

Completing your Award during Covid-19

The activity achievement requirements remain exactly the same, however these should be adapted to meet the health advice and guidelines put out by the Government.



Voluntary Service - Give Back | *Ratonga Tūao - Ngā Mahi Rato*

It should be possible to continue with most Voluntary Service activities across all levels of the Covid Protection Framework. If you are unable to continue with a Voluntary Service activity you will need to find a new one and set this up as a second activity on your Online Record Book.



Skills - Find Your Genius | *Ngā Pūkenga - Kitea Ō Pūmanawa*

It should be possible to continue with most Skills activities across all levels of the Covid Protection Framework. If you are unable to continue with a Skills activity you will need to find a new one and set this up as a second activity on your Online Record Book.



Physical Recreation - Break a Sweat | *Ngā Hākinakina - He Whakeheke Werawera*

It should be possible to continue with most Physical Recreation activities across all levels of the Covid Protection Framework. If you are unable to continue with a Physical Recreation activity you will need to find a new one and set this up as a second activity on your Online Record Book.



Adventurous Journey - Get Wild and Explore | *Haerenga Mātātoa - Kia Rikarika me te Hōpara*

Adventurous Journeys should be undertaken according to the Award requirements. For those in red on the Covid Protection Framework, Adventurous Journeys may be organised in a familiar environment and participants are permitted to use a home, or venue such as a school gym as accommodation during the Adventurous Journey.



Gold Residential Project - Leave Your Comfort Zone | *Kaupapa Kāinga - Kia Waewae Kai Kapua*

Gold Residential Projects should be completed according to Award requirements. Participants are able to complete a Gold Residential Project over two weekends so long as the criteria for both activities meet Award requirements for this Section.

Kia kaha, kia maia, kia manawa nui:

Be strong, be brave, be steadfast **ACTIVITY TEMPLATE DURING COVID-19**

Ki te kotahi te kakaho ka whati, ki te kapuia e kore e whati: Alone we can be broken. Standing together, we are invincible.

Apply the appropriate time over the period for the Level participation (indicate level)	 Voluntary Service	 Skills	 Physical Activity	 Adventurous Journey	 Gold Residential
Visit an elderly neighbour who may be lonely.					
Phone or Zoom an older person in a rest home if you are not able to visit them.					
Tutor a younger student at your school.					
Make blankets for the local animal shelter.					
Coach a junior sports team.					
Pick up litter while walking around your neighbourhood, at your school or a local public space.					
Help your Award Leader with Duke of Ed admin					
Volunteer for a local charity shop.					
Volunteer for a charity supporting people in need e.g., Eat My Lunch, Soup Kitchen.					
Learn a language e.g., through a night class.					
Learn to cook					
Paint or draw					
Gardening					
App design and coding					
Gaming					
Learn or practice mindfulness or meditation at a local class.					
Learn a musical instrument or study musical theory					
Learn chess online					
Learn or practice yoga or pilates at a local class.					
Take part in a fitness class at a local gym.					
Swimming at a local pool.					
Do a dance class.					
Play a sport for your school.					
Running.					
Weights training at a local gym.					
Talk to your Award Leader to see if you can complete the Bronze or Silver Training and Preparation online at www.bronzetraining.com					
Talk to your Award Leader if you are in red on the Covid-Protection framework to see what adaptations are available to you.					
See our website for a list of ideas					

*You can use more than one activity to make up each of the Award sections