



Westlake Girls High School



Outdoor Education Course

An opportunity for International Students to enjoy NZ's outdoors

New Zealand's outdoors is second to none. Students who choose to study Outdoor Education have the opportunity to get back to nature and experience the outdoors in a number of different settings. National and Regional Parks are a source of pride for New Zealanders and their availability on Auckland's doorstep enables our students to work on their bush craft, mountain biking and tramping skills without travelling vast distances.

A favourite excursion of our students is the week long trip to the Tongariro National Park, located in the central North Island. It is a dual World Heritage area, a status which recognises the park's important Maori cultural and spiritual associations as well as its outstanding volcanic features. It is a place of extremes and surprises, a place to explore and remember. From herb fields to forests, from tranquil lakes to desert-like plateau and active volcanoes - Tongariro has them all. Whilst on the week long camp in Term 3, students will spend a day snowboarding or skiing, develop their leadership skills, test their strength and agility on high and low rope challenges, caving*, kayaking* (*weather dependent) bush craft survival and tramping - including an overnight tramp.

Kayaking is another popular pastime in New Zealand. With the development of basic kayak skills, students will develop the necessary knowledge to see New Zealand from a whole new perspective. A multi-day kayaking experience exploring the coast of the Hauraki Gulf is planned.

With the rise in popularity, rock climbing is fast becoming a competitive sport. Outdoor Education students will experience what rock climbing has to offer as a sport, a fitness activity and as another fabulous way to enjoy the outdoors. An indoor rock climbing facility (close to school) will be utilised for the teaching of this component.

Students will study for a first-aid qualification which will provide them with the basic skills to respond to an injury in an accident/emergency situation. Through this course, students develop confidence, independence, team work and leadership skills that help to develop them into well rounded, highly employable individuals.



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