

SIR EDMUND HILLARY OUTDOORS EDUCATION TRUST

COROMANDEL

PROGRAMME ACTIVITIES



EST. 2024


HILLARY
OUTDOORS

COROMANDEL

WELCOME

This booklet outlines the main activities we can facilitate at Hillary Outdoors Coromandel. We want to provide opportunities for participants to try new activities and connect to their natural environment.

Activities are a medium to facilitate focus areas and learning outcomes for each group.

Participants will have the opportunity to expand their comfort zones with the safety, support and encouragement of our instructors and their peers.

*“People do not decide to become extraordinary.
They decide to accomplish extraordinary things.”*

– Sir Edmund Hillary



Centre left - Sir Edmund Hillary, right - Sir Graeme Dingle

ADVENTURE BASED LEARNING GROUP INITIATIVES



WHAT IS IT?

A collection of **problem-solving activities** where participants will safety spot each other while tackling the challenge.

WHY DO IT?

Designed to encourage **communication, creative thinking, trust and team cohesion.**

These activities are often done at the start of the week to build the foundations of a successful team before heading further afield into other activities.

Instructors will facilitate the group to recognise their strengths and areas they want to continue to develop.

STAND UP PADDLE BOARD



WHAT IS IT?

The group will head out together on our 10-person paddleboard, embarking on a journey on the moana.

WHY DO IT?

Groups will work together to paddle around, allowing them to build **teamwork**, strengthen **communication skills**, and create **leadership opportunities** for everyone involved.

SIT ON TOP KAYAKING



WHAT IS IT?

Open hull kayaks with no spray deck. They are a great vessel for quickly steering, surfing, and learning **paddle skills**.

Often used for surf kayaking or paddling in local bays.

WHY DO IT?

An opportunity for participants to **learn paddle strokes, self-rescues and a range of fun team activities** in sheltered bays and local surf beaches.

Sit-on-top kayaks help participants to get a feel of the water beneath them

Participants work together to learn to surf and support one another.

SEA KAYAKING



WHAT IS IT?

Sea kayaks offer a mode of transport and holistic approach to developing **confidence and team work.**

Participants will paddle in pairs in an enclosed kayak with spray decks and a rudder for steering. These boats are ideal for coastal paddling as they are stable and have lots of storage space for gear.

Sea kayaks provide a unique perspective from the water exploring rocky coastal cliffs, caves, bays, beaches and islands.

WHY DO IT?

Participants work together to learn **navigation skills, discover marine locations and develop paddling skills.**

Many parts of the Coromandel are only accessible by boat, including some coastering and snorkelling locations.

Reaching these locations is highly rewarding for participants when they have led their own journey to get there.

COASTEERING



WHAT IS IT?

Wearing a buoyancy aid, wetsuit and helmet, participants will swim, walk, climb and jump from point to point making their way around steep coastline.

Some locations are only accessible by water. Participants will often sea kayak to this activity, making this a full-day adventure.

WHY DO IT?

A **new experience** and often a highlight for participants.

Coasteering encourages **interpersonal skills, expands comfort zones, and provides opportunities to learn about and practice leadership and risk management skills.**

SNORKELLING



WHAT IS IT?

Using a wetsuit, mask, snorkel and fins, participants will explore the underwater world.

Participants can wear a buoyancy aid for additional floatation and confidence.

WHY DO IT?

The Coromandel has some exceptionally clear water where participants can see and learn about a variety of marine life.

It offers an opportunity to **build confidence in the water** with the encouragement from an instructor and **support from peers.**

SURFING



WHAT IS IT?

Participants will use soft top surfboards.

Participants will work in pairs to assist each other to catch waves!

WHY DO IT?

Surfing is a great way to learn water and rip safety and building water confidence. Participants can transfer these skills to their home lives and visits to the beach.

Perseverance

Appreciation for the environment.

ABSEILING



WHAT IS IT?

Abseiling is a way of descending a rock face on a rope. Rock climbers often use it to access a climbing area or to return to the ground after completing their climb.

Participants will descend a rock face using anchors above, ropes and a harness.

Participants use a friction device to control their speed as they descend the abseil rope while their instructor manages a safety rope.

WHY DO IT?

A perfect opportunity to **increase confidence** and **expand participants' personal comfort zone**.

Participants will **practice patience** and **encourage their peers**.

TRAMPING AND BUSHCRAFT



WHAT IS IT?

Participants can tramp for the day or as part of an overnight expedition. This activity promotes navigation skills, bush travel, river travel, river crossings, shelter building and survival skills.

Our instructors share cultural stories as well as knowledge about the local flora and fauna, and how to look after this unique biodiversity.

WHY DO IT?

Participants learn new skills, explore new areas only accessible by foot, and see and learn about native forest and wildlife.

Students will practice 'Leave No Trace' principles with the guidance of their instructor.

Tramping is an excellent activity for all focus areas and offers a huge sense of achievement.

CONSERVATION PROJECTS



WHAT IS IT?

Contribute to onsite or local environmental projects to help restore a habitat, maintain a track, reset a rat trap line or clean up a section of coastline.

WHY DO IT?

Conservation projects provide participants an opportunity to appreciate and connect to their natural environment while learning new skills and how their impact is important.

OVERNIGHT EXPEDITION OR LONG DAY



WHAT IS IT?

Overnight Expedition

Journey by foot to a camping area.

Participants will carry essential items to be a self sufficient group.

They will cook their meals on a camp stove or fire and sleep under a fly or in a hammock for the night.

Long Day

Groups will carry camp stoves and their ingredients for an evening meal. After dinner they will make their way back to base to sleep.

WHY DO IT?

Generally this activity will take place towards the end of a groups' programme. Participants utilise the many skills they've developed during their time at Hillary Outdoors, **supporting each other** to complete the journey, **plan team roles, organise equipment, and navigate to the campsite.**

They have time to **reflect** on their programme and **key learnings they want to take home.**