



**ADVENTURE
SPECIALTIES TRUST**

EST. 1984

IGNITE

**AN ADVENTURE THERAPY
YOUTH CAMP FOR GIRLS**



**APRIL
2025**

QUICK FACTS

WHAT?

An Adventure Therapy youth camp
4 days / 3 nights of adventure

WHERE?

Waitākere Ranges
Auckland
(Departing from Henderson)

WHO?

For **young women**
15-17 years old

WHEN?

Monday 14th - Thurs 17th April
(Term 1 school holidays)
2025





IGNITE Adventure Therapy Youth Camp

Do you want to build the **confidence to try new things**?

Do you want to feel **more comfortable** with other people in a group setting?

Want to learn better ways to **cope with stress and anxiety**?

Are you wanting to **feel better about yourself** and more **hopeful about your future**?

Our IGNITE Camp might be for you!

Join a group of 10 **young women** (plus three facilitators) as we head off for four days of adventure in the stunning native bush of **Waitākere Ranges Regional Park**.

We will combine outdoor adventure activities (like **bush walking, sea kayaking, caving** and a **high ropes confidence course**) with facilitated group discussions, one-on-one “check in” chats, space for personal reflection, throughout a week of **having fun, laughter and some good deep chats about life**.



KAUPAPA / PURPOSE

Adventure programmes are fun, but we take all the good times and the learning to a deeper level. We look at the things that are truly meaningful in life. The things that create a life filled with purpose. We try to facilitate this programme as an opportunity for you to improve your wellbeing. And we try to tailor it as much as we can to meet your individual goals.

Our general goals are working towards:

- Increased self-worth
- A better toolkit for maintaining your personal hauora (health and wellbeing)
- Stronger connections with others
- A greater hope for a future with purpose
- A stronger connection with who you are, your values and your taha wairua (spiritual side)

(Read more about these Outcomes on the next page)

*"I just wanted to drop you a line to say **thank you so much** for organising the girls journey that [my daughter] joined you for, in the holidays.*

*Her school holiday time was spent **discovering the world outside of a teenagers darkened bedroom**, which was exactly what she (and her parents) needed.*

*We can see the benefit of the experiences and challenges of the trip in her, now she is back and, despite being apprehensive about going without knowing anyone else, **she tells us she thoroughly enjoyed the week.**"*



PROGRAMME OUTCOMES

As a result of participating in this programme, participants will experience these outcomes:

> SELF-WORTH

Feel better about who you are. Learn more about what makes you special and what strengths you have to offer. Practice more self-acceptance and self-compassion around the challenges that you face in life, without letting them be barriers.

> TOOLS FOR HAUORA (wellness, health, good spirits)

Develop strategies that you can use in everyday life to help increase your physical, social, mental, emotional and spiritual wellbeing. Gain confidence about managing your own wellbeing.

> WOVEN INTO COMMUNITY / WHANAUNGATANGA

Learn social skills and relationship skills so that you can develop, maintain and strengthen relationships in your life. This includes communication, dealing with conflict, appreciating diversity, asking for and offering help, solving problems with other, and speaking in a group. Feel a greater sense of belonging and connection to your family and community; greater whanaungatanga.

> HOPE FOR A FUTURE WITH PURPOSE

Find energy and motivation to work towards the future you hope for and towards your personal goals.

> TAHA WAIRUA / SPIRITUAL WELLNESS

Explore your own spiritual identity (wairuatanga) and gain an understanding of how this can increase your overall health and wellbeing. Develop a stronger connection to place (tūrangawaewae) and to nature.



WHO IS THIS FOR?

This programme is open to any young woman (aged 15-17 years old) who is wanting to get outdoors and feel a bit better about life!

Maybe you are struggling with anxiety or depression, or feeling overwhelmed or uncertain. Maybe a bit stressed about school or other things, or just generally wanting to improve your wellbeing.

Our *Adventure Therapy* programmes focus on building health, wellbeing, confidence and connection.

DATES

Mondy 14th – Thurs 17th April 2025 (Term 1 school holidays)

We will be meeting at 10am at Adventure Specialties Trust office in Henderson.

Pick up 2pm on Thursday.

PLANNED ACTIVITIES

Please note that the outdoor activities are subject to change at any time, depending on factors like the weather forecast. Your safety is our top priority.

The planned activities are:

BUSH WALKING

SEA KAYAKING

CAVING

HIGH ROPES CONFIDENCE COURSE

IMPORTANT! If any of those activities sound intimidating, please don't worry! Everything is beginner-friendly. It **WILL** be physical, so you need to have a basic level of fitness and be prepared to work hard. That's part of the adventure! But you don't have to have any previous experience.



LOCATION + ACCOMMODATION

We will be departing from the Adventure Specialties Trust office in Auckland:
Unit 1, 4 Winston Place, Henderson
Then we will head to the Waitākere Ranges together for the week!

Accommodation during the week will be in bunk rooms at a lodge.

OUR STAFF

You will be in safe hands with our caring, highly experienced facilitators. We offer a maximum staffing ratio of 1:4. One facilitator will be a qualified, highly experienced outdoor instructor and the other will be a highly experienced mental health professional.
Read more about them on page 11.

COST

GREAT NEWS! The programme cost is only \$100! Normally it is \$1,500 per person, however we have received funding to subsidize this programme, so the cost to you is significantly reduced. (If you are able to afford more than \$100, we will gladly accept a donation towards helping people attend future camps).

This cost covers the following items:

- 4 days and 3 nights of adventure!
- Our caring, highly experienced staff
- Transport from Henderson to the camp in Huia (or you can meet us there)
- Food
- Accommodation
- Any outdoor adventure equipment that is required (technical clothing, tents, cooking equipment, mountain bikes, kayaks and life jackets, etc.). See next page for the gear you need to bring ...

WHAT TO BRING

Below is a list of all the gear you need to bring. Don't worry if you don't have everything, as we should be able to provide anything you don't have. Please ask if you're not sure.

Bring all your clothes and gear in a sports bag, duffle bag, suitcase or tramping pack (whatever you have available). We will check everyone's gear on the first morning, before we leave.

We will provide all the equipment you will need for each activity (kayaks, life jackets, spray jackets, tents, cooking gear, etc.).

Warm clothing is extremely important, as it can get VERY cold while kayaking, and it also gets very cold at night and if the weather turns cold/wet. Please follow the list below as carefully as possible. We can provide clothing marked with an asterix (*) including thermals, fleece, waterproof pants, etc.

If you have all your own stuff, that's great. Otherwise, anything marked with an * we can provide. If you're not sure about anything at all, please ask.

CLOTHING

1x Sport shoes (with good grip for biking and day tramping)
1x Shoes (or wetsuit booties) for sea kayaking (they will get wet)

2x shorts
2x tshirts (polyester or merino are best)
1x jumper/hoodie for campsite
1x long pants (jeans, trackpants, etc.)
2x cotton socks
Underwear (for 4 days)

1x warm jumper (wool or fleece)*
2x thermal tops*
1x fleece pants*
2x thermal pants/bottoms*
1x good quality rain jacket with good hood*
1x woollen/merino beanie*
2x long woollen socks (for warmth)

Togs
2x towels
Sunhat and sunglasses (VERY IMPORTANT!)
Please let us know if you don't have these)

TOILETRIES

In addition to the toiletries you would normally pack (tooth brush, hair brush, etc.), please also bring:
Insect repellent
Sunscreen
Santuary items
Personal medication

EQUIPMENT

Sleeping bag*
Pillow

1 drink bottle (important!)

Torch*
Batteries for torch (plus spares)*
Small day pack (e.g. school bag) for tramping

MEDICATION

All personal medication needs to be declared in the Medical/Consent form. Please give your medication to the instructors for them to look after during the journey.

WHAT NOT TO BRING

Participants are NOT allowed to bring:
Cigarettes, drugs, alcohol, vapes.

CELL PHONES

Cell phones are permitted, but please note that they are your responsibility. There will not always be cellphone reception and there will be restrictions on when they can be used.



OUR APPROACH

WE FOCUS ON YOUR STRENGTHS

Our group conversations and facilitated discussion (in all our Adventure Therapy programmes) are guided by the 'Solution-Focussed' and 'Strengths-Based' model of therapy. Contrary to what the name suggests, this is not about the facilitators offering 'solutions'. It is more about a model of thinking that is more forward focussed – on where you want to go and the skills and strengths you have to get you there.

We don't go delving into people's deep personal past or analysing problems. We focus on movement towards your goals, whatever those might be.

It is important for us to acknowledge that any person knows their self, their situations and their challenges the better than anyone else. We honour that and so we facilitate (or guide) conversations and opportunities, rather than telling people what to do. We do not presume to be experts or have the answers to any problems. We are not there to assess, diagnose or prescribe solutions. We are simply there to facilitate an experience where you can connect with nature, with yourself and others, reflect on your life and experiences with the goals of moving towards your own goals.

CHALLENGE BY CHOICE

Challenge is definitely a part of our programme, and each activity or environment will challenge everyone in a different way. Challenge can be good for us! Though the same challenge is not for everyone, at all times.

It is really important to us that you choose your level of challenge. For some, this will mean not going very high on a climb, or very hard on the surf kayaking and would rather enjoy the nature. That is ok, and we will make practicable efforts to allow as much choice in this as possible. We always try to make choices available and make it really clear where choices are not practically possible.



A FOCUS ON NATURE CONNECTION

This programme is an opportunity to take more time in the day to connect with nature rather than just move through it. We look for opportunities to experience joy, awe, wonder, and curiosity about our world and our place in it.

On a daily basis we will go to a different environment and do an activity there. We may also do some activities specifically to connect with nature – maybe a mindfulness walk, or doing some art pieces / sculptures with nature, or any other ways of connecting in a relationship with nature.

SAFE AND SUPPORTIVE ENVIRONMENT

First and foremost, it is a priority that that this group is a safe and supportive environment for all people.

Obviously in outdoor activities the physical safety is important! We have qualified instructors and a safety management system that is audited and registered with Worksafe NZ, and we need people to follow our safety rules.

'Safe' also means emotional safety - this means we take time to build a culture where sharing is ok and encouraged by others. Where respect is really important and intentionally built upon on the group. It also means the safety to be yourself no matter which culture, gender, sexuality, profession, age or personality you have.

We put significant time and energy into building a group environment with healthy dynamics and healthy relationships.



OUR FACILITATORS

AMY (THERAPIST)

Amy is an experienced counsellor who is passionate about the healing power of nature. She regularly does outdoor walk-and-talk sessions with her clients. Since 2014, she has operated a private counselling practice and has had the privilege of working with clients referred by Youthline, The Grief Centre, and Clearhead EAP services. She is a full member of the NZ Association of Counsellors.

Outside of work, she loves going on adventures with her family and friends, exploring new destinations, soaking up the sun at the beach or in serene forest settings, and enjoying cozy evenings by the fire, watching movies.

ISAAC AND NATHALIE (OUTDOOR INSTRUCTORS)

Issac and Nat have both been instructing at Adventure Specialties Trust for several years. Both of them have various nationally-recognised outdoor qualifications, including sea kayaking, rock climbing, bush skills, abseiling. Both are first aid qualified, including Pre-Hospital Emergency Care.

In Nat's free time, you'll find her kayaking, surfing, tramping, and editing films on the side.

In Isaac's spare time, he can be found hanging off his finger tips on a rock climb, bumbling down the rapids of a river in a kayak, climbing up or skiing down mountain faces, or somewhere in the bush.





ABOUT ADVENTURE SPECIALTIES TRUST

Adventure Specialties Trust is at the forefront of developing adventure therapy services in New Zealand. We have been delivering outdoor education for over 40 years, providing a huge range of challenging activities on New Zealand's rocks, rivers, mountains, caves, sea and coast. BUT our real point of difference is in how we deliver those programmes. We facilitate every experience we offer to maximise the opportunity for each participant to develop holistically. We incorporate our partner organisations values and missions into our programme design with specific aims and objectives identified for each trip we provide.

Adventure Specialties Trust is passionate about our vision of 'Lives Inspired by Adventure.' Our mission is to respond to community needs by providing purposeful adventure to facilitate therapeutic outcomes and positive growth. We are a faith based organisation with an established set of values that guide our business decisions and how we work with our clients.

OUR VALUES

We are guided by our Christian faith, which places the love of God at the centre of all that we do. This is expressed by the following values:

WE ARE HOPEFUL. Change is possible for everyone. We are optimistic, we are confident and we use a holistic, strengths-based approach which supports hauora, "the winds of wellness."

WE ARE STRONGER TOGETHER. We practice mahi tahi. We encourage each other and our participants. We grow community partnerships and collaborate to achieve shared goals.

WE ARE ADVENTUROUS. Outdoor adventure will transform lives. We use healthy adventure and a connection with te taio, the natural world, to nurture growth and learning.

WE ARE INCLUSIVE. Everyone is welcome. We honour Te Tiriti o Waitangi. We practice equity, respect and manaakitanga.

WE ARE SAFE. We embrace physical, emotional, social and cultural safety. We continually invest in our team and resources to ensure that everything we do is high quality.



INTERESTED?

If you'd like to know more about IGNITE Adventure Therapy youth camp, please contact Amy and she can have a chat with you about the camp and the application process.

Amy Horn

Adventure Therapy manager

[027 424 6596](tel:0274246596)

amy@adventurespecialties.co.nz

Find out more about Adventure Specialties Trust

Website: www.AdventureSpecialties.co.nz

Facebook: [Adventure Specialties Trust](https://www.facebook.com/AdventureSpecialtiesTrust)

Instagram: [@adventurespecialtiestrust](https://www.instagram.com/adventurespecialtiestrust)

Linkedin: [Adventure Specialties Trust](https://www.linkedin.com/company/AdventureSpecialtiesTrust)

YouTube: [Adventure Specialties Trust](https://www.youtube.com/channel/UC...)



ADVENTURE
SPECIALTIES TRUST

EST. 1984