

# Inward Journeys

4–17 December 2016

An exhilarating 14-day adventure through New Zealand's great outdoors that will take you on a journey — and we're not just talking about climbing mountains. Be prepared for an inward experience towards the person you've always dreamed of becoming, or more...

## — So what are Inward Journeys? —

<b>ADVENTURE</b>	Explore new and stunning places, take on new experiences and challenges, have fun, build your confidence and self-esteem.
<b>PEOPLE</b>	Meet a team of fellow adventurers, with the potential to make lifelong friendships. Develop relationship and interpersonal skills that will enable you to succeed in this team but importantly also help you build great relationships with people at home.
<b>STRENGTH</b>	Achieve more than you ever thought possible and discover your personal strengths along the way. Develop skills for dealing with stress, problems and challenging emotions.
<b>SUPPORT</b>	Work in a small group of people with highly supportive staff to achieve your personal goals.
<b>THE GREAT OUTDOORS</b>	Enjoy being outside, experiencing nature, connecting with the outdoors.



## Our approach

We believe in young people living a life with all the skills and abilities to achieve their hopes and dreams. The Inward Journeys programme uses outdoor adventure to help young people discover their strengths, develop their social skills and help equip them with what they need to live a life of value and satisfaction.

## Our staff

Our staff have a combination of experience and qualifications in both outdoor instruction and social services including social work, counselling and youth work. They are passionate about the power of the outdoors and adventure therapy to help young people create the life they are after. Our staff ratio is 1:3 clients.

### COST

\$4,600.  
Includes all food,  
accommodation,  
specialist equipment  
and clothing

### AGES

16–24 year olds.  
Mixed gender.

### MEETING POINT

1pm 4 Dec at Nelson Airport.

### FINISHING POINT

1pm 17 Dec at Nelson Airport.

## ENQUIRE NOW

**Phone Amy on 03 379 9130 or email  
[amy@adventurespecialties.co.nz](mailto:amy@adventurespecialties.co.nz)  
for more information, spaces are  
limited!**

OutdoorsMark



Safety Audit  
CERTIFIED

SMS Document

Adventure Specialties Trust is Outdoors Mark safety audit accredited, and operated under a comprehensive set of policies and procedures. We can provide further information regarding the Safety Management System if requested.