a 30 minute lesson followed by 30 minutes of practice. Some examples are playing a musical instrument, voice lessons or speech and drama. You could do any type of course that is out of school time; it cannot be part of the school curriculum. It also cannot be a physical activity, for example dancing, as this comes under the physical recreation section.

Physical recreation

This section involves any physical activity including a team or individual sport, dancing, aerobics, swimming etc. This must be done for one hour a week.

The Duke of Edinburgh Co-ordinator at QMC is Debra Schofield-Matthews. For any additional information or questions please e-mail her at debra.schomatt@qmc.school.nz or visit <http://www.dofehillary.org.nz/>.