

Working together

Mahi tahi ana

A guide to completing your Duke of Edinburgh's Hillary Award with Everybody Eats



THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD

AOTEAROA NEW ZEALAND | HILLARY AWARD

Everybody Eats

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'll 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'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:

| 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 further 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 further 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 further 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: Volunteer at Everybody Eats helping create waste free and accessible meals for everyone or you can 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

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

Everybody Eats

Everybody Eats is not-for-profit, pay-as-you-feel dining concept. We take food that would otherwise go to waste and turn it into restaurant-quality meals, served at the table by volunteers.

Our mission is to reduce food waste, target food poverty, and combat social isolation in New Zealand.

Volunteer duties and hours are varied and include afternoon hours helping to sort rescue food and prepare the evening meals under the guidance of our head chef and a team of supportive regular volunteers, or evening shifts which are short and sweet from 5:30 till around 8:30 helping with dishing up the meals, dishwashing, or serving meals to our guests at the table.

Volunteers can gain food prep experience, teamwork and communication skills, and front of house hospitality experience while working with a diverse group of people.

It's fun, welcoming, and you'll be fully supported with buddy systems in place.

We have 3 current locations:

Onehunga - 5 day operation (Sunday - Thursday)

Karangahape Rd - Monday Pop-Up

Wellington Central - 3 day operation
(Sunday - Tuesday)



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. 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!

Find out more...

Talk to your Award Leader to get more information and take a look at <https://dofehillary.org.nz/> and volunteer@everybodyeats.nz

