



HILLARY

OUTDOORS

PROGRAMMES



What are Hillary Outdoors Programmes?

Hillary Outdoors Programmes support students from Year 7 to Year 13 to learn through adventure. The Programmes are aimed at increasing student's skills and capacity. Students learn through adventure and connect through participation. Our Programmes offer a balanced approach to meeting your school's educational objectives, and outcomes, by building your students' skills and capacity through challenges, adventure, community immersion, and communal living. Hillary Outdoors aims to support your students' to achieve their learning outcomes through experiential education. Hillary Outdoors works with your school to form your bespoke Hillary Outdoors Programme. Your Programme is created by selecting a focus area and through discussion with a Hillary Outdoors Programme Manager, the learning outcomes are defined to understand the relevance and context for your students in relation to your curriculum. Following our discussion, Hillary Outdoors instructors will review your learning outcomes for your chosen focus area, and assign specific adventures for your group that will meet the learning objectives. This process creates your bespoke Hillary Outdoors Programme.

**learn through
adventure and
connect through
participation**



How your bespoke Hillary Outdoors Programme is produced



Focus Areas

Each programme is tailored to meet the needs of each group. To design your programme we encourage you to start by selecting ONE* of the learning focuses below.

- INTERPERSONAL SKILLS**
- WELLBEING**
- RESILIENCE**
- LEADERSHIP**
- WHANAKE (GROWTH)**
- DEVELOPING A POSITIVE MIND-SET**
- ENVIRONMENTAL STEWARDSHIP**
- SELF-MANAGEMENT**

**Please note that your students' learnings will incorporate many of these skills, but to start the process, one focus area needs to be selected.*



About the Focus Areas

INTERPERSONAL SKILLS

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."

- Jane Goodall

The ability for your students to be competent, caring, and confident contributing members of your school and wider community is crucial. Your students will learn interpersonal skills through hard and soft-skill activities that will promote effective communication, develop empathy, and demonstrating respect.

RESILIENCE

"Whether you think you can, or think you can't, you're probably right."

- Henry Ford

Study, sports teams, cultural commitments, and social media; today's youth lead complex, fast paced, and quickly changing lives. Through calculated risk and challenges, Hillary Outdoors will equip students with the tools to be competent, to be able to guide themselves through an obstacle one step at a time, to have self-belief, and to face life's challenges with sense of awareness and a level-head.

WELLBEING

"The well-being and welfare of our children should always be our focus."

- Todd Tiahrt, American Politician

A focus on experiential learning about well-being through outdoor education will give your students the tools to manage their physical, and emotional wellbeing, and to make good life choices. The key areas that will be covered, and role modelled, by our staff are: emotional self-management, emotional awareness, physical self-management, showing perseverance, and being physically active. Learning outcomes will help to support your students to further develop a balanced and active lifestyle.

LEADERSHIP

"You don't have to be a fantastic hero to do certain things. You can be just an ordinary chap, sufficiently motivated to reach challenging goals."

- Sir Edmund Hillary

Develop and enhance the leadership potential in your students. Leadership learning activities will explore leadership techniques, as well as attributes; providing practical experiences for students to develop and understand their own style of leadership.

About the Focus Areas

WHANAKE (GROWTH)

“Knowing others is intelligence. Knowing yourself is true wisdom. Mastering others is strength. Mastering yourself is true power.”
– Lao Tzu

This is the best introduction to learning through adventure. Hillary Outdoors provides a variety of outdoor activities and experiences for your students to learn about teamwork, expand their comfort-zones, and learn to give and receive positive encouragement.

ENVIRONMENTAL STEWARDSHIP

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”
– Margaret Mead

Learning outcomes support your student’s ability to feel more connected to their natural environment. Your students will further develop their appreciation for our surroundings, our natural world, and our eco systems. Through a range of outdoor activities and environmental service, students will learn transferable concepts and principles to protect their local environment.

DEVELOPING A POSITIVE MIND-SET

“A positive attitude will lead to positive outcomes”

Developing the “can-do” attitude in your students; we’ll explore tools to maintain a positive mind-set and include activities to put this mind-set to the test. Developing a positive mind-set is about developing a way of life for your students to be the best versions of themselves.

SELF-MANAGEMENT

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.”
– Dr. Seuss

Self-management is the journey from adolescents to independence. At Hillary Outdoors we will support your students to further build the skills they need to take responsibility for their own behaviour and wellbeing. Through experiential learning, community-living, and outdoor adventure, your students will gain the tools to further develop ownership, initiative, and responsibility.

Learning Outcomes

Through discussion with the Programme Manager, the focus area is further defined so that Hillary Outdoors can understand the relevance and context for the learning outcomes for your group. This discussion will help our Programme Manager to get a further understanding of how your student’s skills and capacity can be increased, any specific outdoor activities that you want your students to try at our Centre, the duration of time that your school will at one of our Centres, as well as the age and experience of your students to form your bespoke Hillary Outdoors Programme.

Activities

Once the relevance and context for the learning outcomes have been defined, Hillary Outdoors instructors will select Centre-based activities to provide a daily theme that meets the learning outcomes for your students. Suggested activities will expand on the focus area and help provide context for student learning.

Post Programme

Visiting staff are asked to give feedback at the end of their course and this will be used to help with planning course content and delivery for the school’s future visits.



Example of a Hillary Outdoors Bespoke Programme

FOCUS AREA – selected by the teacher

Select ONE focus area for your programme from the following list of focus areas:

- Interpersonal Skills
- Resilience
- Positive Mind-set
- Growth
- Wellbeing
- Self Management
- Leadership
- Environmental Stewardship

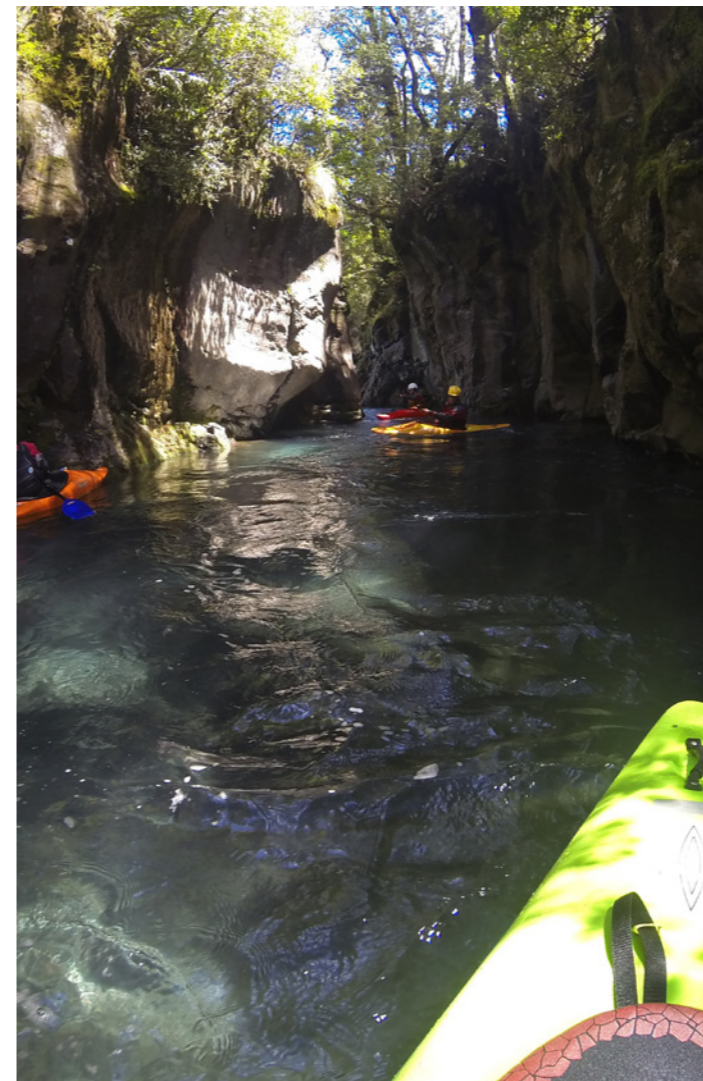
LEARNING OUTCOMES – discussed with the Programme Manager

- Leadership styles
- Leading from within / influence
- Leadership skills and process
- Self-Leadership
- Stepping-up /courage
- Leading by example / mana
- Creating a team /culture

ACTIVITIES – selected by instructors based on focus area and learning outcomes

- Creek Journey & High Ropes
- Kayaking
- Rock Climbing & Abseiling
- Overnight Expedition

| PROGRAMME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|----------------------------|---------------------|---------------------------|----------------------|-------------------------------|
| Daily Theme | Stepping-up / Courage | Leading From Within | Self-Leadership | Leadership Styles | Reflection & Debrief |
| Daily Activity | Creek Journey & High Ropes | Kayaking | Rock Climbing & Abseiling | Overnight Expedition | Complete Overnight Expedition |



“It’s not the mountains we conquer, but ourselves”
 – SIR EDMUND HILLARY






HILLARY
OUTDOORS

0800 688 843
www.hillaryoutdoors.co.nz
[@hillaryoutdoors](https://www.facebook.com/hillaryoutdoors/)
[facebook.com/hillaryoutdoors/](https://www.facebook.com/hillaryoutdoors/)