



ADVENTURE
SPECIALTIES TRUST

EST. 1984

INSPIRE

AN ADVENTURE THERAPY
DAY PROGRAMME **FOR YOUNG WOMEN**
IN ŌTAUTAHĪ CHRISTCHURCH

TERM 3, 2025



UPDATED 26 MAY 2025

JOIN US ON AN ADVENTURE!

Are you **already getting support** from a counsellor/ youth worker / mental health professional?

Do you want to **build the confidence to try new things** and **step outside your comfort zone**, knowing you'll be supported the whole way?

Are you looking for ways to **feel more comfortable and connected in a group**, without pressure to be anyone but yourself?

Would it help to **learn practical tools to cope** with stress, anxiety, and the everyday ups and downs of life?

Do you want to **feel stronger** in yourself, **more hopeful** about the future, and **more in control** of your emotions?

If you answered 'yes' to any of those questions, our INSPIRE programme might be for you!

WHAT IS INSPIRE?

INSPIRE is a group of 8-10 young women (aged 15-18) meeting together to go on a different adventurous activity for eight Wednesdays in Term 3: Wednesday 23rd July to Wednesday 10th September.

WHAT DO OTHER PEOPLE THINK?

Here is what other INSPIRE participants have said:

"I met some **wonderful people** and learnt their **healthy habits** when it comes to mental health."

"Made me feel **I can do anything I put my mind to!**"

"I have gained more of a **positive and confident mindset.**"

"[I learnt] to push myself to talk and **connect with others** more."



WHO IS THIS FOR?

This programme is for young women aged 15–18 who have been going through tough times, are already receiving support from a counsellor or mental health professional, and are ready to do something different to feel better. If you've been struggling with anxiety, depression, stress, or just feeling overwhelmed or lost—this is a space for you.

Maybe life has thrown you some challenges. Maybe you're dealing with pressure from school, friendships, family, or just trying to figure out who you are. Our Adventure Therapy programme is a chance to step out-side, take a break from everyday pressures, and connect—with yourself, with others, and with nature.

WE WILL SUPPORT YOU

Our experienced outdoor instructor will lead fun and challenging activities to help build your confidence and sense of adventure. And along the way, there are opportunities to talk about the hard stuff. Where it's okay to be real, to share what's going on, and to support each other.

Our qualified mental health professional, will guide meaningful conversations and help you and your group explore new ways of thinking, building resilience, and tools that help you navigate life's ups and downs. You'll try new things, push your comfort zone in a supportive way, and come away with more confidence, stronger self-belief, and a sense of connection. You don't need to have it all figured out—you just need to be open to taking a step forward.

REQUIREMENTS

You must be willing and able to commit to attend all eight sessions (with exception to illness or exceptional circumstances). Please note that you must be physically able to walk for twenty minutes at a time and have enough mobility to climb a ladder. Group conversations are an important part of this course, so you need to be willing to contribute to this aspect of the programme.

All participants will need to complete an enrolment form that includes giving medical info and consent. It is important to us that you have a state of physical and mental health that allows for safe participation in this programme. This will allow our facilitators to choose appropriate activities for the group and support individuals accordingly.

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 that are 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.



WHICH ACTIVITIES WILL WE DO?

The activities will be in different locations in/around Christchurch. They could include sea kayaking, rock climbing, abseiling, walking, surf kayaking, high ropes, canyoning, caving or mountain biking.

If any of those activities sound intimidating - please don't worry! They are all beginner-friendly, so you don't need any experience. Most of the activities have 'easier' and 'harder' options available.

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! 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. (See the "Challenge By Choice" section below for more details about this).

WHAT IS THE 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. Read more about our general goals and outcomes on Page 10.

WE WORK ALONGSIDE YOUR CURRENT THERAPIST

This programme is tailored for young people who are currently working with a counsellor, therapist, or mental health professional. Your mental health professional will support you to prepare for this INSPIRE programme, including identifying your goals. They will also address any challenges during your regular counselling sessions, support you post-programme, celebrate with you and integrate your achievements into your everyday life.

The INSPIRE programme is staffed by one qualified outdoor instructor and one mental health professional. We combine outdoor adventure with therapeutic support, to offers a safe and supportive space to explore personal growth, emotional wellbeing, and resilience.





DATES

The INSPIRE programme runs during the school term, every Wednesday for 8 weeks. In Term 3, it will run from 23rd July until 10th September. It is our hope that people will be able to come for the full eight weeks, however this can be flexible if required.

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 programmes).

This cost covers the following items: • 8 days of adventure! • Our caring, highly experienced staff • Transport each day from our base in Woolston to the location you're adventuring in • Food • Any outdoor adventure equipment that is required (technical clothing, cooking equipment, mountain bikes, kayaks and life jackets, etc.).

*If the cost is a barrier to attending the programme, please talk to us.

LOCATION

The group will meet at the Adventure Specialties Trust office at 71 Bamford St, Woolston, and travel to the activity location together in our van.

DO I NEED TO BRING ANYTHING?

The facilitators will let you know if you need to bring anything, but all specialist equipment (like kayaks, PFD/life jackets, abseiling equipment, etc.) is provided. Food is also provided.

WHAT TO EXPECT EACH DAY

Here is a rough timetable:

9am

Our facilitators will meet the group each week at Adventure Specialties Trust
(71 Bamford Street, Woolston)

Group circle up and 'check in'

Discuss and decide the plan for the day together

Discuss the theme or thought for the day

The group will travel together in the Adventure Specialties van to the activity

Head out on the adventure!

12:30 ish

Lunch will be provided

Some time to relax and reflect in nature

Re-group, optional sharing time

Continue on adventure

2:30pm

Arrive back at the Adventure Specialties Trust office

Touch base about the plan for the next week

Finish 3pm

(You will also receive a letter each week via email from the facilitators as a reminder of what we did that day and the conversations that were had.)



OUR APPROACH

STRENGTHS-BASED THERAPY

Our conversations and facilitated discussion in 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.

WE EACH KNOW OURSELVES BEST

It is important for us to acknowledge that any person knows themselves, their situations and their challenges the best. We honour that and facilitate 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 here 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! Although the same challenge is not good for all people, 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.



CONNECTION WITH NATURE

This programme is an opportunity to take more time in the day to connect with nature rather than just move through it.

On a daily basis we will go to a different environment and do an activity there. Most of the time this will be an adventurous activity, however, 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

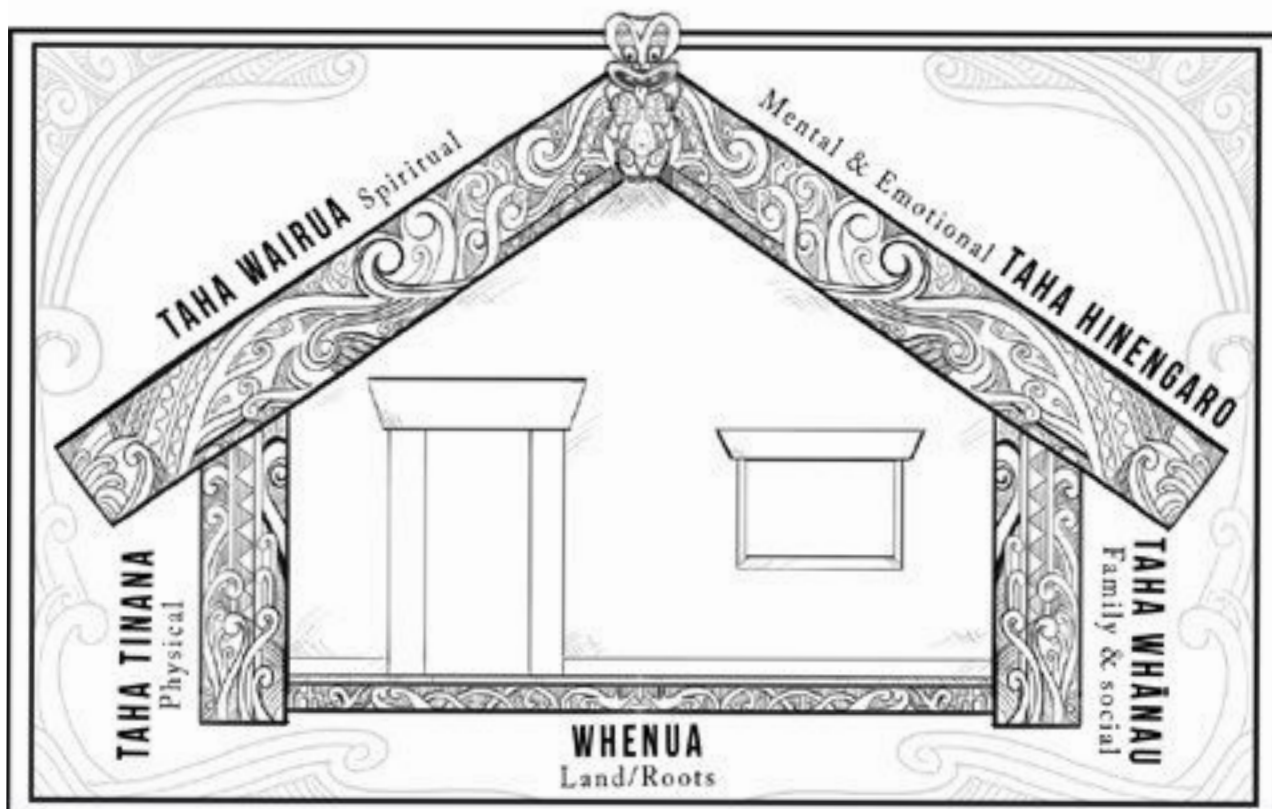
First and foremost it is a priority that that this group is a safe and supportive environment for all people.

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.

It 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 is also safety to be yourself no matter what culture, gender, sexuality, profession, age or personality you have. We aim to build a group environment where everyone is safe and supported on their journey of wellbeing.





PROGRAMME OUTCOMES

Our programmes focus on wellbeing and we use the Māori model of holistic health: Te Whare Tapa Whā, the house with four walls. Each of the four walls (described below) is an important part of hauora (health and wellbeing). The house is supported by the strong foundation of Whenua, our connection to the land and the natural environment.

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 / family and 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.

WHENUA / land and the environment

The foundation of the wellbeing '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.

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.

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 and programme 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?

1. Caregivers or counsellors: If you feel confident that your young person/client meets eligibility criteria and is committed to participating in the INSPIRE programme, please apply filling in the application form on our website here: www.adventurespecialties.co.nz/inspire-application-form

2. Our clinician will look over your application, and get in touch directly to talk over any concerns or queries, and if it's decided to proceed, will send you our medical/consent form to complete.

3. Your young person/client will have a one-on-one meeting with our clinician. (You, or your client's support person, are welcome to be part of this meeting). We will answer any of your young person's questions about the day-to-day logistics of the programme, plus discuss what they hope to gain from the programme, and also ensure that we know how to support them while they're with us. This will include discussing the information provided in their application and medical/consent forms.

(If you're not sure whether this programme would be suitable for your client, or you want more information about INSPIRE, please contact Jo, our Operations Assistant in Ōtautahi Christchurch.

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