

EXAMPLE 5 DAY PROGRAMME

Below is an example of what a 5-day programme might include*. There are many factors that determine the final programme and activities, including weather, instructor availability, group capability and dynamics etc.



Local day: Activities could include ice breakers and warm up exercises, activity based learning (ABL) games including communication, trust, initiative and problem solving exercises, basic navigation training and practical bush tramping skills, Flying Fox, low ropes and possibly high ropes.



Water day: (summer only) Activities could include caving, single tube floating on a local stream, kayaking/canoeing on the local lakes, sit-on-top kayaks or tube rafting (senior groups only) on the lower Tongariro river.

Activity Days: (autumn, winter and spring)

Offsite activities could include a mountain or climbing day, caving and abseiling or even going to the lake canoe or kayaking if the weather is suitable.



Mountain day: The object of the day is to summit a peak within the Tongariro National Park or a smaller peak in the local bush. A vehicle is allocated to the group for the day.

Overnight expeditions: Are usually for two days with a single night at camp and can be based in the bush or the mountain or on a lake depending on the weather and the ability of the group.



* Note: this is a generic programme example only and not intended to specifically describe an entire programme for Hillary Discover, Adventure or Leadership