

STRIVE

Supporting young women to build confidence, skills, and relationships

Strive is a programme is designed to allow young women aged 15-17 living in Southland, with little to no participation in outdoor recreation, to explore possibilities in an environment of support and safety.

Adventure Southland have worked with young women for many years and across a variety of programmes, including Women in the Wilderness, Lions Leadership, Southland ALIVE, and most recently - a local girls' high-school Outdoors Club. We have identified a need for a programme catering specifically to younger women in the outdoors. Engaging with students in outdoor activities to gain confidence and build relationships is core part of our business, and immensely rewarding for both participants and our team.

Strive aims to build skills, motivation, and relationships through participation in outdoor adventure activities. Supporting students to experience new activities and learn new skills builds the confidence needed to continue engaging in outdoor recreation.

During the programme, participants will learn basic outdoor skills over three after-school sessions. These sessions will prepare students for a weekend of adventure at Borland Lodge, where they will have the opportunity to experience and build on rock climbing, abseiling, caving, kayaking, archery and bushcraft skills.

This programme is generously funded by KiwiSport, meaning the cost is kept low for participants.

SKILL BUILDING SESSIONS

LOCATION	Based in Invercargill
DATES	Tuesday 27th October Monday 2nd November Monday 9th November
TIME	4.00pm – 5.30pm
<i>Activities may include high ropes, team building, archery, an introduction to rock climbing, and kayaking. All sessions will be based at Adventure Southland, with the exception of kayaking. You will be notified of the location prior to each session.</i>	

WEEKEND ADVENTURE

LOCATION	Based at Borland Lodge
DATES	Saturday 14th – Sunday 15th November (overnight)
TIME	TBC
<i>Transport, accommodation and all meals, with the exception of lunch on the first day, is provided. A gear list will be sent out prior to the weekend adventure. We have limited gear available if required.</i>	

COST	\$50 per participant
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EXPRESSION OF INTEREST

First Name: _____
Last Name: _____
Date of Birth: _____
School: _____
Phone Number: _____
Email Address: _____
Physical Address: _____

Why are you interested in applying for this programme?

Please include details of your current level of participation in sport and recreation, and what you hope to gain from this programme.

Parent/Caregiver Signature: _____

PLEASE NOTE: Expressions of Interest must be received no later than Friday 18th September. Participant numbers for this programme are strictly limited. You will be notified by Friday 2nd October if your application has been successful, and you will be required to complete a full registration form.