



Ella Mills, Photo credit: The Artset.

Our first five

Catching up with our Dukies

Our first cohort is well underway to achieving bronze in The Duke of Edinburgh's Hillary Award

Ella Mills – Waiuku, Auckland



So far, I have completed:

Badminton (Physical),
hairdressing (Skill)

**The part I have enjoyed
the most has been:**

Volunteering at the RDA
(Riding for the disabled).

The time and effort they put into helping the kids is incredible.

The most challenging part of the programme for me has been: Playing badminton because I get tired very easily. But it helped me develop new strategies to adjust the way I handle my tiredness.

Something I have learnt about myself is: I am self-motivated, once I set a goal I will finish it no matter what it takes.

I would recommend this programme to anyone who: Wants to learn new skills.

Jack Lovett-Hurst – Invercargill



So far, I have completed:

Radio FM Assist (Service),
cooking (Skill), cycling
New York Marathon (Physical)

**The part I have enjoyed
the most has been:**

Achieving different goals.

The most challenging part of the programme for me has been: Setting all the goals at once and completing these whilst training for the New York Marathon.

Something I have learnt about myself is: How well I coped with travelling across America, and got on and completed the goal I had set for myself.

I would recommend this programme to anyone who: Would like to try something different and achieve goals that they never done before.

Dylan Schneider – Auckland



So far, I have completed:
Vex IQ Robotics (Skill), Air rifle shooting (Physical).

The part I have enjoyed the most has been:
Air rifle shooting, it was fun, interesting and I met lots of nice people.

The most challenging part of the programme for me has been: Doing the robotics as a lot of work was put into it and it got very tiring at times. But I still carried on and completed it.

Something I have learnt about myself is: I didn't know if I could do it. I didn't know I was persistent, but I discovered I was very persistent with my goals.

I would recommend this programme to anyone who: Wants to learn new things and isn't doing anything like this at present.

Grace Chapman – New Plymouth



So far, I have completed:
Puzzle making (Service), and am part-way through my cake decorating (Skill).

The part I have enjoyed the most has been: Eating the cakes I am decorating!

The most challenging part of the programme for me has been: Trying to do all the different goals and staying on task.

Something I have learnt about myself is: I am not very patient at times, especially when I am trying to decorate my cakes.

I would recommend this programme to anyone who: Wants to give it a go.

Ciaran Calder – Nelson



Ciaran is waiting for surgery before pursuing his goals.

Service: Volunteering with dogs

Skill: Rifle shooting

Physical: Table tennis

We're recruiting!

Award Leader Marty Price is looking for another five young people, aged between 14 and 24, to begin the bronze level programme this year. To find out more and receive an application form, email marty@mda.org.nz.

What is involved in completing the programme?

Young people design their own award programme, set their own goals and record their own progress.

They choose a:

- **Service** – For our young people who may rely on the assistance of others at times, the ability to contribute and give service is highly empowering, and great for their sense of self-worth.
- **Physical Recreation** – This can be as much or as little as an individual is capable of. It's about stretching themselves to achieve.
- **Skills activity** – This could be an existing skill, or something new – gardening, fishing, baking etc.
- **Go on an Adventurous Journey** – Plan and complete a trip away from home.
- **To achieve a Gold Award.** Take part in a Residential Project.