



**ADVENTURE
SPECIALTIES TRUST**

EST. 1984

OUTDOOR ADVENTURE JOURNEY FOR YOUNG WOMEN





WHAT IS AN OUTDOOR ADVENTURE JOURNEY?

Do you want to build the confidence to try new things? Want to feel more comfortable with other people in a group setting? Or are you wanting to feel better about yourself, discover your strengths, and feel more hopeful about your future? Our “girls only” Journey can help with all these things ... and it is fun, too!

Adventure Specialties Trust is teaming up with Rutherford College to offer female students a once-in-a-lifetime adventure, fully funded by Manatū Wāhine - Ministry for Women. Join us as we head off for 5 days and 4 nights of fun and adventure in the stunning landscape of Northland.

We will combine fun outdoor adventure activities (like tramping, kayaking and abseiling) with some great group activities and conversations about the important things in life, as well as simply spending time outside in nature with its peaceful, healing beauty.

If any of that sounds scary or intimidating, please don't worry! Our activities are totally fine for complete beginners, and our instructors are really lovely and will help you at every step of the way. We want you to have a fun experience (where you might try some new things and challenge yourself, but in a way that is really fun and totally safe).

At Adventure Specialties Trust, we use this combination of outdoor adventure + facilitated activities to help you work towards five positive outcomes: self-awareness, social awareness, cultural awareness, environmental awareness, and motivation to be active.

WHO ARE WE?

Adventure Specialties Trust is a non-profit charity founded in 1984. We run outdoor adventure programmes for schools, community organisations, government agencies and groups of individuals. We offer two types of programmes: 'Adventure Therapy' and 'Adventure With Purpose,' both of which focus on personal growth and connection with nature. Find out more on our website: www.AdventureSpecialties.co.nz





MORE DETAILS

ACTIVITIES MAY INCLUDE: Coasteering, snorkelling, kayaking, caving, abseiling, rock climbing, tramp-ing, etc. (Relevant equipment will be provided. All activities are weather dependent and subject to change.)

DATES: Monday 6th - Friday 10th November 2023

DURATION: Five days, four nights

LOCATION: Northland (including Tawharanui Regional Park, Whangarei Heads, Waipu Caves). Location and activities are weather dependent and subject to change.

ACCOMMODATION: Camping in cabins and/or tents (all equipment is provided)

AGE: For female students attending Rutherford College

PROGRAMME COST: Free (fully funded by Manatū Wāhine - Ministry for Women)

PROGRAMME INCLUDES: Transport from Auckland, food, accommodation, any outdoor adventure gear required (tents, kayaks and life jackets, abseiling harnesses, etc.)

STAFF: The Journey will be run by two qualified and highly experienced female outdoor instructors.

HEALTH AND SAFETY: Our top priority is keeping our participants and instructors safe throughout the entire adventure. We have an extremely thorough Health and Safety policy and an excellent safety record. Find out more on our website or contact us if you have any questions or concerns.

COME JOIN US!

We would LOVE to have you come on an adventure with us! Get in touch if you would like to find out more about the Journey or click the link below if you would like to apply.

Fill in the application form here: www.adventurespecialties.co.nz/programmes/rutherford-girls-journey

Rutherford College contact: Gillian Bloxham (BloxhamG@rutherford.school.nz) or phone (09) 834 9790

Adventure Specialties Trust contact: Jeff Lappin (Jeff@AdventureSpecialties.co.nz) or phone (09) 837 6033

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