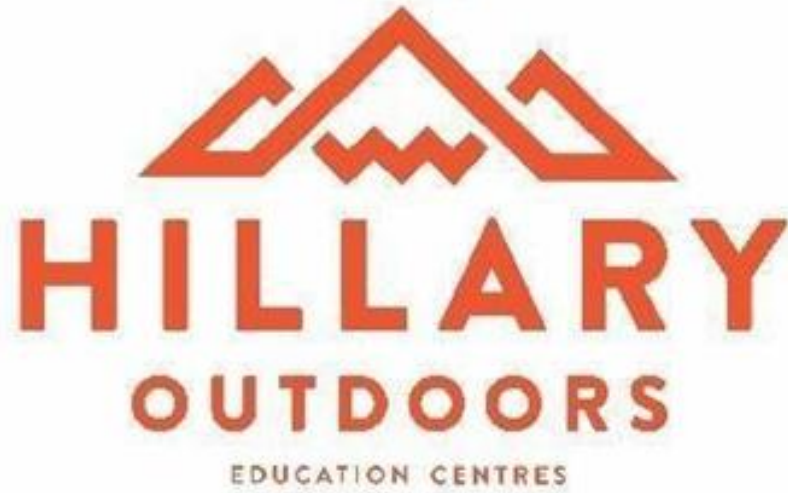
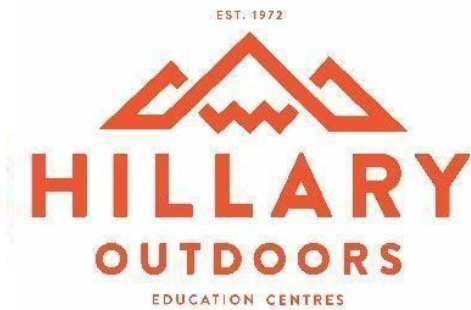


EST. 1972



GREAT BARRIER ISLAND (AOTEA)





Students Booklet

GREAT BARRIER ISLAND (AOTEA)

Please ensure every student gets a copy of this information

*Nau Mai Haere Mai ki te Whare Wananga o Hilary Outdoors
Greetings and Welcome to the Learning Facility of Hillary Outdoors*

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 50 years, Hillary Outdoors (formerly OPC) has been fulfilling Dingle's vision and helping thousands of young people learn through adventure.

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, coasteering, sailing, rock climbing and surf kayaking.

What will you be doing? Follow this link to have a look:

https://www.hillaryoutdoors.co.nz/wp-content/uploads/2022/06/HO005-Activities-at-GBI_Booklet.pdf

There is no pre-set activity schedule included in this information due 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 center at Orama includes a large communal kitchen, dining hall, indoor gymnasium, shop, conference facilities and lounge.

Accommodation for school groups overlooks the Centre and are 2-11 berth cabins.

Safety

- We have an extensive Safety Management System designed to keep everyone safe. For further information, go to: <https://www.hillaryoutdoors.co.nz/safety/>
- The centre also has a current Adventure Mark AAO371 and is registered with Work Safe New Zealand <http://register.worksafe.govt.nz> under the name Sir Edmund Hillary Outdoors Education Trust.

Our instructors are trained to put this system into action during activities. They will tell you about any hazards or risks 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. Hillary Outdoors works with 'Challenge by Choice' as its ethos, where the instructor encourages you to participate, and set your own level of challenge within activities. You as the student play a major role in keeping yourself safe, so it is important you understand and respect the boundaries set by the instructor and school staff during your time here.

Our Expectations

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**.

- School rules apply while you are here.
- Follow **all** safety instructions.
- Declare **all** medical, or other conditions that could affect your participation. This is high priority for your safety and the safety of the group.
- Hand in any cell phones, iPod, iPad etc, so that you can get the most out of your programme with us. Please let people at home know (before you come) that you will not be answering your phone.
- We recommend that if you have any valuables, that you leave them at home, as it is very easy to lose them and hard to find again.
- **Smoking, vaping, drugs, alcohol and sexual relationships are all prohibited.**

If you are unable to follow the above guidelines you may be asked to leave the course.

Catering

At Hillary Outdoors, we want to give you the opportunity to experience the wilderness and to develop as individuals through challenging yourselves in unfamiliar environments. To achieve this successfully, you need to be well-nourished.

The catering department at Orama fully caters meals from Sunday night dinner through to Friday lunch. Orama provides food on the basis that "healthy food creates healthy people". Our evening meals are made from wholefoods, where everything is cooked on the premises, and the recipes and menus are created by a qualified Catering Manager to cover the nutritional needs of the clients. Breakfasts are predominantly carbohydrate-based to provide energy for the day.

We provide special meals for vegans, coeliac, and others with dietary requirements when required. However, we prefer to offer meals where everyone eats the same thing to foster inclusivity and reduce the feeling of alienation that can come about through allergies and other dietary requirements. Dietary information is provided to Hillary Outdoors on the Medical Consent Forms filled in by all clients. Please make sure you fill this out.

As part of our aim to provide healthy options, we provide homemade 'Dingle Biscuits' and fruit every day for snacks. As always, there are gluten-free options available too!

Daily Routine

- If your group's programme contains an overnight journey, you will be away from the Centre, with your instructor, for this whole period.
- You will be involved in kitchen duties including preparation and clean-up.
- Everyone takes part in housekeeping duties; including cleaning your accommodation, bathrooms and communal areas.

This is the usual timetable which sometimes needs to be adjusted. In this case your Instructor in Charge would inform you.

6.45am	Breakfast set-up
7.00am	Lunch Making Duty and Room clean-up
7.30am	Breakfast
8.00am	General duties Packing for the day
8.30am	Instructors meet teachers (teachers meeting)
8.45am	Instructors meet students
9.00am	Out for the day
4.30-5.00pm	Come back
5.30pm	Dinner set-up duty
6.00pm	Dinner and clean up duties
7.30pm	Evening Presentation until 8.30pm
9.00pm	All students to go back to their rooms
10.00pm	Lights out

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

A PARENT/GUARDIAN 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. We ask to be notified of ALL medical information so that we can provide the best programme for your needs.

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

AOTEA GREAT BARRIER ISLAND GEAR LIST

You can shop our Gear Lists at Torpedo7. Every purchase made via [this link](#) means proceeds from your purchase will go to Hillary Outdoors and support getting more youth into the outdoors.

Compulsory Gear	✓	Optional Gear	✓
Tramping pack 65L (for overnight)		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 Raincoat (Seam sealed with hood)		Cash / eftpos (for shop to buy merchandise)	
1x Rain pants		<p>Blue text = Gear that can be borrowed From Hillary Outdoors</p> <p>PLEASE NOTE:</p> <ul style="list-style-type: none"> • Bring as much of your own gear as possible as our gear department supplies are limited. • “Cotton is rotten, it must be forgotten” – Bring alternatives to wear instead of cotton e.g dry fit material, polypro. • If students lose items/damage our gear through misuse, they will be responsible for payment of replacement costs. • All clothing/gear will probably get wet and diirty. • 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. 	
2x Wool / fleece jersey			
1x long/Fleece (if winter) pants			
2x Quick drying t-shirts			
2x Quick drying shorts			
1x Beanie / balaclava (wool/polyester) (even for summer programmes)			
2x sturdy securely fitting trainers: for hiking and water use (they will get wet)			
Wetsuit : Tight fitting, full length or spring depending on time of year			
Swimming togs & board shorts			
Towel			
Sunglasses			
Sunhat			
Sunscreen			
Casual clothes & covered shoes/sneakers for evenings			
Underwear			
Single fitted sheet, & pillowcase			
Sleeping bag & liner (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			

Love the Outdoors? Take a look at these other courses

- 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 Centers <http://www.hillaryoutdoors.co.nz/events/>
- Enroll in a skills course, such as Kayak, Rock, Alpine and River Safety. <http://www.hillaryoutdoors.co.nz/skills-courses/>
- Want training as an outdoor Instructor? <http://www.hillaryoutdoors.co.nz/tertiary-programmes/>



<http://instagram.com/hillaryoutdoors>



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



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