



SUMMIT LEADERSHIP CHALLENGE

Philosophy:

This programme focuses on team development and leadership and is specifically designed for young people aged from 16 to 19 years who want to develop as leaders and may already hold or will soon hold a leadership role within their school or community. This includes sports captains, school council members, sports/cultural group coaches and youth entering the workforce. The course uses the outdoors as a medium for exploring leadership theory, skills, and issues. The objective is to equip participants with the knowledge and practical skills to effectively cooperate with others, to learn about and demonstrate leadership styles, and recognise situations for when their use is most effective.

On this course the activities will enable students to gain insight and deliver feedback on their own and their teammate's leadership skills and areas for development. Students must have a good level of fitness for this course.

Objectives:

- Face fears and give new activities a go
- Explore personal boundaries and challenge limits
- Experience heaps of fun and enjoyment
- Experience the importance of effective teamwork, team trust and mutual support
- To gain understanding of the role of a leader and to motivate and influence others
- Practice leadership skills
- Learn how to develop good communication and problem solving skills within a team
- Gain a heightened sense of self-awareness and awareness of surroundings
- Reflect and appreciate what is important to you

Programme Structure:

The outdoor activities are carefully sequenced to follow a format of briefing, activity and debriefing. The activities will address essential team and leadership skills, such as communication, conflict resolution, trust development and self-esteem. As the programme progresses and activities become more involved, a combination of team and leadership skills will be needed to complete them successfully. The activities are not a test of fitness or strength but will require participants to reflect on how they behave and cooperate with others and how to transfer this learning to the school or work environment. The objective is to equip participants with the knowledge and practical skills to effectively cooperate with others, for the students to learn and demonstrate leadership styles, and recognise situations for when their use is most effective. All these activities provide both an outcome focused on specific team issues while encouraging generic team development skills.

These activities are only a sample of what we can provide.

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Sample Programme

Arrival

Group arrives at the centre in time for the evening meal before the programme commences. After dinner there is an introductory talk by the Lead Instructor who will welcome everyone and give a brief about the centre, its routine, rules and emergency procedures plus explain how the programme works and answer questions about the week. You will fill in an activity gear request form in preparation for borrowing gear the following morning from our gear department.

Day One

Morning

Objective: Developing trust and support within the team

Trust and team building activities - A progressive series of games and activities to include trust, communication and problem solving initiatives utilising the local area such as the Swamp, Low Ropes, or Flying fox. This is all designed to bring a group of individual students together to form an effective team for the rest of the week.



Afternoon

Objective: Self leadership, extending comfort zones.

High Ropes - Big Swing, Trapeze, Giant Ladder. The High Ropes combine team activities and provide an opportunity to extend individuals outside their comfort zone in a supportive environment.



Evening

Inspirational presentation by one of our instructors

Day Two

Morning

Objective: Full day Pukehinau Extreme Challenge (caving and abseiling all in one area) – Challenging team coordination and maximum fun!

Caving - Travel to the local Okupata Caves to explore the dark and mysterious caverns that will extend everyone's comfort zones. Problem solving and working together supporting other members of your team will be essential to get through. You will get a chance to take over the lead and navigate the group through the cave. Continue on your adventure by navigating to and exploring the Pukehinau Caves as well.



Afternoon

Abseiling - Climb up to the top of the Pukehinau cliffs through the dense bush. Then assist your instructor in building a safe abseil setup. You will then get to abseil the 35 metres back down the cliff to the start point. .



Evening

Inspirational evening presentation by one of our instructors.

Day Three

Morning

Objective: To reach a summit within Tongariro National Park. To provide leadership and team building opportunities for students to put the weeks learning into practice – in a challenging, yet fun setting.

Mountain Day – A challenging day designed to push everyone's mental and physical limits. You will learn about what clothing to wear, safe practice, navigation techniques and group organisation for the journey. The challenge will be customised to the level of your group.



Evening

Inspirational presentation by one of our instructors.

Day Four

Morning

Objective: To provide students with leadership opportunities and develop the team.

Kayaking/Canoeing/Rafting – Go on a journey on a local lake and explore, or have a go at rafting where the team is presented with a collection of resources. The team has to complete a series of activities, build a floating craft and transport yourselves to a nearby Island. Leadership, team work and physical ability are tested.



Afternoon

Objective: Encourages teamwork, effective communication, leadership and personal confidence development, building on the morning's session.

Climbing – Using our local rock wall or the natural crags in the Mangatepopo Valley. Routes can be selected for all levels of ability. Learn to belay and safely protect your climbing partner.

Evening

Inspirational presentation by one of our instructors.

Day Five, Six and Seven

A 3 day journey with two nights out in tents

Objective: To provide students with more opportunities to further their leadership skills under the supervision of their instructor.

Overnight - Navigate to your first campsite and spend a night in one of the most beautiful wilderness areas in the world. On Day 2 carry on with your journey for a second night out.



Final morning

Return to the centre - Wake up, cook breakfast, pack up and head back to base. On arrival at the centre clean and return your gear to the stores. Shower, change into clean clothes, pack your bags, clean your chalet and then have lunch. There will be a debrief session with your instructor to ensure there is maximum transfer of learning back to your home environment. Reflection on what has been achieved during your week is important.

Depart

You will depart the centre around 2.30pm depending on transport requirements.