



QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 94: JULY 2023



INSIDE

Kōrero o te tau – Matariki

Advocacy – Recreation Aotearoa

Challenging Current Thought and Practice

Menstruation in the Outdoors

Mental Health First Aid

Outward Bound – What's Your Connection?

Girls' Journey – Laura Vernon

NZOIA QUARTERLY

ISSUE 94: JULY 2023

ISSN 1175-2068

PUBLICATION

The NZOIA Quarterly is published by:

New Zealand Outdoor
Instructors Association Inc.
PO Box 1620
Nelson 7040
New Zealand

© NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

Except where followed by a
copyright statement, articles
from the NZOIA Quarterly
may be reprinted without
permission, provided that
the name and date of our
newsletter are mentioned.

DISCLAIMER

Opinions expressed in the
NZOIA Quarterly are those
of the writers and may not
necessarily be those of
the NZOIA Executive or the
editorial team.

SUBSCRIPTIONS

\$45 annually. The NZOIA
Quarterly is distributed free
to members of NZOIA.

ADVERTISING ENQUIRIES

Please contact the editor at:
editor@nzoia.org.nz

EDITORIAL TEAM

Editor

Jen Riley
editor@nzoia.org.nz

Design & layout

Anne Johnston
annedesign1@icloud.com

QUARTERLY CONTRIBUTIONS

The NZOIA Quarterly welcomes
articles from all members.
Contact the editor to discuss
your idea.

Email:
editor@nzoia.org.nz or
admin@nzoia.org.nz

Articles should be submitted in
Word format. All photos must
be supplied individually in jpg
format and cannot be used if
embedded in a Word document.
Submissions may be edited.

www.nzoia.org.nz

NZOIA Contacts

NZOIA BOARD

Gemma Parkin

Chair
Great Barrier Island
Mobile: 021 907 695
Email: Gemma.Parkin@landsar.org.nz

Ben White

Christchurch
Mobile: 027 934 3086
Email: whiteykayak@gmail.com

Tim Wills

Auckland
Mobile: 027 245 2692
Email: tim@adventurespecialties.co.nz

Travis Donoghue

Taupo
Mobile: 021 824 791
Email: tdonoghue@mtaruapehu.com

Jo Thompson

Taranaki
Mobile: 027 415 4103
Email: jo.thompson2017@gmail.com

Dallis Parker Waters

Nelson
Mobile: 021 446 263
Email: DallisWaters@gmail.com

Karlle Clifton

Auckland
Mobile: 021 684 892
Email: kaciflinton@gmail.com

TECHNICAL SUBCOMMITTEE CONVENOR

Sash Nukada

Email: tsc@nzoia.org.nz

At the office

BUSINESS MANAGER

Sonya Sutherland

Mobile: 027 539 0509
Email: accounts@nzoia.org.nz

OPERATIONS MANAGER

Penny Holland

Ph: 03 539 0509
Email: admin@nzoia.org.nz

EXECUTIVE SUPPORT SERVICES

Deb Hurdle

Mobile: 021 871 199
Email: debhurdlenz@gmail.com

ASSESSMENT COORDINATOR

Ali Nukada

ADMINISTRATION ASSISTANT
Libby Clifton

Are you getting your weekly NZOIA 4YA?

If you are not receiving
weekly emails every Friday
from NZOIA, then we either
don't have your current
email address, or your
membership details need
updating.

PLEASE check the email
address in your membership
account on our website, or
contact the NZOIA office if
you do not have a username
and password.

Contact Us

NZOIA, Ngāti Tama House,
74 Waimea Rd, Nelson 7010
PO Box 1620, Nelson 7040
Ph: 03 539 0509
Email: admin@nzoia.org.nz

Custom & Contract Courses

NZOIA courses not being run at a suitable time or location?

Want to get all your staff sorted when and where it suits you?

Got a group of 3 or more people and a date / location in mind?

Whether it be training, assessment or revalidation we are happy to run
a custom course for you.

Contact the Operations Manager to discuss your needs and we'll do our best to
make it happen. Costs may vary from scheduled courses and minimum numbers
of participants dependent on the course type will apply.

Email: admin@nzoia.org.nz Phone: 03 539 0509

Cover photo supplied by Outward Bound NZ; Claire McSweeney,
kaiako instructor



Photo supplied by TOPEC

Thoughts from the Board

Tēnā koutou katoa,

A lot can happen between Quarterlys, and writing these articles
is always a moment for reflection as I look for the right words
to sum up the preceding months. This becomes additionally
true following a tragedy in the outdoor sector. On behalf of all
the NZOIA whānau our thoughts continue to be with the family,
educators and all those affected by the Abbey Caves incident in
Whangārei.

We've heard and will continue to hear a variety of opinions
about the places and activities we love, what these bring to
participants young and old, and if the risk of participating in
these experiences is too high. It's likely we'll see change; school
participation in the Adventure Activity Regulations has been
suggested in several forums.

At times like this it's tempting to duck for cover, to run our own
programmes in our own corners of the country quietly and under
the radar. But as the people who see the positive outcomes of
the outdoors first hand and know the mental health benefits it
provides for thousands of New Zealanders each year, let's not be
too quiet. Let keep sharing the positive stories to keep the dialog
balanced.

In the coming months as change and reform happens NZOIA,
alongside our sector partners will be encouraging change which
supports and improves our sector; balanced change that reduces
barriers to training and qualification and increases support for
good practice, alongside any policy change.

Hei konā mai

Gemma Parkin | NZOIA Board Chair



PASSIONATE ABOUT WORKING WITH PEOPLE IN THE OUTDOORS?

Join the Outward Bound Kaiako/Instructor
Selection Course in August 2023!

11-14 August 2023
Outward Bound NZ School, Anakiwa

If you're a growth focused human who
loves working with people and loves the
outdoors, head to our website to find
more information and apply.

outwardbound.co.nz/instructors



KŌRERO O TE TAU

KARLLIE CLIFTON (NGĀPUHI, TE ATIWA)

Ngā mihi ki a koutou katoa...

As we near the end of the year in Te Ao Māori many of us have been feeling the presence of Tāwhirimātea with hōtoke approaching. The ua and hau continues to challenge some regions and others have already had their first hukapapa.

This time of the year is traditionally a time when we come together, take moments to rest, reflect and remember then look forward to the new year and what it might bring. For some (not all) iwi around Aotearoa, the star cluster of Matariki signals the new year and how wonderful that we now get a public holiday to carry out these traditional practices. So I do hope wherever you are over the Matariki weekend you take some time to rest, reflect and remember, come together with whānau and friends and consider what the next year might have install for you.

Ngā mihi o Matariki, te tau hou Māori.

Kupu o Matariki

Matariki – Pleiades

Marama – Moon

Whētu – Star

Haeata – Dawn

Matariki (Alcyone) –

The mother of the other eight stars and connected to health and well-being.

Pōhutukawa (Sterope) –

The star that is connected to death and those who have passed on.

Tupu-ā-nuku (Pleione) –

The star connected to food that grows in the ground

Tupu-ā-rangi (Atlas) –

The star connected to food from above in the trees and the sky

Waiti (Maia) – The star

connected to fresh water and food that comes from it.

Taharangi – Horizon

Tautoru – Orions Belt

Whiro – New Moon

Rākaunui – Full Moon

Waitā (Taygeta) – The star

connected with the ocean and food that comes from it

Waipunarangi (Electra) –

The star connected to the rain

Ururangi (Merope) – The star

connected to the wind

Hiwa-i-te-rangi (Calaeno)

– The star connected to attaining goals. It is the star you want to wish upon.

Puanga (Rigel) – A different

star used by many tribes to signal the new year. Also, said to be the older brother

of Matariki.

Whakatauki – Māori Proverb

There are so many whakatauki for Matariki so be sure to see if you can find some more yourself. But for now, here is one for you to learn and share...

**Kua tau ngā purapura a Matariki ki te whenua,
kua huihui ngā iwi i te pūmahana o te kotahitanga me te aroha**

*The frost and snow of Matariki are upon the land,
and the people have converged in unity and love*

Karakia

For Māori, karakia is a powerful method of communication with the Atua (gods/guardians) of Te Ao Māori (The Māori World). The human and Atua relationship is of great importance as is the relationship with Te Taiao (the natural world) and tangata (people).

This karakia comes from a collection put together for all of Aotearoa by Professor Rangi Mātāmua (Tūhoe) ONZM, the 2023 New Zealander of the Year and the person behind our Matariki public holiday. The collection of karakia can be found on the Matariki website.

Waerea te rangi e tū nei

Clear the sky above

Waerea te papa e takoto nei

Clear the earth below

Whakapūmautia tēnei kawa uruora

Establish this ceremony

Te kawa ki a Matariki

The formal ceremony
of Matariki

Useful Resources

Matariki Website – By Manatū Taonga (Ministry for Culture & Heritage)

Living by the Stars – By Professor Rangi Mātāmua (Tūhoe) ONZM

Maramataka Māori (Māori Calendar) – By Heeni Hoterene (Ngāti Hine, Ngā Puhī, Ngāti Raukawa ki te tonga, Ngāi Tahu)

How much do you know about Matariki? Take this quiz to find out

Note: *Matariki is the name given to the star cluster Pleiades and is also the name given to one of the stars in the cluster.*

Karllie Clifton (Ngāpuhi Te Atiawa), NZOIA Board member

Our Kaupapa

Te Reo Māori

is a taonga that allows us to understand and interact with te ao Māori.

We will endeavor to include te reo Māori in all aspects of our communication.

Ako

is the reciprocity of the teaching and learning relationship.

We are committed to providing a safe and inclusive learning space for all.

Manaakitanga

is to uplift one's mana by showing respect, generosity and kindness.

We are committed to providing positive experiences for all, no matter the outcome.

Whakawhanaungatanga

is about relationships and connections which are created through shared experiences and working together.

We will make every effort to ensure there is a sense of belonging for all.

Kaitiakitanga

is the guardianship and protection of place.

This requires us all to nurture, preserve and enrich the environment in which we engage.

Pūkengatanga

is providing and growing expertise through the pursuit of excellence.

We will enhance skills by providing opportunities for everyone to progress.

ADVOCACY: RECREATION AOTEAROA

SAM NEWTON & KIERAN MCKAY

It is a difficult task keeping track of the various reviews, consultations and announcements that both MBIE and WorkSafe have made with regard to the Adventure Activities regime, since the Whaakari White Island tragedy 3.5 years ago. At the time of writing, the sector is very much in a 'holding pattern' awaiting outcomes from both MBIE and WorkSafe.

There is a degree of intertwining here. MBIE is making amendments to the Adventure Activities Regulations to beef-up the requirements for operators to communicate risks to activity participants. They will also introduce stronger operator registration and notification requirements – including a list of sector-specific 'notifiable incidents'.

Concurrently, MBIE has directed WorkSafe to revise the Safety Audit Standard, this is the document by which auditors and technical experts assess the provision of an Adventure Activity, in order to get an AdventureMark or OutdoorsMark 'tick'. Many readers may have taken the opportunity to submit their perspectives on the draft changes, late last year. Recreation Aotearoa has been assured by WorkSafe that the updated Safety Audit Standard has been approved in principle, subject to any further changes needed to ensure consistency with the amendments being made to the Health and Safety at Work (Adventure Activities) Regulations. Chicken and eggs, right?

We are also holding our breath on the commitment by WorkSafe to review and add to the package of Activity Safety Guidelines (ASGs), held on the SupportAdventure website. When WorkSafe first announced that they would take on that work, we thought our role would be to kaitiaki the 'by-industry, for industry' kaupapa of the ASGs, which we have done. But now we find ourselves hurrying-up WorkSafe to just get on and do it. WorkSafe also intends to publish guidance material on good practice management of natural hazard risks and provide details on good practice for risk communication and the information that should be given to participants. As we wrote in the last NZOIA Quarterly, good existing operators will probably not have to make huge changes to their SMS, or at least find it quite easy to tweak towards compliance.

We would like to acknowledge the Abbey caves tragedy. Our hearts go out to the whānau, friends and school community of Karnin Petera. Outdoor Education is fundamental to the personal growth of rangitahi and tamariki and a crucial component in their journeys through life. It is often the first introduction to the great outdoors for many New Zealanders and that connection to te Taiao (the natural world) leads to numerous physical and mental health benefits. NZOIA members lie at the heart of that. When such a tragedy occurs, it is natural to pause and reflect.

Recreation Aotearoa remains committed to promoting safe practices and providing guidance to the sector so that our outdoor leaders can deliver valuable and enjoyable experiences. We would like to remind NZOIA members that in partnership with Tourism Industry Aotearoa (TIA), Recreation Aotearoa provides the Support Adventure website which provides tools, resources and information to help anyone manage risk in the outdoors. In conjunction with Education Outdoors New Zealand (EONZ), Recreation Aotearoa has produced Good Practice Guidelines (GPGs) for organised outdoor activities, including non-technical caving.

In time, the Government may choose to consider what it could do differently in the realm of safety management in Outdoor Education, within schools. Organisations such as Recreation Aotearoa, NZOIA and EONZ are in a position to provide advice to the government on these matters. As a sector we should take some time to consider and discuss what changes might be required, and the costs and benefits of any such change.

We will be at the NZOIA Symposium at Glentui. We look forward to discussing this topic and many more, besides and with you all.

Recreation
Aotearoa
The Outdoor Connection

Sam Newton, Advocacy Manager, Recreation Aotearoa
Kieran McKay – Outdoors Programme Manager

Advertise in the Quarterly

E-Quarterly: colour, printed Quarterly: B/W



Avertisement	Format / Size	Cost
Half-page advertisement: black & white, colour	horizontal 186 mm wide x 132 mm high	\$150 + gst
Half-page advertisement: black & white, colour	vertical 90 mm wide x 273 mm high	\$150 + gst
Quarter-page advertisement: black & white, colour	vertical 90 mm wide x 132 mm high	\$100 + gst
Third-page advertisement: black & white, colour	horizontal 186 mm wide x 86 mm high	\$100 + gst

Advertisements should be in black & white and colour PDF file format. No 'bleed' advertisements accepted.

Colour files requiring conversion to black & white may show variations in tonal contrast. Please enquire for affordable advertisement design rates. Email your advertisement to: editor@nzoi.org.nz

CHALLENGING CURRENT THOUGHT AND PRACTICE “MOST OF WHAT WE THINK IS TRUE TODAY IS PROBABLY WRONG”

SASH NUKADA

I don't know if anyone's been listening to any good podcasts or read any books along the lines of high performance or personal development, but this seems to be a recurring message I keep hearing recently. There was once a time when we were all convinced that the earth was flat, that bleeding ourselves cured disease, and that sitting next to our snow anchor were all correct. So the message I keep hearing now is to stay humble, be curious, always be learning. So in that spirit, I'm playing a little devil's advocate to challenge a few current practices (I'm not saying to change them, just questioning and challenging them).

1. Using regular ATCs (or similar manual tubular devices) to teach lead belaying

Please note we are talking about teaching lead, not top-rope, belaying. A couple of points to make first;

- I am a big believer in teaching what we/I practice. If there is any situation where I am teaching something that I don't regularly do in my own time, why is that? For example, I often abseil with the dead rope between my legs, I just find it easier. So why do I religiously teach my tertiary students to have the dead rope over one side?
- If the technology is there to make something safer, why aren't we using it? For example, self-locking buckles on harnesses, triple lock carabiners (or similar auto-locking) for the main belay device carabiner. I guarantee that almost all of us personally have auto-locking buckles on our own personal harnesses, so why aren't we using them for students and clients (yeah I know – cost, but what about when you come to replacing them?) And what about the main belay device carabiner? We now have triple lock, magnetron, twin gates, all types of auto-locking carabiners that ensure that (1) we can never forget to lock it, and (2) that it never comes undone. I use one, so why am I still teaching students with a normal locking carabiner on their belay device?

So I got asked as TSC Convenor about two years ago by a secondary school OE teacher what industry best practice for teaching lead climbing was, in terms of what device we are using. She noted (as many people have) that in many places

overseas people have moved to using a Grigri or another auto-locking device for almost all lead belaying. I checked in with a few Rock 2 and Rock assessors and the majority were still teaching lead belaying with a normal ATC or similar (with back up belayer initially). So that was my answer. But what do I use personally? For the majority of my climbing (as it would be for most climbers) which is single pitch, I almost exclusively use a Grigri. Why wouldn't I? If the technology is available to make it a little bit safer, why wouldn't I use it? I still use a normal ATC guide when I'm double roping, but am now questioning if I should be using my Edelrid Giga-Jul (or similar) in brake-assist mode for double ropes. The only good reason I can think of not to is that I'm stuck in old habits and refuse to try and learn something new.

So... getting back to the issue of what belay device do we get students and clients to use when we are teaching lead belaying. Why aren't we using a brake-assist device? The argument against this has traditionally been something along the lines of “they need learn to belay with the ‘normal’ device and method and not rely on the device, build good habit in case they become climbers, etc.” But most climbers are using the Grigri now (which co-incidentally is often used incorrectly when lead belaying as people weren't taught how to!) So a good argument to teach students how to lead belay with a Grigri correctly.

Yes we can use back-up belayers until they become consistent and reliable, but what about once they become reliable and then complacent? Or just have a moment of in-attention? ***Is it time as an industry, we start moving to using brake-assist devices (e.g. ATC pilot, Grigri) when teaching lead belaying as industry best practice?***

Just for the record, for the Tertiary programme at Hillary Outdoors, with student gear, we are now using a triple lock HMS carabiner as the main belay biner, and still using an ATC guide (which is still useful for belaying a seconder, double roping and abseiling). We also teach the crew how to lead belay with a Grigri. Am now thinking/questioning of using something like an ATC Pilot (or some brake-assist device) when teaching lead belaying in Certificate/first year, then introducing the ATC guide (a regular tubular device) in Diploma/second year when they start multi-pitching and double roping.

2. Use of logbooks

So we tell our tertiary students to keep a logbook. “It's like a CV, you will need it if you sit a NZOIA assessment or apply for a job”. OK so how many of us actually keep an up to date logbook, especially if you have been in the industry for more than a few years? I asked a room of NZOIA Level 2s and Assessors this question and it was a resounding 100% no. Have you ever used your logbook to apply for a job? No. So why am I asking students to keep a logbook? So lots of possible answers here.

Maybe its good early in one's career until it gets above say 100 personal days? The details in a logbook are probably more relevant earlier in one's career when you are building your experience up. Maybe it's more important to log a summary of what you have done in the past 2-4 years, as it shows currency? For example, what I climbed back in the 90s helps to build a picture of overall experience but it hardly shows currency. Also is it pursuit dependant? It kind of makes sense to keep an alpine logbook, but a mountain bike logbook? I've ridden a MTB since the late 80s and have never logged a single hour/day. When I sat my ski instructors exams, we never logged ski days, but instead we had compulsory pre-assessment training days during which assessors told us if we were ready or not.

Maybe we could replace logbooks with a ***summary of one's experience in the past 4 years***, and/or ***compulsory pre-assessment training*** (as some assessors have been pushing for years)? Then it's a measure of your recent experience, and your current skill level. Making pre-assessment compulsory will add more time and financial barriers to potential candidates, but will probably increase pass rates significantly.



3. Bush walking footwear

So this isn't a new one at all, but I feel like again, there seems to be some disconnect between what we are telling students and what we are doing personally. And this one involves boots. Now don't get me wrong, I am not advocating getting rid of boots for everyone, there is still a time and place for boots. But I still see most of us telling students that they must have sturdy tramping boots with good ankle support, then I look around and see most of us assessing and personally recreating in trail running or approach shoes.

This trend started about the time adventure racing really hit the scene, and we began to realise the numerous benefits of wearing shoes over boots (less blisters, lighter and so could go further/faster, quicker to dry, better proprioception underfoot so less chance of rolling your ankles once they become more balanced and stronger). The main reason for boots is to prevent ankle



sprains, but unless the laces are really snug right to the top, then it really doesn't offer that much support at all. On the flip side, many of our urban students are city kids who have never walked off a flat pavement or sports field before and will have very little proprioception or strength in their ankles. So they could do with some ankle support, particularly if they are walking on off track, uneven terrain. I would just encourage us all to make a good solid analysis of each situation and ask if the use of shoes or boots is better for our students, and not just keeping on the boots bandwagon.

Finally, a personal observation in regards to personal use of boots and long term injury. I have longed noted (very anecdotally) the low incidents of knee/hip replacements among life-long runners in their senior years, but the very high rate of knee/hip replacements among my friends and colleagues who are mountain guides. I could only conclude that somehow the repetitive body weight impact of running was not as bad for long term joint health than repetitive body weight plus large pack impact of walking down mountains; walking down a long hill with a large load and fatigued/tired muscles = lots of impact on the leg joints. However, I've also noted that if I were to walk down a steep track in bare feet, I would almost exclusively step down and land on my forefoot, allowing my calf muscle to take some of the eccentric load and lessen the impact on ankles, knees and hips. When I wear any type of boot, I find it almost impossible to plantar-flex at the ankle (i.e. point your toes down) so when I walk down any steep hill, it forces me to land quite heavily on my heels. Without my calves doing any work, more impact goes onto my leg joints. There's a Master's thesis in here, but I would think that wearing trail running/approach shoes that allow you to plantar-flex, and consciously practicing landing on your forefoot as you walk down steep hills, may save some impact on your leg joints, and hence lessen the likelihood of joint issues later in life.

Anyway, a few questions for you all out there to mull over, discuss with colleagues, think of solutions and/or alternatives.

Sash Nukada, NZOIA TSC Convenor and Assessor

MENSTRUATION IN THE OUTDOORS

KATE BECKETT (WOOLLEY)

"I can't go on school camp or do that activity because I have my period."

"It's too messy and hard to deal with."

"I'm scared everyone will know I have my period."

These are comments I have heard many a time from young people, granted there is a lot going on there for newcomers to the club, but this is typically where it starts and unfortunately not where it ends. I have worked with a range of people from the young teen experiencing their first period to the soldier who must manage themselves in any environment and it seems, at times, having your period is still a "hushed" topic, some sort of unspoken thing that we humans go through in secret.

We have come a long way in regards to the technology of period products and we have made some good steps in the right direction towards normalising this topic so let's continue to do so and not let others miss out on experiencing the outdoors due to this very normal thing. Here are some of the products available on the market along with some hot tips I have used.

Pads and tampons

Sometimes managing used sanitary items can be hard in the outdoors and the last thing we need is our long drops filled with them. So, bring a zip lock bag to store the used sanitary items in with some baking soda inside (to tame the smell). You may wish to store this in a coloured dry bag.

Another option that uses less bags is a reusable container (one that's not see through helps with possible embarrassment). You can do the same as above with baking soda and put sanitary items in here.

Another option is to put on a disposable glove, pick up the sanitary item and as you take the glove off, turn it inside out and tie a knot. The used product can now go into the reusable container or zip lock bag. Although not as environmentally friendly this is very handy for harsher environments, if you want to keep things a bit tidier, or for first timers in the outdoors. The same thing can be achieved with biodegradable bags.



Hot tip: even if you don't need or use tampons or pads, they make great tools in first aid kits. They're essential for the times a group member gets a surprise visit from Aunt Flo. Tampons also make great fire starters and pads can be used to stop bleeding of any kind.

Menstrual cups

The reusable menstrual cup is made from silicone. You insert it similarly to a tampon, but it sits lower inside you as it needs to create a seal. It will catch all the blood, lining etc. that falls and are available in different shapes, sizes and colours. Some companies will donate a cup to a country in poverty whenever you make a purchase.

The way I use mine is to empty it out into some dirt, I carry a water bottle so I can rinse it out, and then reinsert. If I am near a river, I clean it out in there, after all it is just a small amount of blood. Beware of eels though! In the snow I do the same, but water can be sparse, so I use some snow for a rinse. I have found inserting to be hard with freezing hands and this is where a combination of period proof underwear and menstrual cups can come in handy.

Menstrual cups hold a lot of blood and typically I would change it morning and night except for heavier days when a lunchtime change is necessary. If you are in town and don't want to carry a water bottle around, you can buy small collapsible cups to slide into your pocket or bag. I have used mine in the past to fill with water in a public toilet and take that into the cubical to rinse it out with.

The cup was a total game-changer for me. Similar to the freeing feeling you get after moving from pads to tampons, the progression to the menstrual cup was even better and I have never looked back. Like anything new, I had to practice getting a good system and master the inserting but I don't have to change it as often as a tampon and it's more peace of mind when adventuring.

Period Proof Underwear

These are great products to use either by themselves or in conjunction with other items for extra protection. They typically consist of several layers. The first layer wicks away moisture and prevents odour, the second layer holds the moisture. Don't worry, they come in all different flow levels, and the third layer is a fully waterproof one to make sure there is absolutely no spillage.

These are great on trips, especially in the snow when your hands are too cold to be fiddling around trying to insert something. Although the downside is that you need to take multiple pairs and can be a bit messy. For summer you can rinse and repeat as you would any other underwear on a multiday trip.

I like these for shorter snow trips as I use them with my menstrual cup. I will use my menstrual cup during the day and at night change to the period proof underwear. Then in the morning I will have a warm water wash with a dedicated rag and go back to my menstrual cup for the day.

Keeping fresh

Moisture wicking fabric for underwear like merino is a great start. The last thing you want on one of your amazing adventures is to get an infection and turning it into an uncomfortable experience. Plus feeling fresh always makes us feel good. If possible changing underwear is best but not always practical, especially when you have limited amount of space or are going out for multiple days. Other options are to use panty liners. I love them for trips all year round and you can even buy reusable ones too. Combining them with a biodegradable wet wipe or dedicated rag to clean is even better still. Rinse the rag out and dry it on your pack in those warmer months. You can also use this to wipe when peeing.

Another thing to note is the hygiene of your hands when outdoors. They are usually put in and out of gloves, used for making fires, covered in sweat or just plain dirty. A quick rinse with hand sanitizer or water first is a good idea.



Easier Toileting

Using a Personal Urination Device (PUD) has been another game changer for me. The PUD is a gutter-like device people can use which allows them to pee fully clothed and standing up. Again,



LOTS of options on the market and I had to try two different styles before finding the one that worked for my body. Privacy can be limited in the outdoors whether you are on a boat, at the crag or in the snow and using my PUD takes away any issues of finding a sheltered spot to "pop a squat". This has made it easier and faster and sometimes people don't even know that's what I was doing, and when someone is a little more observant it makes for great conversation about how I just peed standing up!

I would recommend practicing in the shower first and check the comparisons online for each device as some are better for wearing harnesses than others. Also, my male friends have told me to never pee with your back to the wind but rather pee side on to the wind and you stay clean!

I don't write to plug certain products but rather encourage people to find what works for them and keep having enjoyable outdoor experiences. I hope that by sharing products and the way I manage my cycle outdoors will help others both personally and spark conversation as professionals on how to keep people adventuring all year round. I am only one and I know there are other tips out there so please don't be afraid to share the knowledge and ask questions, regardless of who you are. Try new things and talk to each other! Try not separating your group when instructing if doing a "period talk", share it with everyone if appropriate. Together we can change the norms about this topic and empower people to feel comfortable during their periods in every environment.

Kate Beckett (Woolley) NZ Army | NZOIA Bush 1, Alpine 1, Rock 1 SCE

MENTAL HEALTH FIRST AID COURSES: HATO HONE ST JOHN

WITH JORDAN SHEARER



Hato Hone St John launched its Mental Health First Aid course in mid-2018 and has been a leading provider in this area ever since.

Mental Health First Aid is just as important as physical First Aid. Mental health problems and psychological distress are common throughout Aotearoa New Zealand and the world, and they can have a profound impact on our well-being. The mind-body connection is real and needs to be acknowledged. When our mind is healthy, our body is more likely to be healthy and vice-versa. Taking care of our mental health is crucial for our overall health.

Outdoor instructors are used to dealing with cuts, bee stings and blisters. How does learning about mental health help us in the outdoors?

Learning about mental health and mental health first aid can help outdoor instructors better understand the needs of their students (and themselves) and create a more positive and supportive learning environment, helping with mental health literacy. Mental health challenges, stress, worry, and anxiety (to name a few) affect a person's ability to participate safely and fully in outdoor activities, so it is important for instructors to be able to recognise signs of distress and provide appropriate help and support.

Key positive impacts to help outdoor instructors and their students are:

- Skills to nurture a positive mindset, awareness, and mindfulness while in the outdoors – helping someone stay motivated, overcome negative thoughts, and enjoy their surroundings.
- Building a strong focus to stay safe and avoid accidents – means that individuals are more alert and focused when they are doing something adventurous or challenging.
- Mental fortitude helps individuals cope with difficult weather conditions or other challenging elements they may encounter when they are outdoors, which can be especially important in survival situations.
- Understanding and caring for others in demanding situations – helps individuals when others around them are struggling and offer support and care. This can be especially important in group situations where everyone needs to work together to stay safe and healthy.
- Managing stress – Being in nature can be very therapeutic and calming, but it can also be stressful, especially in difficult conditions. So, knowing how to manage stress and maintain a positive attitude is important when they are outdoors.

- Building resilience – so they are better prepared to cope with unexpected challenges or setbacks when they are outdoors.
- Can help instructors create activities that are enjoyable and motivating for everyone, regardless of their mental health or ability level.

What will I learn on the mental health first aid course?

A St John Mental Health First Aid course provides vital information about how to recognise and support someone experiencing mental health challenges. It covers a range of topics including what mental health and distress are, common mental health conditions such as anxiety, depression, and addiction, and how to support someone in both non-crisis and crisis situations using a simple and intuitive mnemonic – Listen to your HEAD™ (similar to the DRSABCD but specific to mental health) which stands for Hazards, Engage, Action, and Debrief. The course will also teach you how to take care of your own mental health, which is an important part of maintaining your overall health.

Key skills and objectives include:

- Understanding the relationship between mental health and distress
- Understanding ways to manage your own mental health
- How to recognise signs and symptoms of distress in yourself and others
- How to respond to and support someone with their mental health in a non-crisis and crisis situation using the Listen to your HEAD™ action plan
- Identifying suitable agencies to help someone and/or know how to get immediate assistance if necessary
- Understand the importance of self-care

Why is it important to learn about mental health?

Mental health is essential to overall well-being and plays a crucial role in how individuals think, feel, and interact with others. Mental health conditions can have a significant impact on a person's life, and without proper support and treatment, can become chronic and debilitating. As discussed already, mental health is also closely linked to physical health. People with poor mental health are more likely to develop chronic health conditions such as heart disease, diabetes, and obesity, and they are also more likely to die prematurely.

Mental health issues are unfortunately prevalent in Aotearoa New Zealand:

- 1 in 5 people experience a mental health challenge in any given year.
- 11.2% of New Zealanders aged 15 years and over had experienced high or very high levels of psychological distress in the past four weeks in 2021/22.
- Mental health, stress, and work-life balance are the three biggest challenges facing Kiwis in the workplace (2020).
- In 2020, around 11% (or 72,000) of young adults aged 15-24 are experiencing psychological distress, up significantly from 5% in 2011/12.
- 538 people died by suspected suicide in the 2021/22 financial year (from July 2021 to June 2022), less than the 607 reported for 2020/21 and 628 reported in 2019/20.
- 14% of our population will be diagnosed with depression at some stage of their life.
- 5% of our population is living with a disability caused by psychological or psychiatric conditions.

(stats courtesy of the Mental Health Foundation and Statistics NZ)

Mental health challenges can affect people in a variety of ways. Some common symptoms of mental health conditions include:

- Mood swings: sudden and sometimes extreme changes in mood, such as feeling incredibly happy one moment and incredibly sad the next.
- Depression: feelings of sadness, hopelessness, and loss of interest in activities that were once enjoyed.

- Low self-esteem: negative feelings and thoughts about oneself, often characterised by feelings of worthlessness and inadequacy.
- Anxiety: feelings of worry, nervousness, and fear that at times can be out of proportion to the situation at hand.
- Difficulty with concentrating or making decisions.
- Difficulty with relationships and communication.
- Behavioural changes like substance abuse, aggression, or non-suicidal self-injury.

These symptoms can vary in severity and frequency and may be different for each person. They can also be caused by various mental health conditions, such as depression, anxiety disorders, bipolar disorder, schizophrenia and so on. It's important to seek professional help alongside self-care and social support to understand and manage these symptoms.

Mental health awareness can help to reduce the stigma around mental health conditions, making it more likely that individuals will seek help when needed. It helps identify early warning signs of mental health issues, which can lead to earlier intervention and better outcomes.

Understanding mental health can improve the ability to manage stress, increase resilience and coping tools, maintain healthy relationships, and make informed decisions. It also can help in the workplace, by creating a more supportive and understanding environment for employees, leading to increased productivity, lower absenteeism, and better work-life balance. It can lead to better mental health outcomes for individuals and communities, increased well-being, and a more supportive and understanding society. ►



St John Mental Health First Aid Course

With 1 in 5 New Zealand adults experiencing a mental illness in their lifetime, chances are someone you know or care about may need help.

Our Mental Health First Aid course will teach you to support your own mental health and how to assist others.

Ideal training for anyone, including managers, responsible for their staff, those interacting with the public, or simply anyone who wants to improve their knowledge around mental health.

Know what to do with Hato Hone St John – Train with the experts

Book a mental health first aid course today by visiting stjohn.org.nz/mentalhealth

NZOIA members can also receive 10% off the online version of our course by entering the promo code **NZOIA23** at the checkout before 30 November 2023. *Book now*



- If someone was experiencing mental distress, what should I do?**
- This is a hard question to answer as all situations are so vastly different. But key action steps involve the following:
- Look after yourself
 - Make a plan with the person of what will happen next
 - Help them help themselves
 - Offer support and reassurance
 - Do not make promises you can't keep
 - Know and promote professional services that someone can access to get support (for example 1737 is a great tool to use to be able to talk with a trained counsellor quickly and easily)
 - If the situation is an emergency and the safety of the person or anyone else is at risk call 111.

Why is mental health personally important to you?

I have seen the impacts that can happen when someone ignores, pretends, or doesn't understand and look after their mental health in my own life, and within friends and whānau. As the world changes and evolves, the demands on us continue to increase, new stressors emerge, and navigating challenges increase, there is more demand for our time, achievement, and success.

To fully realise your potential and effectively support those you care about, it is essential to understand and tend to your mental well-being. Neglecting to do so is a luxury you cannot afford if you aspire to be the best version of yourself. I personally took this role as Mental Health Public Training Lead and have worked for Hato Hone St John as a Mental Health First Aid Tutor since 2018 because I know these courses make a positive difference in the lives of others. I want to be an advocate, a voice, and a safe place for people to come to. I want to be able to be a part of breaking away from the stigma that is often associated with mental health and help others navigate this thing called life with confidence, clarity, and tools in their toolkit.

I also have a unique passion and connection with outdoor education and outdoor instructors. I lived and grew up in the community of Outward Bound New Zealand in Anakiwa, with my dad as an outdoor instructor and then the Programme Director. So, I know what a life-changing difference outdoor education can have on an individual's whole well-being and how mental health is an integral part of that. I also know the challenges that families that work in this area face.

How do I attend a mental health first aid course?

Head to the Hato Hone St John website and search for Mental Health First Aid Courses. You can see in-person courses available in your area or easily book our online Mental Health First Aid course.

Jordan Shearer, Mental Health Public Training Lead, Hato Hone St John



ASPIRING

Quality gear since 1981



ASPIRING.CO.NZ

Congratulations

to the following members who recently gained NZOIA Qualifications!

Bush Leader	Kristian Reid, Samantha Bryson, Brett Buchan, Sten Erling Kind Hagen, Sam Wallace, Joziene (Jorinde) Voskes, Cooper Seitz, Joshua Rubins, Avery Kirk, Tyson Beulens, Langdon Stradley, Jake Wiebrecht, Sabrina Dukovski, Camille Joffe, Marnick Luxem, Israel Lutes, Ross McDonald, Frank Klooster, Benjamin Gabb, Christian Atizena, Valentin Painz, Bradley Coperman, Jordan Burke, Kamiel De Boes, Amber Rosekrans, Kailyn Rassiga
Bush Leader Overnight Endorsement	Scouts Aotearoa – Chris Gardner, Ezra Conaglen, Luke Stewart, Lyndon James
Bush 1	Natalie Duchesne, John White, Oliver Bone, Jeffrey Nilsson, Scott Bickley, Caitlin Gillespie, Andrew Kingdon, Brydhi Stark, Emma Kelly, Alice Payn
Canyon 1	Alice Payn, Danelle Kelliher
Cave 1	Gregory O'Donnell
Climbing Wall Supervisor	St Martins Scouts Den – Ruth Hudson, Jen Baen-Price, Daniel Duke, Graham Sanderson, Rocktopia -Adam Dyck, Ned Johnston, Flynn Chisholm, Patrick Anglim
CWS – Monitor Lead Endorsement	Rocktopia – Adam Dyck, Ned Johnston, Flynn Chisholm, Patrick Anglim
Kayak Leader	Scouts Aotearoa – Aaron Williams, Becs Boughton, Madaline Beckley
Kayak 1	Daniel Dyer, Ben Cockell, Richard Kersel, Rebecca Willis, Wilson Robertson-King, Liam Hopkinson
Kayak 2	Jeremy Campbell
Mountain Bike Leader	Ethan Pocock, Reuben Biggelaar
Mountain Bike 1	Devon Scott
Abseil Leader	Gideon Rihari, Joe Keenan, Cam Williams, Jane Pearson, Aaron Parker
Rock Leader	Joshua Rubins, Avery Kirk, Tyson Beulens, Camille Joffe, Kristian Reid, Lexie McMurtrie, Samantha Bryson, Brett Buchan, Sten Erling Kind Hagen, Jacy Nicholls, Sam Wallace, Joziene (Jorinde) Voskes, Cooper Seitz, Langdon Stradley, Jake Wiebrecht, Sabrina Dukovski, Gideon Rihari, Claudia Fraser, Valentin Painz, Benjamin Gabb, Bradley Copeman, Christian Atienza, Kamiel De Boes, Jordon Burke, Amber Rosekrans, Marnick Luxem, Kailyn Rassiga, Israel Lutes, Nikolaas Francois Sietsema Klooster, Joe Keenan, Cam Williams
Rock 1	Timothy Mitchell, Sonia Murray, Andrew Talbot, Abby Mitchell, Kendall Shuker, Olivia Tsouprake, Ben Mitchell, Krysztov Mucznik, Mikayla Mackle, Matthew Hanson, Andrew Kingdon, Jeffrey Nilsson, Scott Bickley
Rock 1 – Sport Climbing Endorsement	Graeme Swift, Nino Pankusz, Logan Laws, Joe Wearne
Sport Climbing	Fiona Laryn, Yann Lorain, William Wright, Andrew Boere
Sea Kayak Leader	Sam Le Marquand, Darren Ellis, Hanne Mellsop, Sara Kulins, Simon Cowley, James Mildren
Sea Kayak 1	Andy Loveridge, Dave Ryan, Ricki Hurst



New Zealand's largest adventure activity audit provider with more than 200 satisfied operators...
....call us to find out why.



Phone: 0800 394 436
adventuremark.co.nz

AdventureMark
SAFETY AUDIT CERTIFIED



WHAT IS YOUR CONNECTION TO OB?

CHEE JOE

For over 60 years Outward Bound NZ has had a special and significant place in the hearts and minds of Aotearoa NZ. Nestled at the head of Tōtaranui, Queen Charlotte Sound, we have been operating for that time in Anakiwa and its surrounding sea, rivers, coast, and mountains with the same consistent focus of “Better People, Better Communities, Better World.”

Speak to most people in the NZ outdoor industry and they will have some form of connection to Outward Bound, be it personally, or through a friend, the degrees of separation are never significant. What is significant however is the power and strength of that tradition that we’re living within, and the impact that Outward Bound has had on not only its taura/students during those 61 years, but also on the hundreds of kaiako/instructors that have worked here, and lived our kaupapa.

Who we are? ... A values-based organisation

The foundation of our mahi with our students is inspiring personal development and growth, which is grounded in encouraging a better understanding of personal values. Our organisation’s values of Wana – *Passion*, Haepapa – *Responsibility*, and Aroha – *Compassion* are the foundation of our decisions and direction. For more on our Kaupapa check out <https://www.outwardbound.co.nz/about-us/about-outward-bound>

What we do... growth

Put simply, our students consistently leave Anakiwa with a stronger belief in themselves, in their purpose, and in their direction, than when they arrived. We achieve these outcomes by putting our taura into challenging outdoor environments, then facilitate a transfer of learning back to their home lives. Kaiako that work here often speak of feeling like they’re on a three to four year course of growth themselves and I can testify; that was the case for me.

Who am I?

Ko Pirongia tōku Maunga, Ko Waipa tōku Awa, Ko Tainui tōku Iwi, Ko Chee Joe tōku ingoa.

I am the Pou Whakaako here at Outward Bound NZ, the Training Manager, and my role is to recruit and train our kaiako. My pathway, like others who work here, has involved both work in

and out of the outdoor industry. My wife Annie and I worked here as instructors from 2011-2015 and the earlier idea of knowing someone who has worked at OB was true for us. We had a connection to OB through friends, with Annie’s colleagues at Whenua Iti suggesting OB would be a good move for us. Not only for the growth and learning we would have, but it was also a place to have consistent outdoor work and save some cash. We were able to save our house deposit when here.

When we left OB, I started a building apprenticeship and worked in construction for seven years. The skills and attitude I left OB with set me up well to work in construction. But the magnetism of OB was a strong pull and Annie and I found ourselves back here in this role with our kids in tow. We’re amongst many others who have returned to OB either in the kaiako role or moving into other roles in the organisation.

Who do you have to be to work here?...

A growth focused human

The answer to that question varies depending on who you talk to, and the perception of what it is to be an OB Kaiako has been inaccurate in the industry in years gone by. To be clear right here and now, the main thing we are looking for is growth focused humans. We’ve found that if people are focused on learning and growing, *that* as a foundation is worth more than being an ace sailor or whitewater kayaker. We of course are also looking for ace sailors, and ace whitewater kayakers! Having NZOIA qualifications for example will absolutely hold you in good stead here, as will having experience in the different realms we operate in. But having the right attitude to growing and developing while you’re here is paramount.

Why come and work here?... Because it’s awesome and will make you, a better you

One of the beautiful things about working at Outward Bound is that regardless of where you are at in your career, OB will be a place you can grow and challenge yourself.

- **You’ve got a bunch of technical skills, a few NZOIA’s and want to strengthen your interpersonal skills?** No problem, OB is a great place to develop your interpersonal skills as facilitating a learning and growth experience for our students is a foundation of what we do.

- **You’ve got a bunch of interpersonal skills, want to strengthen your technical skills and gain some NZOIA qualifications?** No problem, we can support you to become technically stronger and have technically minded people here who love sharing their knowledge. Kaiako gaining NZOIA quals while they’re here is normal. In the last six months for example, our kaiako body have gained two Rock 1s, five Bush 1s and one Canyon 1 qualifications, 2. These kaiako used their OB training allowances to pay for the assessment fees.
- **You want to increase your knowledge of Mātauranga Māori, or not too sure where Outward Bound is on our bicultural journey?** No problem, we have 12 people in our organisation learning Te Reo Māori with Te Wānanga o Aotearoa, and we are taking great strides on our journey to be aligned with the principles of Te Tiriti o Waitangi. This for example is resulting in a co-designed course with Te Ātiawa (mana whenua of Anakiwa) that will be piloted in March 2024, annual noho marae with mana whenua to strengthen our knowledge and partnership with Te Ātiawa, the likely return of the great Aoraki Bound (a co-designed course with Ngāi Tahu), and more. Mātauranga Māori is embedded in our courses through the growing use of our waka ama, Te Reo Māori, and Te Ao Māori concepts and processes. Our students are helping us grow in this space and feedback we’re getting is hugely positive.
- **You’ve never been sailing or have experience in some of the areas we operate in?** No problem. Almost everyone who comes to work at OB has an area or areas they’re less comfortable in. It’s not uncommon for kaiako to arrive here with little to no experience sailing. Our sailing schemes are an incredible part of our courses. The skills and experience that you gain as a kaiako in this discipline are a massive bonus, and fairly unique in the outdoors in Aotearoa to OB.



- **The three year contract is too committing...** We no longer have a three-year contract like we have had in the past. The kaiako contract here is open ended and while we love and really try to get people to stay for three to four years, the 3-year contract is no more. Our remuneration package is great too, and worth checking out on our website. As is the time off kaiako have (contracted to work 200 days of the year... that leaves 165 non-working days!).
- **Outward Bound Coromandel...** At the time of writing, we are on the search for an ‘iconic’ piece of land on the western side of Coromandel peninsula. This is part of our plan to reach more New Zealanders with our vision of Better



people, Better communities, Better world. Over the next couple of years, we plan to design and build a new facility, integrating sustainable building concepts, with easy access to the great bush and maritime terrain in this area. We aim to deliver similar programmes to Anakiwa, and also design new programmes that break down some of the barriers of attending a typical long Outward Bound course.

Selection Course in August... What’s that?

If you’ve worked at OB you will know about selection courses, and while the term ‘selection’ implies we are *selecting* applicants, it’s as much an opportunity for applicants to check us out and see if we are going to be a good fit for them. It’s more of a recruitment course which is why you’ll see us in the future refer to it as Kimi Kaiako/Instructor Recruitment Course. There’s a bit of action – we get out sailing, spend some time in the bush, and applicants present a teaching session. But we also put a lot of effort into opening our world to give clarity on the challenges and benefits of living and working in our community, and with our taura.

Final thoughts... get in touch!

I want to come back to what I said at the start – that if you’ve spent time working in the outdoors in NZ, there won’t be many degrees of separation between you and Anakiwa, whether through a friend or personally. Maybe you’re reading this and are thinking I should talk to (...insert OB alumni name here...) about their time at OB. Or maybe you’re thinking, I loved my time at OB and (...insert name of great future OB kaiako here...) would make a great kaiako, I should give them a nudge to check it out!

I often reflect on when Annie my wife was working at Whenua Iti and we were given that nudge we needed to check OB out. How it has changed the trajectory of our lives, shaped who we are as parents and people, and given us lifelong friends and memories. I wonder where we would be now if we hadn’t gone on that selection course in 2010 to check OB out? And I wonder what the nudge or reason might for you to get in touch today?

For more info and to apply for our August selection course, get in touch with Chee at cheejoe@outwardbound.co.nz or visit: <https://www.outwardbound.co.nz/community/instructors/application>



No one ever really desires to sit on a bike seat for 29 days, with no undies, all kinds of chafing, and only a hand-sized flannel to dry yourself from skinny dipping in the rivers. From the scenery to the sounds bodies make from eating a can of beans every day, I can happily say every moment was singular and spectacular! If we didn't appreciate it passing through, we would have lost that moment forever.

Biking the length of NZ didn't stem from much really. Just a good ol' schoolmate saying "wanna bike the length of NZ?" I'm a true believer in the best things happening spontaneously, so a big thanks to Noeleen!

For most of my life, I've wanted to work with young women, and until this recent girls' journey, that dream had not quite come true. With a big bike ride planned, I thought; 'how can I use this adventure to benefit others?' So, I decided to fundraise and make the dream of a girls' expedition come to life. I asked my programme manager at Adventure Specialties Trust what it would cost to run a ten-day Journey with three pursuits. His answer was \$24,000... I just swallowed and decided to not dwell on the amount.

My Instagram became a flood for advertising, money jars were made for cafes, email requests were sent as far as Australia and when the 9th of July 2021 rolled about, I received my first donation. By the 8th of July 2022 a full year had cycled around (excuse the pun) \$24,000 had been generously donated.

Biking the length of NZ was a self-inflicted suffer fest, but the community was what propelled me forward to bike that little bit extra each day, and even that someone holding a kumara out the car window while driving past, spurred us on.

After raising \$24,000 in July, I had a waiting list of 13 girls for the ten-day Journey. Unfortunately, all bar three girls pulled out three days beforehand, leaving me with disappointing phone calls and decisions to postpone because outcomes would not be meet.

A few months later, in October 2022, ten girls embarked on an

adventure of a lifetime. The girls' Journey was three days of walking up the Waipakihi River over the Urchin, a day of caving and well-deserved hot pools, a day of biking the Old Coach Road and a final day with a solo, reflections, debriefs, farewells, travel and what they all loved the most... the clean-up.

The six-day Journey (shortened from ten for various reasons) was designed to empower, challenge, grow and connect girls with their own identity, and the whenua around them, participating in physical activities. It included, facilitated discussions about life, relationships, challenges, and purpose. The aim was to help young girls learn how to negotiate the challenges they may face in their lives. Here are some reflections from the girls:

What has been your key learning from the trip? How will you transfer back into your home life?

- Time with people we don't know can bring better connections, I can transfer this back to when I go home by interacting with people
- I have learnt how resilient I can be through hard or painful times. I can use this strength to persevere through challenges at home/school/life.
- How close people can become outside of the school environment.

What was your biggest challenge on this trip and how did you overcome it?

- I was very homesick coming into this experience, but I focused on being in the now instead of focusing on the negatives of being present.
- My biggest challenge was probably not being able to text anyone for five days I overcame this by socialising with my near friends and making bonds with the people around me.
- Being away from my phone, this has been such a good thing to refresh and cleanse myself.

What was your highlight of the trip?

- Group pooing and peeing, it really made it so much better to go.
- When I stayed at the back to bike with Yvonne and afterward at night she was like "Thank you for today"
- Just all the laughs we had.

And here are some reflections from me:

Biking the length of NZ was something I had never dreamed of, and it was an epic experience. It was not what I assumed; I thought I may come back having some massive revelation or change for myself but instead, it was just life for a month, and it all merged. Reflections happened while I biked, watching a slow montage of farmland rolling over in the distance, or de-briefing the day with my teammate Noeleen. I could have recorded my reflections, but it was simply nice to let my mind wander and process.

The return to our daily lives was possibly the hardest part of the entire journey. Everyone is continuing with their normal life, yet we had somewhat been on another planet for the last 29 days and coming back into the hustle and bustle was somewhat difficult. Occasionally after working as an instructor on other Journeys, parents email or call to say, "I have seen no change in my child." I could of course take this the wrong way and think I've done a terrible job, but I try not to. On reflection, this is exactly the expectation I placed on myself after finishing the biking journey.



Keyword: change. On day six of the Journey my final words to the girls were that "People are going to expect you to be somewhat superhuman, different and a changed person because of this trip. Be kind to yourself, and let the process and learnings weave their way into your life back home. It takes a week, it takes a year or two for you to really understand the learning and growth you have had and how to apply in your own life".

After the finishing the ride, only three days after returning into Auckland, I lost a close family friend in a car accident. I went from a massive high to the absolute plummet of pits. Noeleen and I were both really close to her, in fact, she was the first person we both spoke to when we had our first disagreement on the bike trip on day ten. Abigail was for sure one of the biggest cheerleaders in our lives.

Processing anything at all from the bike trip was totally off the radar for several months. Wanting to even continue to make the girls' Journey happen was not on the cards and fundraising advertising stopped.



After several months of unknown, and people still showing support financially, there was still an expedition waiting for ten girls.

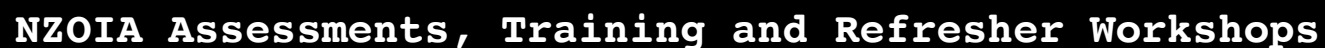
As an instructor, putting yourself through some suffering adventures that test resilience makes you have a true understanding of young people in the outdoors, when they are experiencing their tough days. After going through the highs and lows of the bike journey, the pain and beautiful, and the grief of losing someone so close I'm sure more depth of compassion and understanding grew within me.



Connections were built fast! The girls finished with the energy to be super stoked about the outdoors, to want to go back out. We balanced the challenge with being able to return to their comfort zone. There was enough time to build strong relationships and have depths to discussions. Girls like to chat!! So creating more space for that was a fun space to navigate on the go to fit the needs of the group.

Designing and facilitating a programme that met the needs of young women was a real honour and a special space to be. Thank you again to all who contributed. May the Journeys continue.

Laura Vernon | NZOIA Mountain Bike 1, Bush 1, Kayak Leader



The course calendars for Assessments, Training and Refresher workshops can be found at www.nzoiia.org.nz. Members are notified of updates to the calendar via the NZOIA 4YA – our weekly email.

1. Go to www.nzoia.org.nz
2. Check out the Scope and Syllabus, if you are applying for an assessment then make sure you meet all the pre-requisites.
3. On the course calendar, find the event you want to apply for (you will need to be logged into your member profile) and select 'Apply'. Upload any prerequisites (i.e. your logbook, summary sheet, first aid certificate and any other required documentation to your application).
4. Applications close 6 weeks before the course date.
5. After the closing date we will confirm that the course will run.
6. If NZOIA cancels a course, you will receive a full refund/transfer of your fee.
7. If you withdraw before the closing date, you will receive a full refund of your fee. If you withdraw after the closing date of a course, **the fee is non-refundable**. It is transferable under exceptional circumstances (e.g. bereavement, medical reasons), medical certificates/other proof may be required. **Contact admin@nzoia.org.nz** for more details.

Details of courses run by NZOIA, pre-requisites and online payment are all available at:
www.nzoia.org.nz

It is possible to run assessments on other dates. You will need a minimum of 3 motivated candidates and the date of when you would like the course to be run. Go to the Custom Courses page on the website www.nzoaia.org.nz/qualifications/courses/custom-courses for details on how to arrange a course.

All courses run by NZOIA are discounted for members and heavily subsidised by external funding.

***Course fees are for NZOIA Members only unless stated otherwise.**

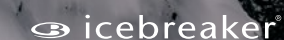
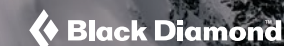
NZOIA
Excellence in Outdoor Leadership

Photo: Johnny Johnson



COMMITTED TO ADVENTURE

we ARE skiing



Earning your turns;
about to ski off
Mt Rolleston, Arthur's
Pass National Park,
New Zealand.
Photo by Tom Hoyle.

For over thirty years Bivouac Outdoor has been proudly 100% New Zealand owned and committed to providing you with the best outdoor clothing and equipment available in the world. Gear to keep you dry, warm and safe either in-bounds, sidecountry or backcountry this season. Ski, board and gear hire plus full workshop and servicing facilities available this season at our Tower Junction (Christchurch) store.

**20% discount
to NZOIA members**

PLUS a percentage of your purchase supports NZOIA.

* Discount is off RRP, not to be used in conjunction with any other discount, special or offer. Some exclusions apply.



BACKCOUNTRY TRUST
Supporting Aotearoa's Backcountry Heritage

STORES NATIONWIDE

www.bivouac.co.nz



PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Outward Bound NZ

Profiles of organisations are welcomed for the back page series "Planting the Seeds of Adventure". Contact editor@nzoia.org.nz



NZOIA
Excellence in Outdoor Leadership