



**ADVENTURE**  
SPECIALTIES TRUST

EST. 1984

# IGNITE

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**A JOURNEY OF  
ADVENTURE + WELLBEING  
FOR GIRLS**



**OCTOBER**  
2025

# QUICK FACTS

## WHAT?

An outdoor adventure programme that combines beginner-friendly outdoor adventure activities with a focus on wellbeing, confidence and connection

## WHO?

For young women  
15-18 years old

## WHERE?

Queen Charlotte Sound  
(Departing from Christchurch)

## WHEN?

28th September - 4th October 2025  
Term 3 school holidays  
7 days / 6 nights of adventure





# IGNITE

## An Outdoor Adventure Journey for Girls

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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 Journey might be for you!***

Join a group of 8-10 other **young women** (plus 2 facilitators) as we head off for seven days of adventure into the breath-taking natural beauty of **Marlborough Sounds**.

We will combine **outdoor adventure activities** (like bush walking, sea kayaking and mountain biking) with **facilitated group discussions** about wellbeing, based on Te Whare Tapa Whā, a Māori model of holistic health and wellbeing (read more about this on page 5). There will also be space for personal reflection, **tons of fun and laughter** plus 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)

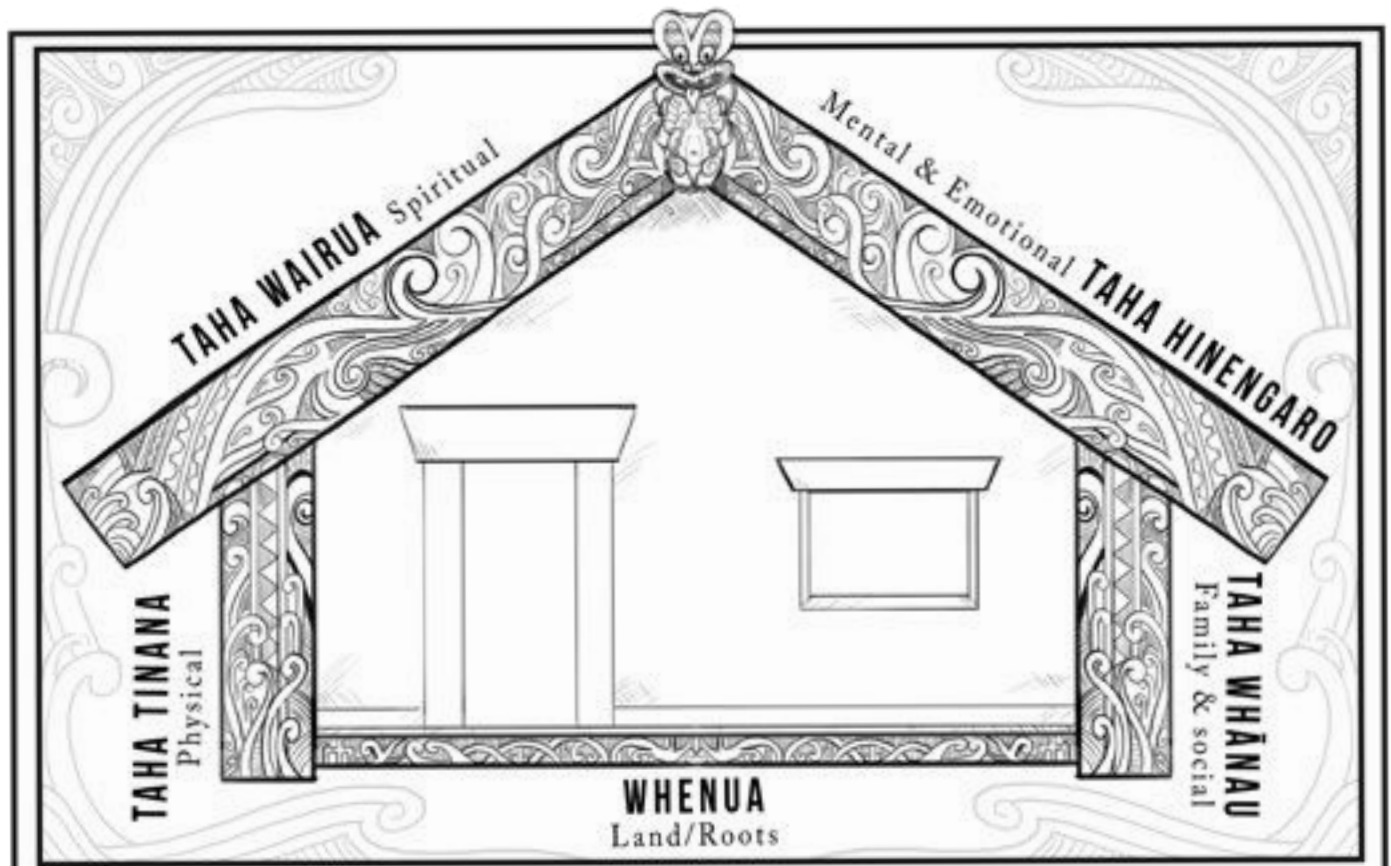
*"I just wanted to drop you a line to say **thank you so much** for organising the girls journey that [my daughter] joined you for, in the holidays.*

*Her school holiday time was spent **discovering the world outside of a teenager's 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

All of our programmes focus on wellbeing and are based on Te Whare Tapa Whā (the house with four walls) which is a Māori model of holistic health and wellbeing, created by Sir Mason Durie.



## TAHA TINANA / Physical Wellbeing

Outdoor activities challenge and strengthen our bodies, promoting fitness, resilience and confidence. Physical movement, especially outdoors in nature, supports overall health, wellbeing and energy levels.

## TAHA WAIRUA / Spiritual Wellbeing

Being outdoors in nature fosters a sense of wonder, connection and purpose. Outdoor experiences deepen spiritual awareness, whether through faith, nature or personal reflection.

## TAHA WHĀNAU / Social Wellbeing

Adventure builds teamwork, trust and belonging. Shared challenges strengthen relationships and provide a supportive space for growth, healing and connection.

## TAHA HINENGARO / Mental and Emotional Wellbeing

Time in nature reduces stress and enhances mental clarity, emotional resilience and self-awareness. Adventure activities encourage participants to challenge themselves which helps them develop courage and self-confidence.

## TE WHENUA / The Land

The foundation of the 'house' is our connection to the land and to our roots. Respect for nature and the environment helps us feel grounded in a deeper understanding of who we are, where we come from, and where we belong.





## WHO IS THIS FOR?

This programme is designed for young women who may be experiencing low mood, anxiety, or stress, but do not require clinical/therapist support while they are on our programme. The group will be led by two experienced outdoor instructors and the focus is on building confidence, resilience, and connection through adventure-based activities and group experiences.

## DATES

Sunday 28th September – Saturday 4th October 2025  
(During the Term 3 school holidays)

## TIMETABLE

Day 1: Travel to Marlborough Sounds, get to know the rest of the group  
Day 2: Sea kayaking to Ratimera Bay  
Day 3: Sea kayaking to Kumutoto Bay  
Day 4: Sea kayaking to Torea Bay, then tramping  
Day 5: Tramping from Torea Bay to Mistletoe Bay  
Day 6: Biking from Mistletoe Bay to Momorangi  
Day 7: Pack up and drive home

**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.

**RESTRICTIONS:** While we are able to accommodate many physical constraints, we are unable to accept participants with severe medical conditions or injuries that pose a risk for engaging in outdoor adventure activities. Additionally, we cannot accept individuals currently experiencing psychosis, or those who are unable to understand and follow basic safety instructions due to intellectual ability or psychological state. We are also unable to accept individuals who are actively suicidal, experience strong and frequent suicidal ideation, or pose a potential risk to others





## LOCATION + ACCOMMODATION

We will be departing from the Adventure Specialties Trust office in Christchurch:  
71 Bamford Street, Woolston  
Then heading to Queen Charlotte Sound together for the week!

Accommodation during the week will be in tents at a different campsite each night.

## OUR STAFF

You will be in safe hands with our caring, highly experienced facilitators. We offer a maximum staffing ratio of 1:5. Both facilitators will be qualified, highly experienced outdoor instructors. Read more about them on page 10.

## COST

Normally it is \$2,100 per person, however **GREAT NEWS!** We have received funding to subsidize this programme, so the cost to you is significantly reduced to **only \$200**.

(If you are able to afford more than \$200, we will gladly accept a donation towards funding our next camp.)

This cost covers the following items:

- 7 days and 6 nights of adventure!
- Our caring, highly experienced staff
- Transport from Christchurch to Queen Charlotte Sound (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.). We will send you a list of gear that you need to bring.





# OUR APPROACH

## WE FOCUS ON YOUR STRENGTHS

Our conversations and facilitated discussion in our wellbeing programmes are guided by the 'Solution-Focussed' and 'Strengths-Based' model of wellbeing. 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

## REBECCA WILLIS

Rebecca joined the Adventure Specialties team after completing a Bachelor's degree in Sustainability and Outdoor Education. She has accumulated an impressive list of nationally-recognised outdoor qualifications in rock climbing, bush, kayaking and first aid.

In her free time, she can be found white water kayaking, mountain biking, skiing, and exploring trails and hills.

Read about Rebecca's qualifications and experience on our website:  
[www.adventurespecialties.co.nz/our-team](http://www.adventurespecialties.co.nz/our-team)



## ANNA SWANNEY

Anna joined the Adventure Specialties Trust whānau in 2022, gained a qualification in Youth Development during her intern year, and is now part of the Adventure Therapy team, where she combines her background in outdoor instruction with a passion for supporting mental wellbeing.

Outside of work, you'll usually find her surfing, hiking, mountain biking, or exploring the bush or coast — rain or shine, and occasionally snacking on a native plant or two.

Read about Anna's qualifications and experience on our website:  
[www.adventurespecialties.co.nz/our-team](http://www.adventurespecialties.co.nz/our-team)





# 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 improve their wellbeing, develop holistically and experience personal growth.

At Adventure Specialties Trust, we are 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 and participants.

## 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 our **IGNITE Adventure + Wellbeing Journey for Girls**, please contact Jo, our administrator in Ōtautahi Christchurch. She can have a chat with you about the application process.

**Jo Matla**

Admin

(03) 348 4547

[jo@adventurespecialties.co.nz](mailto:jo@adventurespecialties.co.nz)





# POSSIBLE RESEARCH

We were honored to be approached by Lydia Tomic, a Masters student at the University of Canterbury, asking us to be involved in a research project that she is doing for her Master's in Psychology.

She is in the process of getting ethics approval for her research, so we are not able to give you too many details at this stage.

But, if the research project gets approved, participants on this Girls Journey will be asked if they would like to take part in the research.

**This will be completely voluntary and there is no pressure to take part.**

It will include filling in a questionnaire before and after the Journey, plus a chat with Lydia a few weeks afterwards. (In other words, the research will not impact on your time on the Girls Journey).

Once the research project is approved, we will be able to send out more detailed information to the Journey participants about what is involved, so that you can decide whether or not you would like to take part.







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