



## Information for students and parents/guardians

Please ensure every student gets a copy of this information

# GREAT BARRIER ISLAND (AOTEA)

*Nau Mai Haere Mai ki te Whare Wananga o Hillary Outdoors*

*Greetings and Welcome to the Learning Facility of Hillary Outdoors*

### Youth learning through adventure...

In 1972 Graeme Dingle had a vision to create an Outdoor Education Centre where young New Zealanders would have the opportunity to learn more about themselves while adventuring in the outdoors. This vision was supported by Sir Edmund Hillary who became the Centre's first patron in 1973. For over 40 years Hillary Outdoors (formerly OPC) has been fulfilling Dingle's vision and helping thousands of people grow.

## Location, Facilities and Activities

Hillary Outdoors is hosted by the Orama Trust on their 230 hectare property in Wai Karaka, 4km from Port Fitzroy, on Aotea Great Barrier Island in the Hauraki Gulf.

Activities run by Hillary Outdoors are based around the pristine ocean and forest environments. This location is the perfect place for you to learn the dynamics and benefits of team work, gain a great understanding of roles they play in teams and be given the opportunity to express and develop outdoor skills.

For the duration of your programme you will work in a small group with one main instructor. This creates strong bonds essential to developing trust, self-belief and compassion. During your Hillary Outdoors programme you will learn about yourself and develop tools which will support a lifelong adventure.



Individuals work together in teams to explore the marine and forest environment, and learn skills such as sea kayaking, waka taurua, coastering, sailing, rock climbing and surf kayaking. To see a full list and description of activities go to

<http://www.hillaryoutdoors.co.nz/our-activities/>

There is no pre-set activity schedule included in this information owing to the changeable nature of our environment. Activities are selected each morning to suit both the weather forecast and group interests and learning styles.

The main Centre at Orama includes a large communal kitchen, dining hall, indoor gymnasium, shop, conference facilities and lounge. Accommodation for school groups overlooks the Centre and is 2-6 berth cabins.

You can purchase Hillary Outdoors merchandise from the Orama shop.



## Timetable and Meals

- Menus are designed around clients needs taking into account such things as age, sex, religious requirements, moral and ethical choices etc, and are based on the information provided to Hillary Outdoors on the Medical Consent Forms filled in by all clients.
- You can expect to be out in the wilderness with your instructor from 9am to 5pm each day and will take lunch and snacks with you.
- If your programme contains an overnight journey you will be away from the Centre, with your instructor, for this whole period.
- Breakfast will usually be at 7.30am and the evening meal at 6pm
- You will be involved in kitchen duties including preparation and clean-up. Lunches are usually prepared before breakfast so be ready for 6.30am starts.
- Everyone takes part in housekeeping duties including cleaning your accommodation, bathrooms and communal areas.

## Keeping You Safe

Hillary Outdoors has an extensive Safety Management System designed to keep you safe. You can have a look at parts of this system on our webpage: <http://www.hillaryoutdoors.co.nz/safety>

Instructors are trained to put this system into action during activities. They will tell you about any hazards you may come across and how to manage them. You are also welcome to ask them any questions if you feel unsure during the week. It is up to you whether you take part in an activity, however Hillary Outdoors staff and your team mates will support and encourage you to participate to a level which challenges you. You play a major role in keeping yourself safe, so make sure you understand the boundaries and those your instructor and school staff will set during the your time here.

## What We Expect

When you visit Hillary Outdoors we welcome you as a part of our **community**. We expect everyone in our community to **make a positive contribution** and to do their best to **live within our values**.

### We also ask you to:

- Follow all safety instructions
- Not act in any way which puts yourself or others in danger
- Declare any medical, or other conditions that could affect your participation

### Additional expectations for youth and school groups:

- Your course at Hillary Outdoors is a fabulous opportunity to live for a short time without the trappings of modern technology. When you arrive you will be required to **hand in your cell phones** if you have brought them with you. These will be safely locked away until the end of your course. Let people at home know that you will not be answering your phone and get ready to revert to good old fashioned talking!
- **Smoking, drugs, alcohol and sexual relationships are all prohibited**. If you are addicted to smoking and you have permission from your school, a parent or guardian special arrangements can be made. Ask your teacher or instructor.
- **School rules apply** whilst you are here.
- There will be consequences to breaking any of the stated rules, or to behaving in a way which is not aligned with the Hillary Outdoors values or safety standards. Some consequences will be agreed by a student's group and their instructor. Sometimes a student's accompanying adults, or the Hillary Outdoors management may be involved in defining the consequences, which could lead to being excluded from an activity, or being asked to leave the programme.
- If students think they have been treated unfairly, we recommend they ask to meet with the Hillary Outdoors Duty Manager.

## Medical and Consent Information (for parents/guardians to complete)

A PARENT/GAURDIAN SHOULD RECEIVE A LINK TO A MEDICAL AND CONSENT FORM TO COMPLETE ONLINE. THIS MUST BE COMPLETED BY THEM IF THE PARTICIPATING STUDENT IS UNDER THE AGE OF 18.

If you are not able to complete the form online please let teacher in charge know so they can give you a hard copy to complete and return to them. **The form must be completed in detail.** The information will be collated by your school (the teacher in charge of your trip). You cannot attend the trip without this information being complete.

Hillary Outdoors wants everyone to enjoy and benefit from their stay and to ensure this happens we need to know if your son/daughter has any special needs or conditions. For example, they may have dislocated their knee last year and it has never felt 'quite right'. Or they may suffer from chronic fatigue, etc. Please do let us know and we can work around it. This is vital. We've had examples in the past where a student's undisclosed condition has recurred during participation in Hillary Outdoors activities, and this has resulted in the safety of the student and their group being compromised.

Please make sure you put everything down on the medical form and if you have any concerns let your teacher know; they will either discuss it with us or may get you to talk to us directly.

If your son/daughter has an injury or illness after filling in this form, again let the teacher know. We can then provide the best possible week at Hillary Outdoors, whilst looking after any individual needs. It is our policy not to exclude students with injury as we can adapt the programme to suit.

However, in order to ensure the wellbeing of all our visitors, please do not send anyone here who is or may be ill, in particular if they have had vomiting or diarrhoea in the last 48 hours. To prevent the spread of illness, sick visitors will be sent home.

## Love the Outdoors? Other activities to do at Hillary Outdoors

- Attend a Holiday Action Challenge or a Leadership course in the school holidays. You may be able to get a scholarship for this. We also run The Duke of Edinburgh's Hillary Award Intensives during some school holidays <http://www.hillaryoutdoors.co.nz/holiday-programmes/>
- Get your school involved in Hillary Outdoors team adventure Events run regionally and from our Centres <http://www.hillaryoutdoors.co.nz/events/>
- Enrol in a skills course, such as Kayak, Rock, Alpine and River Safety. <http://www.hillaryoutdoors.co.nz/skills-courses/>
- Want training as an outdoor educator? <http://www.hillaryoutdoors.co.nz/tertiary-programmes/>



<http://instagram.com/hillaryoutdoors>

facebook

<https://www.facebook.com/hillaryoutdoors>



<https://www.youtube.com/c/HillaryoutdoorsNz>

## AOTEA GREAT BARRIER ISLAND GEAR LIST

Compulsory Gear	✓	Optional Gear	✓
<a href="#">Tramping pack 65L (for overnight)</a>	✓	Waterproof watch (with alarm preferable)	
1 x Day Pack		Camera	
Packliner/3 x rubbish bag		Extra Snacks (Muesli bars etc.)	
2x Thermal tops (wool or polypro)		1ltr lunch container eg square systema type	
2x Thermal pants (wool or polypro)		Gumboots (close fitting & good tread)	
1x <a href="#">Raincoat (Seam sealed with hood)</a>		Cash / eftpos (for shop to buy merchandise)	
1x <a href="#">Rain pants</a>		<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><a href="#">Blue text</a> = Gear that can be borrowed From Hillary Outdoors</p> </div> <p><b>PLEASE NOTE:</b></p> <ul style="list-style-type: none"> <li>• Bring as much of your own gear as possible as our gear department supplies are limited.</li> <li>• <b>“Cotton is rotten, it must be forgotten”</b> – Bring alternatives to wear instead of cotton e.g dry fit material, polypro.</li> <li>• If students lose items/damage our gear through misuse, they will be responsible for payment of replacement costs.</li> <li>• All clothing/gear will probably get wet and diirty.</li> <li>• Label all clothing and equipment with student’s name. If gear is accidentally left behind, contact us immediately and we will see if we can locate it.</li> </ul>	
2x <a href="#">Wool / fleece jersey</a>			
1x long/Fleece (if winter) pants			
2x Quick drying t-shirts			
2x Quick drying shorts			
1x <a href="#">Beanie / balaclava (wool/polyester)</a> (even for summer programmes)			
2x sturdy securely fitting trainers: for hiking and water use (they will get wet)			
<a href="#">Wetsuit</a> : Tight fitting, full length or spring depending on time of year			
Swimming togs & board shorts			
Towel			
Sunglasses			
<a href="#">Sunhat</a>			
Sunscreen			
Casual clothes & covered shoes/sneakers for evenings			
Underwear			
Single fitted sheet, & pillowcase			
<a href="#">Sleeping bag &amp; liner</a> (warmer is better especially in winter)			
Head / hand torch & batteries			
Bowl, cup & cutlery (plastic or similar; to be used for overnight expedition)			
2x 1 litre Drink bottles			
First Aid Kit (Personal medication, plasters and strapping tape)			
Notebook and pen			
Toiletries including insect repellent			