



ADVENTURE
SPECIALTIES TRUST

EST. 1984

Wellbeing Camp

FOR YOUNG WOMEN

APRIL SCHOOL HOLIDAYS

Monday 13th - Friday 17th April 2026





WHAT IS A WELLBEING?

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” Wellbeing Camp can help with all these things ... and it is fun, too!

Adventure Specialties Trust is offering a once-in-a-lifetime adventure to **young women (15-17)** who want to discover new, fun ways of being active. Join us as we head off for 5 days and 4 nights of fun and adventure, exploring stunning outdoor locations around greater Auckland.

We will combine fun, beginner-friendly 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 new 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 + group activities** to increase wellbeing, build connection and try some new activities.

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 outdoor adventure programmes that focus on wellbeing, 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, tramping, etc. (Relevant equipment will be provided. All activities are weather dependent and subject to change.)

DATES: April school holidays (Monday 13th - Friday 17th April 2026)

DURATION: Five days, four nights

LOCATION: Based in West Auckland and travelling throughout the greater Auckland region. Location and activities are weather dependent and subject to change.

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

WHO IS THIS FOR: Young women (aged 15-17). Please note that all participants will be screened to ensure the safety of the whole group.

PROGRAMME COST: \$1700

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

GEAR LIST: We will send you a gear list, once enrolments have been confirmed. We have gear available to borrow, if you need help sourcing anything on the list.

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 if you would like to apply.

Adventure Specialties Trust contact: Jo Matla (info@AdventureSpecialties.co.nz).

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