

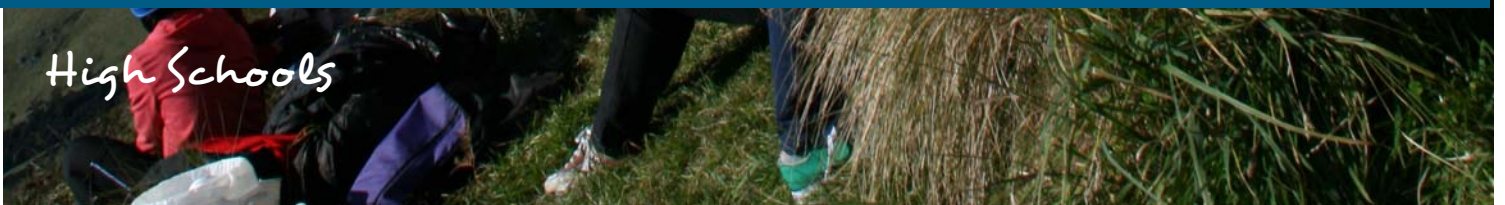


**Livingsprings**

Accommodation | Functions | Events | Outdoors

*Programmes Available  
at Living Springs*

*High Schools*



## Living Springs Programmes

All programmes cover some or all of the five key competencies found in the NZ Curriculum. We use fun games and activities to interweave learning, thinking, using language, symbols and texts, managing self, relating to others, participation and contributing. All of these programmes are run by Living Springs' instructors with the help of teachers.

### Victoria Park to Living Springs via crater rim walkway

This is a great option for your arrival into Living Springs on day 1. It's a real journey experience with a sense of adventure. This is suitable for persons with average fitness. We visit the DOC centre at Victoria Park which provides information about the local area, local history and points of interest along the way. We can arrange for luggage to be transported from your drop off point to Living Springs. Approx 3-4 hours



### Environmental Studies

A conservation based programme that educates on the importance of conserving the land, plant management strategies and managing predators. The programme also includes elements of Maori history such as traditional ways Maori people used the land to provide food and shelter and how they used plants for medicinal purposes. This practical element of the programme includes trying native teas, using traps and bait and planting a tree. Suitable for wet weather. Approx 1½ - 3 hours.



### Initiatives Course

Set amongst native bush, this course is designed to test the mind and body and develop the art of cooperation. Students are best to work in groups of 10. Wet weather option available. A Living Springs staff member will accompany your group, brief the students and guide the groups through the challenges with assistance from your adults. Approx 1½ hours.



### Low Ropes

LS low ropes course is brand new and suitable for all ages. The low ropes course is a 10 minute walk from the main camp, set amongst native bush. It has a series of elements to test the mind and motor skills and has a huge emphasis on team work. A must do for all! Approx 1 ½ - 2 hours.



### ABL – (Adventure Based Learning)

LS have some great learning resources which are utilised within activities focusing on team involvement and leadership. ABL is suited to all groups. ABL can be indoors and outdoors and is suitable for wet weather. Approx 1½ - 2 hours



## Air Rifles/ Archery

LS have just reopened its archery/ air rifles range. This caters for easy to intermediate levels. It involves utilising eye to hand coordination and is beneficial for all ages and groups. Approx 1½ hours



## Orienteering

Living Springs has been mapped for orienteering. We have set a basic yet challenging outdoor course that tests map reading skills and teamwork. A Living Springs staff member will communicate the necessary information to your group and get them underway. Approx 1½ hours



## Outdoor Living Skills

As New Zealanders it is beneficial to have a general understanding of the NZ wilderness. The programme covers a basic knowledge of skills needed to be safe in the outdoors. This is valuable learning, promoting outdoor living skills and safety awareness. This activity is suitable for wet weather. Approx 1½ - 3 hours.



## Sea Kayaking

We are currently operating sea kayaking trips in the Banks Peninsula. There are a variety of great locations in the Peninsula and where we go often depends on weather conditions and the programme itinerary. We offer instruction and guiding as well as overnight expeditions. This is most suitable for Year 9 and upwards and can range from easy to difficult. Ideally suited to smaller groups or can work on a rotation basis. Approx 3 - 4 hours.



## Burma Trail

A blindfold activity where students get led into the bush and have to follow their way along a rope trail. Excellent for encouraging students to help each other and to develop trust. This is suitable for any group and there are multiple Burma Trails for all skill levels at LS. Approx 1½ hours

## Flying Kiwi – LS operate this activity at base.

Flying Kiwi is a fantastic/ fun group activity which involves everyone and is excellent for becoming more acquainted with heights. This activity is suitable for ages 9 and upwards. Approx 1½ - 2 hours.



## Rock Climbing

At LS we have multiple climbing sites catering for all ages from Yr 5 upwards. This includes abseiling sites with multiple grades for beginners through to experienced. We also operate climbing courses. No prior climbing experience is required. Approx 3 – 4 hours



## Abseiling

LS has two abseil sites, one 5 metres and one 20 metres. This activity is most effective with small groups. Abseiling is a great activity where students have to learn to trust the equipment and instructors and believe in themselves. Great for students to challenge themselves on various levels, developing faith and confidence in their own abilities. This creates a good team atmosphere when a group is supportive and encouraging. Also includes some instruction and learning about the equipment and teaching progressions. Approx 3 hours



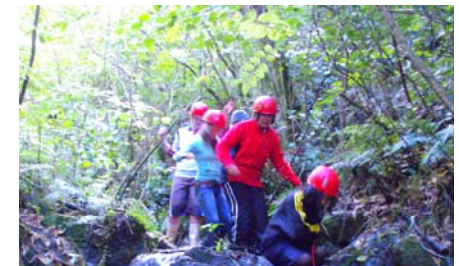
## Mountain Biking

There are mountain biking tracks around the property that are available for use on request. This is not a supervised activity and is entered upon at the rider's own risk. Tracks run from the Summit Road down to the Allandale flats.



## Gorge Walk

A radical exploration down the Living Springs creek. The journey contains a series of hand lines and obstacles through the native bush. This was a real find! We can run two different trips - the longer trip includes 5 metre abseil off a dam. Maximum number is 15. Approx 1½ - 3 hours



## Bivy Overnight

Learn the fundamental skills of building a group shelter out of basic materials. Our instructors will take you through the requisite skills in site selection, knot tying and construction techniques.

Then you can go ahead and create a shelter with your teammates. This activity promotes team work, planning and active risk management. All of this is put to the ultimate test when your group spends the night at our bush camp in your Bivy. A well built Bivy means a good night's sleep! Suitable for Year 8 upwards.



## Leadership Programme (NEW PROGRAMME)

Living Springs Leadership Programme is designed for people to engage and motivate others to form a healthy balanced team. Key outcomes for these programmes are;

- Core values of effective leadership
- Responsibilities of an effective leader
- Characteristics of an effective leader
- Develop self awareness and confidence
- Enhance your interpersonal skills to encourage and motivate others

This programme is most beneficial for High School students wanting to grow into successful leaders. The programme will be interactive with some theory based activities. Allow 3- 6 hours minimum.

## Navigation Fundamentals (NEW PROGRAMME)

How to get from A to B using a compass bearing, how to fix your position on a map, how to figure out how far you've come and where you need to get to.

All of these things and more will be covered in our fundamental navigation program. This is a practical, hands on approach to learning valuable bush navigation skills.

This program can be tailored to suit any level of experience and age group. 1 1/2 -3 hours

## Bush Camp

A great camping experience with Individual tent sites set in the bush. There is an open shed used for cooking and shelter (and long drop toilets). Bush camp includes overnight supervision of night activities including preparation of dinner/ breakfast by an experienced instructor. Sleeps approximately 45 people. Activities that can be undertaken while there are Burma Trail, Environmental Studies, Outdoor Living Skills, Bivy Making and Astronomy.

### Camping Equipment Living Springs

Living Springs has 25 x 3 person tents, 50 x bed rolls and outdoor cooking utensils available for hire. We also have some camping equipment/clothing available for use if students do not have their own (i.e. Raincoats, Packs, Thermals, Fleece).



## Summit Camp

This campsite is located up at the Summit Rd within our property boundary and is smaller than the Bush Camp. It is protected by native bush and has a long drop toilet and a camp fire site. This is the most basic of our campsites and sleeps approximately 35 people. Activities that can be undertaken while there include Walking Trails, Outdoor Living Skills, Rock Climbing/ Abseiling.

## Outdoor Camping Centre (OCC)

The OCC is located 5 minutes from main camp facility. It includes a large camping area with kitchen facilities, a shower block, flush toilets and a large dining room area. The site sleeps approximately 100 + people. Activities that can be undertaken there include Fire Place, Flying Kiwi. There is also a large flat area for activities and games.



## Heated Indoor Swimming Pool (9am – 5pm)

- Great fun for all ages including basketball hoop for games
- Toddler pool available



## Recreational Activities

All activities require adult supervision by teachers and parents.

Activities:

- 18 Hole Mini Golf
- Monorail
- Tennis Courts (tennis racquets available from the office)
- Playground (8 years and under only)
- Slide
- Flying Fox
- Go-Kart (minimum 30 Persons)

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