

PEAK PERFORMANCE SOLUTIONS

INSIDE OUTDOOR EDUCATION



PEAK PERFORMANCE SOLUTIONS



THE DUKE OF EDINBURGH'S
HILLARY AWARD

DoE Calendar

OPEN COURSES

05 Oct to 07 Oct

Silver Practise Journey

Waitakere Ranges,
Auckland

11 Oct to 13 Oct

Silver Expedition

Waitakere Ranges,
Auckland

04 Dec to 05 Dec

Gold Training

Waitakere Ranges,
Auckland

05 Dec to 07 Dec

Gold Practice Journey

Waitakere Ranges,
Auckland

15 Dec to 18 Dec

Gold Expedition

Tongariro National Park
(ONLY TWO PLACES LEFT!)

TO BOOK VISIT

www.ppsnz.co.nz

September Newsletter

Bronze Expedition Completed

Congratulations to the three girls (below) that completed their Bronze Expedition. On September 22 and 23rd Dingo and the girls travelled to Motutapu Island. The trip began in a different landing site on Rangitoto Island where they made some alterations to their trip plan which meant tramping 17kms on day one! The girls managed day one extremely well with some signs of tiredness towards the last 4kms but earned a well deserved rest at the Home Bay Campsite. The main focus for the girls



From left to right: Jess, Maria and Francis

was around map reading and terrain awareness. Which they excelled in. During the assessment much learning took place especially from the instructor (Dingo) who mistakenly forgot to take his sleeping bag, resulting in a cold night doing it Bear Grylls style. Which no doubt will help the instructor when early next year during a two day survival exercise. Overall the trip was an awesome experience with great weather and great students.

Frequently Asked Questions

Q. Can I do my Practice Journey before my Training?

A. No. When you begin your Award you will need to complete your Training prior to undertaking your Practice Journey.

Q. Can I share equipment?

A. Yes. Its a great idea to share equipment as this not only brings in new skills but also lessens the weight an individual needs to carry.

Q. How long do the Practice Journeys need to be?

Practice Journeys do not need to be the same distance as an qualifying expedition.

Bronze - 1 night (2 days) with 6 hours effort and activity each day

Silver - 2 nights (2 1/2 days) with 7 hours effort and activity each day

Gold - 2 nights (2 1/2 days) with 8 hours effort and activity each day

Have you thought about doing your Bronze Training online?

Bronze Online Training Programme

The Online Duke of Edinburgh Bronze Training Programme

Go to www.bronzetraining.com