

# HOW TARANAKI OUTDOOR PURSUITS AND EDUCATION CENTRE CAN HELP YOU GAIN YOUR AWARD...

## OPEN AWARD CENTRE:

Taranaki Outdoor Pursuits and Education Centre (TOPEC) is an Open Award Centre for the Greater Taranaki region. This means if you live in this area, you can sign up with TOPEC to do your Award. You will be assigned an Award Leader who will assist you to do the Award.

## ADVENTUROUS JOURNEY PROVIDER:

TOPEC runs a range of programmes which covers the training, practice and qualifying journey for all levels of the Award.

Their upcoming Award programmes are advertised on their website. It's as simple as finding the right programme for you and signing up.

<https://tsbtopec.co.nz>



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

Get started today -

- 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 TOPEC 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 and find appropriate Assessors.
- 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 Award Leader who will arrange for you to receive your certificate and badge. They can also advise you about starting the next level of the Award if appropriate.

To find out more, check out:

Taranaki Outdoor Pursuits and Education Centre

Email: [office@tsbtopec.co.nz](mailto:office@tsbtopec.co.nz)

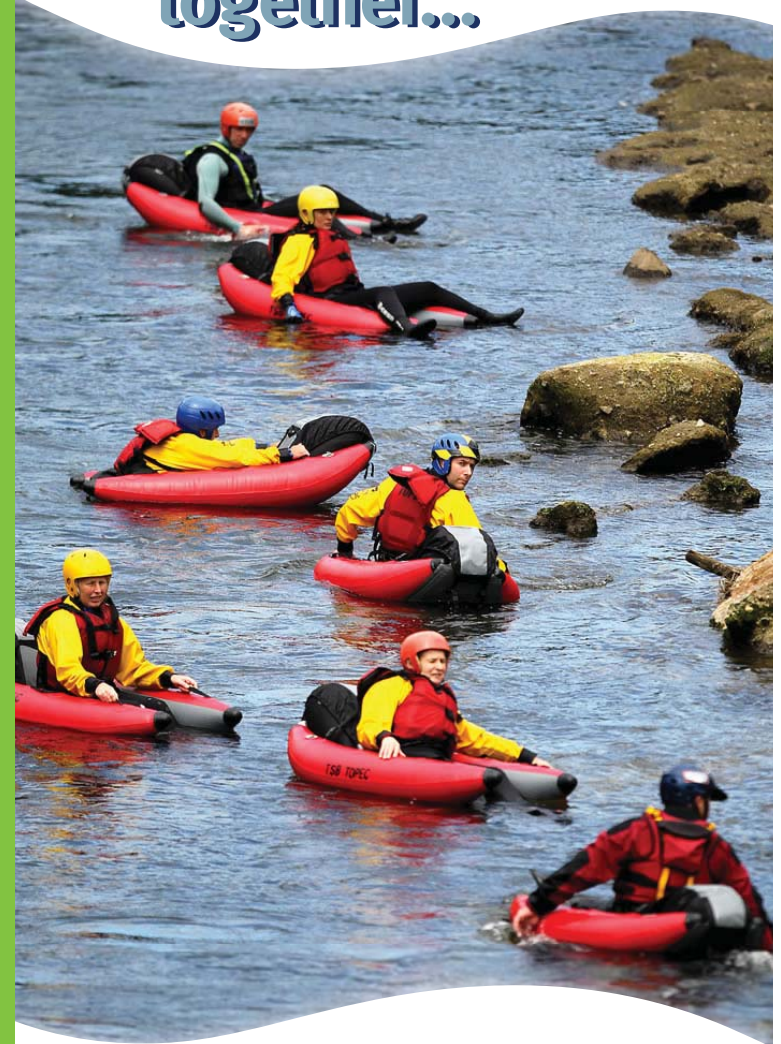
Ph: 06 758 0448

<https://tsbtopec.co.nz>

The Duke of Edinburgh's Hillary Award  
[www.dofehillary.org.nz](http://www.dofehillary.org.nz)



## Working together...



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



## 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, volunteer at TOPEC

### 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. You can work towards this section of the Award through TOPEC.

### 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

Check out our website for more examples of things you can do  
[www.dofehillary.org.nz](http://www.dofehillary.org.nz)