



# QUARTERLY

NEWSLETTER OF THE NEW ZEALAND OUTDOOR INSTRUCTORS ASSOCIATION

ISSUE 92: NOVEMBER 2022



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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.

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Cover photo: Life Member – Don Paterson

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**Thoughts from the Board**

**NZOIA'S GUIDING KAUPAPA**

**TE REO MĀORI**

is a taonga that allows understanding and interaction with Te Ao Maori. We will endeavor to include Te Reo Maori 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 environment.

**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.

**KAITIAKITANGA**

is the guardianship and protection of place. This requires us all to nurture, preserve and enrich the environment in which we engage.

**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.

**PŪKENGATANGA**

is providing and growing expertise through the pursuit of excellence. We will enhance skills by providing opportunities for everyone to progress.



Kia ora koutou,

We did it! Not only did the 2022 Symposium occur but it was a fantastic success with members and guests from around Aotearoa and Australia gathering to share ideas, reconnect and upskill. The Symposium is always a highlight of the year for me; one of the great things about being a part of the NZOIA whānau is how easily you can reconnect with colleagues and friends that you might only see once a year and pick up the conversation like you last saw them last week.

The roar of conversation in the dining room was deafening. This was not the time to ask a token 'how was your day?' when passing another attendee on your way to the bathroom as that question prompted a genuine and enthusiastic response complete with arm waving and the occasion diagram. From all of us; a massive thankyou to the workshop and refresher facilitators for creating this buzz.

On top of the opportunity to connect there were two key takeaways from the Symposium for me:

1. The need for all of us to be vocal about the important role NZOIA plays in our sector, particularly now as Toi Mai (the Workforce Development Council for the creative, cultural, recreation and technology sectors) educates itself on how our sector works.
2. The groundswell of support and enthusiasm for strengthening our understanding and integration of tikanga Māori into our instructing and guiding practices. I had the pleasure of attending two sessions facilitated by Sophie

Hoskins, and Amorangi Apaapa and Shanan Miles which provided lots of useful tips and tools to take away and integrate into my own practices.

On behalf of the board, Karlie Clifton also introduced a draft of NZOIA's Guiding Kaupapa to those present. Thankyou to those who took the time share your thoughts with Karlie or another board member. We're continuing to ask for feedback on this draft so please get in touch and let us know what you think: [kaclifton@gmail.com](mailto:kaclifton@gmail.com)

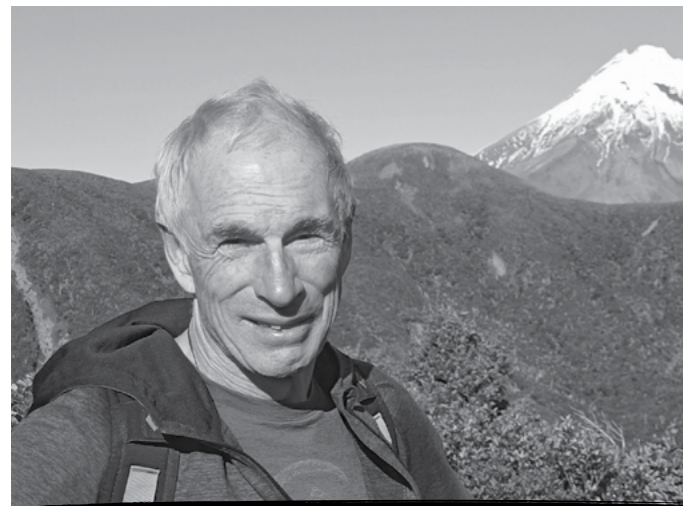
We also discussed the need for NZOIA to focus on our core purpose and business as times continue to be financially tight (it's that or hike membership fees to match) in line with this several costs saving measures have been put in place. As many of us had already made the switch from paper to electronic Quarterly's this seemed like a sensible inclusion, so don't go checking your letterbox.

With the serious and sometimes hilarious business of learning done, we capped off the Symposium with the awards dinner, congratulations to this year's winners who are featured in this Quarterly. The AGM followed on Sunday morning, congratulations to Jo Thompson on being reelected for another year.

And now fueled with knowledge and inspiration we head into another summer. Enjoy whatever adventures await.

Noho ora mai





## LIFE MEMBERSHIP CONGRATULATIONS: DON PATERSON

Awarded to a member who personifies the very best combination of an excellent instructor/guide, a high-achieving personal performer, and an outstanding contributor to the work and promotion of the association.

“ He is like the energizer bunny, he just keeps going on and on and on...

Don has been part of NZOIA from the beginning, being part of the group of instructors that set up NZOIA. He has been part of the instructor and Assessor pool for as long as anyone can remember. As an Assessor he has almost mythical status, when you find out who your Assessor is, the whispers start when you find out you are being assessed by 'the Don', this mysterious figure of legendary status. He has saved NZOIA many times by volunteering to fill gaps and being flexible to course changes at the last minute.

For a lot of people in the current Assessor pool, they have experienced being assessed by him for their qualifications in the first place.

He has played an important role in the development of the Outdoor Education industry in New Zealand, being involved in NZOIA qualification reviews as well as being on numerous working groups for the development of vocational qualifications and standards. He is not one to shy away from giving his two cents worth when asked for an opinion on what should be included or taken out of quals.

As a NZOIA Award holder, he has Alpine, Rock, Kayak and Bush Level 2 quals and assesses in these areas as well. He has also been a raft guide, mountain guide, science teacher and has done a couple of stints at Hillary Outdoors/OPC as the training manager among other roles.

He continues to encourage, inspire and educate with a passion that doesn't diminish. Many morning meetings at Hillary

Outdoors have had Don frothing about Dactylanthus, Cordyceps and other biological gems that could be used to engage a group with the environment. His knowledge of the flora and fauna is almost encyclopaedic. But it doesn't end there; start a conversation on any outdoor topic, gear, skill or technical aspects and Don will have knowledge and experience to share.

He has completed many personal adventures and continues to seek out opportunities to adventure in many environments from rivers, alpine, bush, canyons, inspiring his family, peers and students to have their own epic adventures as well.

Don is a true ambassador of the association, who has always strived for excellence in outdoor leadership.”

*Graeme Swift*



“ It's pretty hard to begin to appreciate the depth of experience and wisdom Don has. His knowledge of flora in particular is beyond Wikipedia's. Although I did sneak one past him once. Don assessed me on my Bush 2 back in 2004. I had heard of his incredible knowledge and experience, especially in the flora realm, which I found rather intimidating as if I was going to fail Bush 2 on anything, it was going to be flora. After nailing my nav legs, I was relaxing at the back while someone else was getting drilled, when Don suddenly turns around, points to some random plant and asks me, "what do you think this is?" I didn't know. So

I pulled out my last line of defence, if it's below the bush line just say coprosma and if it's above the bush line just say hebe. "Well Don, I think it's some type of coprosma", to which Don replied, "hmm... I think I agree" and walked on. Phew!

He is, many would consider, one of the grandfathers, the elders, of the industry. He is an outstanding and inspirational role model for so many of us and has guru-level knowledge and experience.

Don has had numerous stints at OPC/Hillary Outdoors, being a major influence every time. Goodness knows how many people he has assessed for NZOIA over the years. His influence on our industry and to the educators and instructors is immeasurable.”

*Sash Nukada*



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## TALL TOTARA CONGRATULATIONS: JIM MASSON

Awarded to a current instructor or guide who personifies 'excellence in outdoor leadership'. A highly respected role model, someone who has contributed significantly to outdoor education in Aotearoa New Zealand through both work with clients and with aspirant instructors/guides.

“ Jim is a staunch mountaineer, rock climber, bushman and hunter from way back. He has years of experience that he is always very willing to impart to others. Ask Jim for advice on a trip to do whether it be one day or multiple days, he will give you several options and describe the route in great detail, including exactly which scree slope to take to descend and where there are tracks not shown on the map (often ones he has cut or maintained).

Jim is often doing work outside of his day job, assessing or running trainings for NZOIA, or teaching women's self-defence classes.

Jim can come across as quite tough, and he is, but he also has a heart of gold. He really cares about people, especially seeing them grow in the outdoors. He has a tough love approach that occasionally students find confronting, but come to appreciate by the end of a course. Jim is particularly supportive of women and encouraging of their development in their outdoor careers.

Jim may not always be interested in learning the names of all the plants in the bush, but he wants to look after them. He often sets up his own line of 20 possum traps prior to a trip, collecting the possums on the way back out.

Jim also has a dark secret that I am about to expose. Brace yourselves. He has admitted to liking caving! This mountain man is also very competent underground, despite being sceptical of the sport initially; on the last few trips he has been on he has said he really enjoyed it. I have seen Jim instruct and coach students toward team success and personal growth using the cave environment. This has included prying free a student's

hands from a ledge when he was terrified of being hauled up a pitch but too tired to ascend it under his own steam. This was accompanied by some gentle coaching – For God's sake, let go of the rock like you have been told to! ”

*Pip Rees*

“ Jim has a heart of gold and a great way of allowing people to relax and be their best. As a manager, Jim was always ready to listen and was understanding of my needs as a new parent whilst balancing time away running courses. He always trusted instructors and allowed them autonomy with their work.

Monday mornings at work would often involve Jim going over the highlights reel from his most recent adventures with as much enthusiasm as someone who just had their first epic trip. ”

*Ben White*

“ I have seen Jim go from a real caving cynic to having a smile on his face when he is underground. He is proof that you can teach old dogs new tricks. I can tell you that under that gruff exterior that winds some people up is a caring person who wants people to succeed and do well in the environments he loves.



Jim deserves the Tall Totara. He stands tall in the mountains and works hard to keep the integrity of the Alpine, Rock and Bush qualifications. People like Jim who have years of experience, are essential to our organisation. Even though they often clash with others who have different views, they are the rocks that keep us steady, they are carriers of knowledge and are a reminder of who we are. ”

*Kieren McKay*

“ Jim is nothing short of a superstar! He is highly competent in many outdoor technical aspects and is always looking for self-improvement. I have both experienced and observed Jim take instructors under his wing to positively support and grow the outdoor team. He cares about people and takes pride in his work and watching others succeed in the New Zealand outdoors. ”

*Kate Woolley*



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# EMERGING INSTRUCTOR CONGRATULATIONS: PADDY TUCKER

Awarded to an emerging instructor who displays great potential for the future, and who demonstrates a strong commitment to professional development and qualification acquisition, recognised as a talented instructor who stands out from the crowd.

Paddy came into the outdoors (from beekeeping) as a mature student after attending an Outward Bound course, which was fundamental in changing his life direction. He gained Leader qualifications through Tai Poutini Polytech in 2018 and quickly built on this by acquiring NZOIA Bush 1 and Rock 1 a year later. He's now working at Outward Bound and brings a huge amount of heart and soul to his work.

“The longer Paddy is at Outward Bound, the more apparent his quiet leadership strengths are (and continue to develop), and the positive influence he is having on culture and peer performance. Paddy is really intent on providing a respectful and supportive space to both the co-instruct and student relationships and is able to pitch his instruction to meet the needs of his audience. He builds great rapport with students, and this means he can lead and teach really effectively. He is trusted and respected by his colleagues and is the type of co-ey (co-instructor) you love to see your name alongside to work with for a course. He is a great role model to both students and staff and other outdoor professionals.”

*Claire Hesselin, Outward Bound colleague*

“Paddy is gratitude personified. He feels awe and wonder in nature, of people and shows appreciation frequently. His energy and attitude inspires and entuses others and I think this is a great gift.”

*Caitlin Magill, Outward Bound colleague*

“Paddy first came on board at Peel Forest Outdoor Centre in the winter of 2017, during his first year of Polytechnic at Tai Poutini. I received an email from him hoping to come for a one-month long work experience – for us this is the worst time of year to do so as we are much quieter during this time. I was very honest with him – replying that we would be happy to have him onboard but he would end up doing a lot of work around the

base – assuming that he wouldn't come. To my surprise, he was keen as to come help out... and right from the start his ability to work hard, use his initiative and passion for the outdoors really showed.

Paddy was super keen to learn and made some great connections within our community. He has shown huge motivation and commitment to extend himself and his qualifications in the industry. In his first season, he worked hard to gain his NZRA Grade 3 raft award, learning of others and using his time off to gain extra skills up at Rangitata Rafts (on the Grade 4/5 section) and with Southy from Hidden Valleys.

Paddy is really passionate about the environment and sharing the outdoors with others. He always role models sustainable practices and excels in teaching others about Eco-education and bush survival. He has taken a large role helping to run the Ecolodge and cabins that we use for outdoor programmes – helping clear weeds, maintaining tracks and educating students about alternative living.

However, the main aspect that stands out for Paddy in nominating him for the award is just how much of a nice guy he is. He is always willing to help and has amazing patience – even after a huge day in the field, he would stop whatever he is doing to help others.”

*Jules Grant, former Peel Forest Outdoor Centre Operations Manager*

“I first meet Paddy Tucker in 2017 when, as a first-year Tai Poutini Polytechnic student, he had organised some work experience at Peel Forest Outdoor Centre... on the Geraldine High School Year 13 three-day tramp.

I asked Paddy if he wanted to have a go at teaching the students some navigation along the way, acknowledging that he hadn't done much teaching before. After the lesson, which would be fair to say didn't go super well, I think Paddy said something to the effect that his tutors at Polytech make it look easy! Paddy took it in his stride pulling out his notebook and wrote down his learnings. He completed his second year at TPP and came back to Peel Forest. The following year passing Bush 1! It was awesome to see that transition, confidence and ability to grow over a short time. Paddy and I still laugh about this today.

Paddy's work ethic is phenomenal be it when he is instructing within different pursuits or working around the base. He has a high level of standards and enjoys seeing a job well done.”

*Hayden Titchener, HoD Outdoor Education, Geraldine High School*



# EMERGING GUIDE CONGRATULATIONS: AARON ALDERSLEY

Awarded to an emerging guide who displays great potential, talent and commitment to a career in the guiding sector.

“Aaron by all definitions is emerging. He emerges from his bed late in the morning after caving into the wee hours. He emerges with eyes only used to bright LED lights... squinting at the sun. And in the world of New Zealand Caving, he is emerging as one of our new shining lights of exploration and commitment to a sport that many deem as well... let's just say; different. Aaron has been at Blackwater Rafting for a good chunk of time, coming up four years already. He has moved his way up the ranks and now teaches the newer staff, guides all the tours and spends time training those who wish to be SRT gods just like him. In this role he also works on DOC maintenance, checking trap lines, baits stations and track work in the Waitomo region.

He has been out there attempting tight small and cramped places, thinking... this will go somewhere I'm sure of it. He has even been pushing new leads in old places... helping in finding two new entrances to the Gardner's Gut cave system.

Aaron went through Wintec and came out the other end with his Abseil, Bush and Cave Leader qualifications. He was awarded the 2019 NZOIA Tertiary Award for Wintec.”

*Shanan Miles; tutor, employer, mate*



“Over the years in Waitomo there have been a few new, young cave guides, brimming with energy and enthusiasm... Aaron caught the caving bug and it shot to the top of his preferred mission list. He befriended the real cavers (as opposed to the 9-5 cave-guides-not-real-cavers) who come down to Waitomo on the weekends to find new caves. When you're seeking out to be the first person to do something / go somewhere, whether it's climbing mountains, descending canyons, launching rockets into space or finding new caves, these people develop a certain "mad explorer" persona. Aaron was definitely exposed to a few of these, and then caught the bug. It's probably a good thing though, because it makes him a much more exciting guide!

He's still getting out to go real caving, and has a long list of caves and leads on his to-do list and has always got a time off application in the coming summer so he can escape down south to get on a NZSS alpine caving expedition. Two years ago I got a phone call to take a school group on a caving trip that was inspirational and challenging, push them way outside their comfort zone in a supportive way but not break them. I'd done a couple of exploration trips with Aaron, seen him come back excited from other instructional trips and heard a few wild stories of type 2 trips with his BWR colleagues (which were actually type 1 fun for Aaron). So I thought he'd be a good second instructor. He definitely lived up to my expectations, the students came back alive, exhausted, stoked and ready for more! When working with groups he has established effective methods of building rapport that allows him to effectively communicate and demonstrate safety and cave conservation values. But he does it in a really nice way that fits his instruction style.

He has got his Cave 1 now, which is good... when I convince him to trade his days off from guiding for more cave instruction. And he's getting excited about going for Cave 2, working though the syllabus and seeking out any kind of caving that will progress or extend him.

Aaron's passion and professionalism are brilliant and engaging, definitely a talented young guide for others, young and the old to look up to and be inspired by! Does the fact that I've learnt more about caving techniques from him than anyone else in the last two years count for anything? It should!”

*Kieran Chandler, caver*



# NZOIA TERTIARY AWARD RECIPIENTS 2022

Photos by Andy Thompson Photography NZ

This award is aimed at students who have a passion for outdoor instruction and show great potential for further involvement in the industry beyond their studies.



## Alex Corboy | Nelson Marlborough Institute of Technology (NMIT)

With a smile that lasts all day, and can shine through the toughest times, Alex can lift an entire team into a positive space. Her enthusiasm, passion, drive and positivity are a massive attribute, not just in the outdoors, but for every aspect of life. She jumps at new tasks, masters them, and strives for more.

She fills her study time and spare time with adventures and missions, taking first year students under her wing to get the 'mission bug'.

Making an impressive impression in her training placements sea kayaking and rafting, she may have a hard time choosing which path to follow. She will be a top rate employee and team member no matter where she chooses to go.



## Isaac Bayldon | Hillary Outdoors – Tertiary Programme

Isaac has stood out as someone who is engaged and interested in developing all aspects of his instructional toolkit. He is a keen rock climber and kayaker.

He is a quiet and deep thinker, often coming out with some very random deep questions, while also thinking about his own practices and how these fit into sustainability and hauora. When a leader is needed he steps up. He connects well with groups and has a good rapport when leading activities.

Isaac has pursued opportunities outside of the course to develop his skills passing his Ski Level Once certification last year. Combining this passion for the outdoors and connection with people will see Isaac develop into future outdoor leader.



## Rebecca Willis | Ara Institute of Canterbury

Rebecca joined the Bachelor in Sustainability and Outdoor Education first year enrolment in 2020. In only a few small sessions she was rolling kayaks with advanced style and taking on hard routes and rescues in climbing! Rebecca found a passion for kayaking early and this soon became her spare time focus. Racking up over 100 hours of SDL, Rebecca has paddled all over Te Wai Pounamu exploring a vast number of rivers in a short time.

She became a role model of professional practice. Rebecca was curious to be involved in many avenues within and outside of the programme, utilising full time and contract staff members for as much insight into professional progression as early as possible. She shows a great deal of passion for the outdoors and outdoor instruction.



## Sam Lange | Wintec

Sam joined us after 3 years of solid outdoor education at Fairfield College in Hamilton. She was a shy individual with some long uncontrolled limbs at her disposal, she gravitated towards a love for rock and cave. Previously, at height Sam's palms were sweaty, knees weak and vomit on her sweater already, but now she will happily hang like a boss.

This year Sam has gained her NZOIA Leaders in cave, rock, abseil and bush. Her self-drive and self confidence have confirmed that she has what it takes to be a role model in our industry. She has been with First Steps Outdoors, working on women's outdoor programmes, which has led to other opportunities in our region for Sam too, with companies and schools keen to hire her. She will be moving into an Outdoor Education Technician and Instructor role at Raglan Area School next year.



## Sienna Casbolt | Tai Poutini Polytechnic

Sienna represents everything Tai Poutini stand for. Being an adventurer on the West Coast requires a unique skill set to be safe and find beauty in some of the most unforgiving places. Driven by passion and a sense of adventure, not ego, she quietly goes about her work.

Sienna is a creative and fun educator who upholds a high level of professionalism. She has shown a commitment to her personal recreation and has the staff excited about the future of outdoor education! She rowed one of the gear boats on the recent Waiau Toa Clarence trip; she didn't hit a single rock and totally rocked, humble with a massive smile the whole time.

# MINI-AEDS: AN INDEPENDENT COMPARISON

I instruct on Pre Hospital Emergency Care (PHEC) courses, and we frequently discuss the effectiveness of CPR when an Automated External Defibrillator (AED) or professional backup is not immediately available. Unfortunately, the effectiveness is disappointing. If someone's heart has stopped and defibrillation isn't available then the casualty's chance of survival is nearly zero, even with early and high-quality CPR. For us in the outdoor industry, this problem is exacerbated by the weight and cost of most commercial AEDs. This article compares two light and portable AEDs that help to bridge this gap.



## Some quick facts on cardiac arrests in New Zealand:

- for every minute that goes by where someone is in cardiac arrest without CPR or an AED being used, their chance of survival drops by 10-15%.
- Nationally we have an 11% survival rate when resuscitation is attempted.
- In an airport, chances of survival go up to 80% primarily thanks to the presence of trained individuals and readily available AEDs.
- Most cardiac arrests happen in the over sixty age bracket, but don't be illusioned that your young clients are bulletproof. Young people are susceptible as well. The first cardiac arrest I personally attended was of a seventeen-year-old who had an unknown underlying heart condition. Bystander CPR and early defibrillation saved his life.
- Medical conditions such as Wolff-Parkinson-White syndrome and Long QT syndrome also have an increased risk of causing the heart to stop suddenly. Outdoor professionals should consider exercising caution and discussing an action plan when they see these conditions on medical declaration forms.

With the small defibrillators mentioned below, we can potentially increase the chance of survival for a cardiac arrest in the outdoors from virtually zero to near 80%.

## CellAED® – by the Australian company Rapid Response Revival Ltd

This device will be available in New Zealand from late 2022. Total weight is 300g (including the electrode pads and battery) and at \$459 it costs one-third of the price as the next cheapest (standard size) AED in NZ.

Initially designed for use in home and office, the size and weight of this AED is game-changing. However, further testing will be needed on its durability through the temperature cycles seen in the environments that outdoor instructors operate in. Other considerations are more rugged and waterproof packaging options. The company does recognise that the outdoor sector is an area of great interest. Following the initial rollout to the general consumer, they will be looking at ways to make this product more outdoor-friendly. Watch this space.

I've used the trainer version of CellAED, its use is intuitive, and the device is ergonomic.

## FRED Easyport Pocket Defib – by Swiss company Schiller

This AED has been around for some time, and I know of one guiding company in NZ that is currently using them in the field. The FRED Easyport weighs 490g (excluding the electrode pads and case) and retails in New Zealand at \$4,800. One benefit of this device, compared to most other AEDs, is that it displays the heart rhythm and can be changed to manual mode for use by a medical professional.



I would like to have had more personal experience with this device, but the price makes it out of reach for myself and no doubt many outdoors companies.

In essence, the introduction of CellAED to the NZ market is very exciting. We are lucky that sudden cardiac arrest is not very common in the outdoors. While most cardiac arrests in

New Zealand happen in the home, there is a small cohort of patients where devices like these would be lifesaving especially in backcountry locations.

Prices and weights are accurate at the time of writing and I am not sponsored by either of the products mentioned above.



# ADVENTURE + THERAPY

BEX CHARTERIS



Have you ever experienced stress, anxiety, depression, loneliness, feelings of low self-worth, or any other mental health challenges? A whole bunch of us would answer this question with a resounding yes!

Sadly, one in ten adults in Aotearoa New Zealand report that they have recently experienced psychological distress, according to Ministry of Health statistics. Globally, statistics<sup>1</sup> for diagnosed mental health disorders also sit around the 10% mark, according to data from the World Bank and World Health Organisation<sup>2</sup>. I am sure these statistics are no surprise to anyone; we live in a crazy world. But what should we do when these mental health challenges stop us from functioning well in our daily lives?

At Adventure Specialties Trust, we use Adventure Therapy to support people who are struggling with mental health challenges. Adventure Therapy combines outdoor adventure activities with a therapeutic framework. The therapy part of the programme includes a variety of therapy 'tools', like group activities, facilitated group discussions, creative activities, one-on-one sessions, time for individual reflection, and simply spending time outdoors in nature with its proven therapeutic benefits. These elements of therapy support our participants towards achieving their goals for wellbeing.

All our Adventure Therapy programmes focus on five specific outcomes: self-worth, tools for hauora (health and wellness), woven into community (whanaungatanga), hope for a future with purpose, and taha wairua (spiritual wellness).

One of our Adventure Therapy programmes is called *Inspire* and it focuses specifically on restoring wellbeing to adults who are struggling with any number of different mental health challenges, such as anxiety or stress.

Recently, we received a letter from Tania, the manager at Christchurch's YWCA women's shelter, with some feedback from a participant who attended our *Inspire* programme. First, Tania shared with us that "our clients are often traumatised and living in a state of survival that affects their anxiety levels and mental health in what can only be termed as a 'crippling' fashion. These traumas often result in our clients becoming shut-ins and (resistant to) any social activity or involvement, which then results in them being unable to look for work or get past the stage of living on the benefit.

"The tragedy of trauma is that these people have often lost self-respect, self-confidence, and trust in themselves and in society as a whole. Finding something that can [allow] these traumatised

folk to begin to believe in themselves and society again is difficult. *Inspire* turned out to be quite a 'golden ticket' for one of our clients last year."

That client was Sarah\* a middle-aged woman whose traumatic experience had taken away her confidence and left her too anxious to even use a computer. But she attended the *Inspire* programme and, at the end of the course, Sarah left the following feedback: "Thank you for sending me to *Inspire* and Adventure Specialties, it has changed my life. I feel confident, able to go out in public, and am now safely housed in my own home that I love, and I have employment with a service I love. It would not have happened without this course and your help."



Isn't that a fantastic story?!? So, what happens on an *Inspire* programme?

Our rōpū of six to ten participants and two facilitators meet once a week for eight weeks. They go on a different local adventure together, for example rock climbing, mountain biking, a coastal walk or bush walk, high ropes, sea kayaking and a tree planting session.

The programme is led by our experienced facilitators, one of whom is a therapy-trained clinician and one of whom is a qualified outdoor instructor. This ensures that we have the right blend of skills and knowledge to provide a safe and effective programme – for both the outdoor adventure and therapy aspects of the programme.

The programme's therapeutic framework is based on Te Wheke (the octopus) which is a Māori model of health with eight tentacles; each one representing a different dimension of health, all of which are interwoven.

- **Te Whānau** – the family
- **Waiora** – total wellbeing for the individual and family
- **Wairuatanga** – spirituality
- **Hinengaro** – the mind
- **Taha tinana** – physical wellbeing
- **Whanaungatanga** – extended family
- **Mauri** – life force in people and objects
- **Mana ake** – unique identity of individuals and family
- **Hā a koro ma, a kui ma** – breath of life from forebearers
- **Whatumana** – the open and healthy expression of emotion

Each of the Te Wheke tentacles is used as a theme for the day, which frames both the adventure activity and the facilitated discussions. For example, the group might go mountain biking and the day's theme could be Taha Tinana (physical wellbeing). The group might do a morning 'check in' around how their body is feeling and how motivated or energetic they feel that day. The facilitated group conversation might link in to how using our bodies can increase our energy and motivation through making endorphins in our body. They might also reflect on how tired the body becomes after a session of mountain biking, but how our spirits might be energised. All these reflections and discussions might come together at the end of the day with a discussion about how the group could continue to look after their own taha tinana and how that contributes to their overall wellbeing.

How can this help the rest of us?

Most readers of the NZOIA Quarterly probably spend a fair bit of time outdoors in nature, and intuitively understand the therapeutic benefits of doing so. But what about the other aspects of wellbeing? If you (or your workmates or the clients that you work with) are struggling with any mental health challenges, can you borrow from the wisdom of Te Wheke, the octopus?

Discover your own strengths and unique qualities, then build on them. Grow your self-acceptance and self-compassion (we are all doing the best we can). Learn how to build and repair relationships with your whānau, friends, work colleagues, clients. Learn how to manage difficult emotions rather than numbing them. Practice gratitude and mindfulness. Set goals. Find things that ignite your interest. Kia manawanui, hold tight to hope. Explore awe and wonder, especially when immersed in te taiao, the beauty of the natural world. Celebrate your achievements, large and small. And remember: He waka eke noa, we are all in this canoe together.

\* Name changed to protect participant's privacy.

1. New Zealand Health Survey 2020/2021 (<https://www.health.govt.nz/publication/annual-update-key-results-2020-21-new-zealand-health-survey>)
2. Healthy nature healthy people: 'contact with nature' as an upstream health promotion intervention for populations. Cecily Maller et al. Oxford University Press, 2005.



Bex Charteris, Adventure Specialties Trust



# ARA: A PATHWAY INTO THE OUTDOORS

FREYA O'DONOHUE



## Past, present, future

The Ōtautahi Christchurch based Sustainability and Outdoor Education Programmes (SOEP) at Ara are the culmination of what used to be Aoraki Polytechnic in Timaru, and Christchurch Polytechnic Institute of Technology (CPIT). In 2016, CPIT and Aoraki Polytechnic merged to become Ara which has now been integrated into Te Pūkenga. For ease of understanding let's keep using Ara, at least for now.

The SOEP's at Ara are unique in Aotearoa. They provide a range of programmes from Level 3 Dual Enrolments (with secondary school students) through to a Bachelor's Degree and post-graduate opportunities. The department's aim is to provide a range of qualifications that cater to meeting the needs of the current and future outdoor sector.

## What does the future of Outdoor Education (OE) look like?

Outdoor Education can be seen as an umbrella term that includes education in, for and about the outdoors. This can range from adventure tourism to nature therapy, team building to sustainability and environmental education, and practical skills to cultural connections. With such a wide scope for outdoor leaders, Ara therefore aims to provide programmes that are practical yet diverse and holistic, catering to the ever-evolving nature of our sector.

Ara's philosophical position is driven by the OE research literature and the demands of the outdoor sector. Historically, OE in Aotearoa has been dominated by adventure pursuits. Ara has positioned itself to not only develop highly skilled practitioners but also graduates that advocate for socially, culturally and environmentally conscious outdoor education.

## So much more than environmental sustainability

In the SOEP's, sustainability is multi-faceted and includes environmental, social, cultural, economic, as well as personal aspects of sustainability. Throughout the programmes at Ara,

there is a strong focus on personal development, health and wellbeing, and Mātauranga Māori. Our world, our future, and our workplaces require leaders and graduates that are not only skills-based but people-oriented and forward-thinking for an ever-changing world.

*"The outdoors is massively beneficial in terms of mental health, in terms of physical health. People really need to recognise that this is a really important factor within life."*

Karisa, Ara student

Based in Ōtautahi Christchurch, the SOEP's are specifically designed to play to the strengths of the surroundings. They pay special attention to educating in a place-responsive context, using the local environments of the Port Hills and Pegasus Bay. The Surf and Beach Education course leads the way in this field, utilising local marine environments to successfully deliver practical and theory content. Another example is within the Certificate and Diploma programmes where Mountain Biking courses cater to the explosion of the sport and the increased demand for mechanics, track builders and instructors.



The practical aspects of studying at Ara give students the technical skills to be competent outdoor leaders. Students are also given the opportunity to sit NZOIA Leader awards, thanks to a Memorandum of Understanding (MOU) with NZOIA. Ara graduates are held in high regard within the broader outdoor sector, bringing valuable skills and knowledge as well as an understanding of the natural, cultural, and social world around them. Staff and tutors understand the importance of developing well-rounded educators who have exceptional interpersonal and facilitation skills they can take into their future jobs – and their lives.

## Why choose Ara?

Ara means 'pathway' in Te Reo Māori, and we have seen many students find their way to varied and meaningful work. Graduates from Ara vary in their mahi around the country; instructor, teacher, conservation worker, guide, youth worker, business owner, tutor, mentor – the list goes on.



*"Unlike other degrees, this one develops you as a whole person for life, not just your knowledge on a certain subject."*

Blake, Ara student

Ara prides itself on a world-leading staff team, from high-level NZOIA qualifications and Assessors to outstanding place-responsive and Te Ao Māori educators, to leading academics and researchers. We have a great mix of genders and we are building our ethnic diversity.

Below is an overview of our core qualifications. We hope that by sharing with you what we offer you can help us spread the word and inspire the next generation of Outdoor Educators.



## New Zealand National Certificate in Outdoor and Adventure Education – level 4

## New Zealand National Diploma in Outdoor and Adventure Education – level 5

This is a two-year study pathway for people who want to lead and instruct in the outdoors. The first year is made up of a stand-alone Level 4 certificate that sets students up with the foundations of being an outdoor professional. In the second year, students upskill and build on their previous experiences to develop their people, leadership, instructional and practical skills. A large focus is put on gaining NZOIA Bush, Rock, Abseil, Mountain Bike and Sea Kayak Leader awards and preparing graduates for future instructing and guiding jobs.

## Bachelor of Sustainability and Outdoor Education – level 5-7

This is a 3-year degree blending theory and practice to ensure graduates have a sound understanding of contemporary social and cultural issues, geography and sustainability, and a proven capability in outdoor education. Wherever possible, teaching is outdoors and applied, for example, the Wai Tai, Wai Māori: Water Based Systems and Environments paper delivers content in local marine, river and wetland environments. There are core subjects mixed with elective courses to foster personal strengths and interests.

*"[Doing the degree] was the best decision I've made in my life."*

Gus, Ara student

## Master of Sustainable Practice – level 9

This Masters programme is designed for individuals who seek to lead innovative problem-solving in sustainable practice. The programme facilitates collaboration and innovation and applies an interdisciplinary framework to address complex sustainability problems.

For more information regarding study at Ara visit our website [www.ara.ac.nz](http://www.ara.ac.nz)



# PROFILE: SCOUTS AOTEAROA



Scouts Aotearoa has been providing the youth of New Zealand with adventurous experiences for over 115 years. Our purpose is to empower young people to lead lives that make a positive difference. Every year we help 11,000 young people in New Zealand enjoy new adventures, experience the outdoors, build confidence and make new connections.

Every week at least one evening or weekend is spent participating in adventurous, challenging, active, and inclusive activities. As well as our regular weekly programme, Scouts Aotearoa offers a vast array of exciting opportunities. On top of our well-known major events, including Jamboree, we offer nine National Schools. These schools offer a variety of interests such as mountaineering, photography, caving, and aviation. Whether our youth are fans of mountains, snow, the sea, the sky, or caves, there is an adventure waiting for each and every one.

We recently refreshed our Youth Programme in which we have included a focus on Adventure Skills, providing a clear pathway to experience adventure. These adventure skill pathways are designed to help youth gain the expertise they need to participate, assist and lead adventurous experiences. The Adventure Skills programme pathway covers a variety of different adventure areas including tramping, camping, emergency skills, vertical, air activities, water safety, boating, and biking.

Here are what some of our youth members have to share about their Scouting experience:

*"One of the best things about Scouts is meeting new people. Through Scouting, I have made connections with people across Aotearoa New Zealand. Each of those people has different interests and is like-minded with a common purpose. There is also an opportunity through Scouting to get outdoors, go 'off-grid' and among everything, have fun!"*

Venturer Unit Chair, Jayden

*"Scouts give you opportunities to learn new things. This means having "cool adventures" in different places. This means meeting a lot of people, including through Jamborees and National Schools such as the Photography School."*

Venturer and Unit Photographer, Zoe

*"One of the best things about Scouting is camping. I like it because it's just fun! It's great to go out in tents and cooking food is fun. It's really good because Scouts get to make their own plans in terms of what*

*activities get done. This is different to school, and I appreciate the help I get from Kaiārahi Leaders while still having Scouts in charge."*

Scout and Youth Small Team Leader, Sebastian

Scouts Aotearoa has partnered with the New Zealand Outdoor Instructors Association (NZOIA) to implement an outdoor skills qualification pathway for our adult Kaiārahi Leaders.

Due to the programme changes, increasing external compliance requirements and an inexperienced volunteer base, NZOIA offers an exciting opportunity for Scouts Aotearoa to continue to deliver on our 'adventure plus' promise to young people.

Scouts Aotearoa has outlined an initial four-year adventure skills development pathway.

Years one and two are focused on providing Kaiārahi with the opportunity to achieve Leader level qualifications in areas that align with the Scouts Aotearoa programme.

The initial qualifications focus will include;

- Bush Leader (with Overnight Endorsement) to support the primary elements of the Scout Programme.
- Kayak Leader to support the water-based activities of the programme
- Rock Leader
- Abseil Leader

Through years three and four we will continue to expand the number of Kaiārahi undertaking Leader level qualifications.

We have been lucky enough to identify some NZOIA members who are also Kaiārahi in Scouts. As these Kaiārahi already hold NZOIA qualifications in areas that align with our needs we are supporting these members to both retain their existing qualifications and, where they desire, to advance their qualifications.

The NZOIA qualification framework enables Scouts Aotearoa the unique opportunity to deliver a personal development pathway for our Kaiārahi that extends beyond the Scouting environment. The ability to gain qualifications that individuals can use in their everyday lives as well as within the scouting environment - an opportunity especially relevant to our young Kaiārahi who have concluded their youth member journey.



## Congratulations

to the following members who recently gained NZOIA Qualifications!

<b>Abseil Leader</b>	Luke Merrick, Bailey Stubbs
<b>Alpine 1</b>	Simon Ball, Alastair Holley, Jon Tyler, Elliot O'Brien, Melissa Harris, Ricky McDonald, Stephen Hodkinson
<b>Bush Leader</b>	Rob Ferguson
<b>Bush Leader Overnight Endorsement</b>	Scouts Aotearoa – Andy Urquhart, Kerrin Silcock, Brian Shea Boys Brigade – Kieran Wilmshurst, Jack Wilson
<b>Bush 1</b>	Nathanael Sage, Robbie Smith, Arna Warrander, Simon Ball, Kent Pollard, Alex Booker, Angus McGill, Caitlin Magill, Tanika Brown, Claire Hesselin, Stephen Hodkinson, Karl Domeracki, Mikayla Mackle, Matthew Hanson, Joshua Niarchos-Painter
<b>Canoe Leader</b>	Shane Te Wiki, Luke Nelson, Tina Louise Te Huia, Gavin Tui, Inneke Cumming
<b>Climbing Wall Supervisor</b>	Harvest Rock – Julian Pope, Jack Hughes, Lilith Scott
<b>CWS – Monitor Lead Endorsement</b>	Jack Hughes, Lilith Scott
<b>Kayak Leader</b>	Rachel Elliot
<b>Mountain Bike Leader</b>	Rowan Donaldson, John Scanlon
<b>Rock Leader</b>	Andrew Boere, Scott Bickley, William Coulden - Lavers
<b>Rock 1</b>	Stephen Hodkinson, Karl Domeracki
<b>Rock 1 – Sport Climbing Endorsement</b>	Curtis Vermeulen, Peter Ross, Arna Warrander, Campbell Potter, Robbie Smith
<b>Sport Climbing</b>	Robert Hutterd
<b>Sea Kayak Leader</b>	Angelene Dryland, Megan Jackson, William Watt
<b>Sea Kayak 1</b>	Lisa Cooper, Chris Lacoste, Matiu Kapa

**NZOIA**  
Excellence in Outdoor Leadership



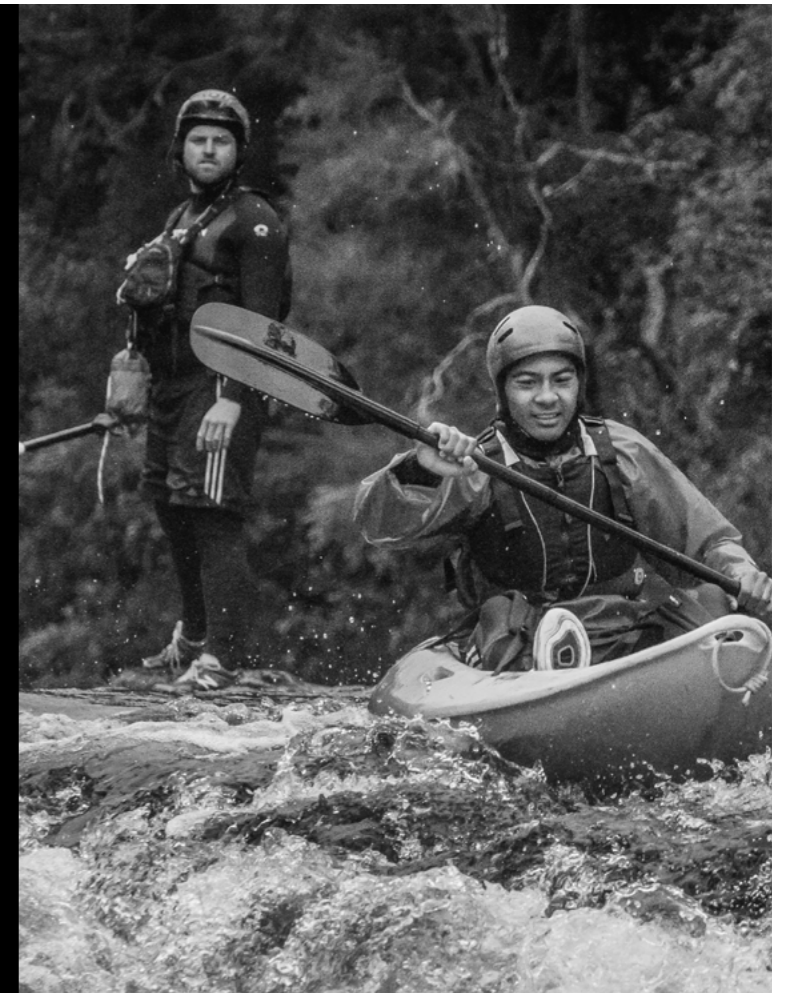
### PASSIONATE ABOUT WORKING WITH PEOPLE IN THE OUTDOORS?

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

4-8 February 2023  
Outward Bound NZ School, Anakiwa  
Applications close 5 December 2022

Outward Bound NZ welcome applicants with experience in the outdoors, managing others, safety in the outdoors, sea, bush, river, rock skills, and industry qualifications.

**Apply now!**  
[outwardbound.co.nz/instructors](https://outwardbound.co.nz/instructors)







## NZOIA Assessments, Training and Refresher Workshops

Course	Course fee (NZOIA Members) *
Refresher Workshops	\$215 (\$115 1/2 day)
Training Courses	\$450 (\$245 1 day)
<b>Assessments</b>	
<b>Leader Assessments:</b> Abseil Leader Bush Leader Canoe Leader Canyon Leader Cave Leader Kayak Leader Mountain Bike Leader Rock Leader Sea Kayak Leader	<p>These assessments are run under the <b>Free Range Assessment Model</b> \$150 plus any Assessor fees and expenses.</p> <p>Please contact an Assessor directly via our website to arrange an assessment and their fee.</p> <p>You are required to be a Full Member to attend a Free Range Assessment (or be listed under a NZOIA Affiliated or NZOIA Climbing Wall Membership).</p>
<b>Other Assessments:</b> Artificial Whitewater Climbing Wall Supervisor (CWS) CWS: Monitor Lead Endorsement	
<b>1 Day Assessments (land based 1:4 ratio)</b> Sport Climbing Endorsement	\$315
<b>1 Day Assessments (water based 1:3 ratio)</b> Sea Kayak 1 Upgrade Multisport Kayak Endorsement	\$325
<b>Overnight Assessment (Midday to Midday)</b> Overnight Endorsement	\$365
<b>2 Day Assessments (land based 1:4 ratio plus evening session)</b> Cave 1 Mountain Bike 1 Rock 1 Sport Climbing	\$615
<b>2 Day Assessments (water based 1:3 ratio)</b> Kayak 2 Upgrade	\$615
<b>2 Day Assessments (water based 1:3 ratio plus evening session)</b> Canoe Guide	\$655
<b>3 Day Assessments (land based 1:4 ratio plus evening session)</b> Alpine 1 Bush 1 Canyon 1	\$815
<b>3 Day Assessments (water based and NZOIA 2 1:3 ratio)</b> Kayak 1 & 2 Multisport Kayak Sea Kayak 1 & 2 Mountain Bike 2	\$835
<b>3 Day Assessments (water based and NZOIA 2 1:3 ratio plus evening session)</b> Canoe 1 Bush 2 Cave 2 Canyon 2 Rock 2	\$875
<b>4 Day Assessments (NZOIA 2 1:3 ratio plus evening session)</b> Alpine 2	\$1075

The course calendars for Assessments, Training and Refresher workshops can be found at [www.nzoi.org.nz](http://www.nzoi.org.nz). Members are notified of updates to the calendar via the NZOIA 4YA – our weekly email.

### Booking for an NZOIA Assessment, Training or Refresher Workshop

1. Go to [www.nzoi.org.nz](http://www.nzoi.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@nzoi.org.nz](mailto:admin@nzoi.org.nz)** for more details.

### Further Information

Details of courses run by NZOIA, pre-requisites and online payment are all available at: [www.nzoi.org.nz](http://www.nzoi.org.nz)

### Courses by special arrangement

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.nzoi.org.nz/qualifications/courses/custom-courses](http://www.nzoi.org.nz/qualifications/courses/custom-courses) for details on how to arrange a course.

### Course Costs

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.

[www.nzoi.org.nz](http://www.nzoi.org.nz)

**NZOIA**  
Excellence in Outdoor Leadership

## We want your story!

We are looking for contributions from you, the NZOIA members, for the NZOIA Quarterly. Do you have a story to tell? Do you know someone who has thoughts to share?

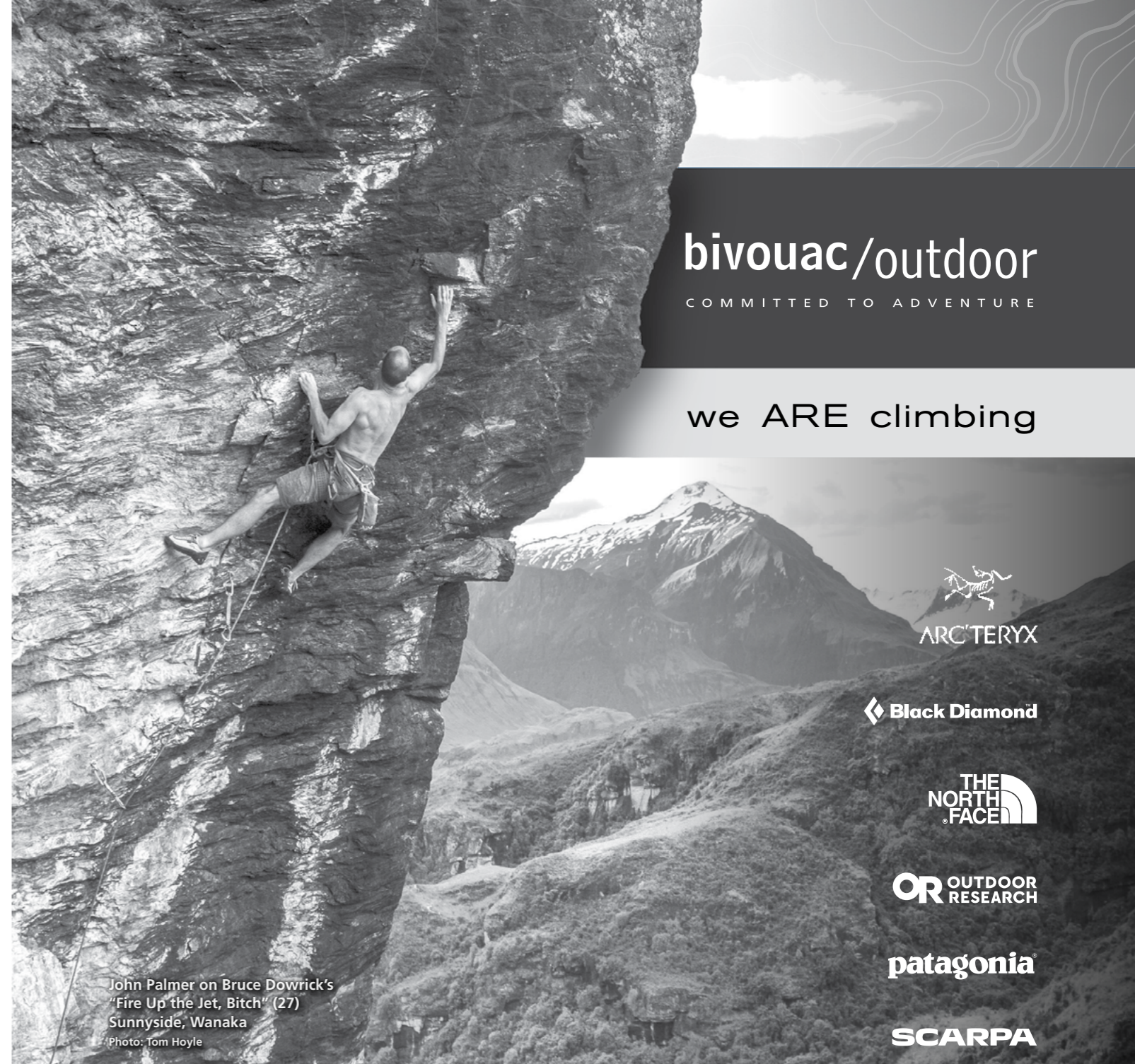
Articles could be:

A personal adventure and how your experiences have impacted your instruction/guiding of others.  
/ An incident, near miss or accident that others could learn from. / A personal profile – an interesting tale about how you got to be where you are now in the world of outdoor instructing.  
/ An organisation that is doing innovative and interesting things – with its programme, philosophy, direction and instruction or guiding. / A reflection on any aspect of outdoor instruction/guiding that you think would be educational and beneficial for others to hear.

Contact the editor with your ideas and for guidelines: [editor@nzoi.org.nz](mailto:editor@nzoi.org.nz)



Photo: Johnny Johnson



bivouac/outdoor

COMMITTED TO ADVENTURE

we ARE climbing



John Palmer on Bruce Dowrick's "Fire Up the Jet, Bitch" (27)  
Sunnyside, Wanaka  
Photo: 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. It is the same gear we literally stake our lives on, because we are committed to adventure and we ARE climbing.

20% discount  
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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.

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# PLANTING THE SEEDS OF ADVENTURE



Photos supplied by Scouts Aotearoa

Profiles of organisations are welcomed for the back page series "Planting the Seeds of Adventure". Contact [editor@nzoiia.org.nz](mailto:editor@nzoiia.org.nz)

