



**OTAGO**  
POLYTECHNIC  
Te Kura Matatini ki Otago



> Sport and Adventure > English and Outdoor Leadership Adventure

# English and Outdoor Leadership Adventure Programme

<b>Duration:</b>	10 weeks with teaching and activity delivery on weekdays, 5 days per week
<b>Location:</b>	Dunedin with field trips throughout Otago and the South Island
<b>Start:</b>	Winter: September/early October onwards Summer: late January/early February onwards
<b>Fee*:</b>	NZD \$8,000 per person, group of 8-10 participants^ NZD \$10,910 per person, group of 5 participants^

This programme aims to provide students with the opportunity to participate in a specialised English language and outdoor leadership and adventure programme.

## PROGRAMME CONTENT:

English classes focusing on communication skills and specialised language for outdoor leadership training would be delivered at the beginning of the programme and consist of: five hours daily, five days per week for a period of two weeks.

The outdoor leadership training sessions would be delivered from the third week until the conclusion of the programme in week 10, and consist of: two weeks off-site undertaking tramping activities, followed by a week on-site in class sessions, followed by two weeks off-site undertaking rock climbing activities, followed by a week on-site in class sessions, followed by two weeks off-site undertaking kayaking activities.

During the on-site class sessions, students would engage in skill training, physical conditioning, psychological skills training, nutrition and performance analysis.

## ENTRY REQUIREMENTS:

To be eligible, students must have an English language level of 5.5 IELTS (or equivalent), with listening of no less than 6.0 IELTS (or equivalent), and speaking of no less than 5.5 IELTS (or equivalent).

## EQUIPMENT PARTICIPANTS MUST SUPPLY FOR ACTIVITIES:

All the following equipment must be supplied by the participant:

### Tramping

- Appropriate clothing for tramping – Poly Pro top/bottoms, fleece
- Down jacket
- Hiking/tramping boots or sturdy high cut shoes
- Sun wear (sun cream, hat, glasses)
- Warm clothing if rainy or windy i.e. rain coat, over trousers extra layers

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- Water bottle
- Personal medication
- Hiking/Tramping Pack 50-60 litres
- Sleeping bag 4 seasons
- Sleeping mat bed roll e.g. Therma rest
- Torch
- Toiletries
- Bowl, spoon, knife, fork
- Warm gloves, hat

### Rock Climbing/Abseiling

- Track pants or easy to move in clothing
- Closed toe shoe suitable for an outside environment and that have grip on the sole.
- Sun wear (sun cream, hat, glasses)
- Warm clothing if rainy or windy i.e. rain coat, extra layers
- Lunch, drink that can sustain you through the day
- Personal medication
- Sea kayaking
- Sun wear (sun cream, hat, glasses)
- Warm clothing if rainy or windy i.e. rain coat, extra layers
- Booties or shoes to get wet in
- Poly pro/warm fleece jacket (clothes that will be getting wet)
- Towel
- Spare clothing to change into
- Towel
- Wet suits are optional however recommended
- Personal medication

### ABL (ADEVET Based Learning Activities) Available on Request

- Easy to move in clothing, closed toe shoe suitable for a gym environment
- Warm clothing if rainy or windy i.e. rain coat, extra layers

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- Lunch, drink that can sustain clients through the day
- Personal medication

*Note: We take no responsibility for loss or damage of any personal equipment.*

### PROGRAMME STRUCTURE:

DATE	MORNING	AFTERNOON
Sunday	Arrive Dunedin Airport Meet host families at Otago Polytechnic, Dunedin	
WEEKS 1 AND 2 Monday to Friday	9.00am to 3.00pm daily - English Communication Skills Class Including: <ul style="list-style-type: none"> <li>• English for Outdoor education and leadership skills</li> <li>• City orientation tour on day one in week one</li> <li>• Preparation for tramping</li> <li>• Optional extra activities (see list below) at student own additional cost, available afternoons after 3.00pm and on all weekends</li> </ul>	
WEEKS 3 AND 4 Monday to Friday	Off-site Tramping Excursions Including: <ul style="list-style-type: none"> <li>• One week of day-long tramp excursions and</li> <li>• One week-long tramp excursion (4 x nights away)</li> </ul>	
WEEK 5 Monday – Friday	9.00am to 3.00pm - On-site (in class) Outdoor Leadership and Adventure Skill Sessions Including: <ul style="list-style-type: none"> <li>• Preparation for rock climbing</li> <li>• Optional extra activities at student own additional cost available afternoons after 3.00pm</li> </ul>	
WEEKS 6 AND 7	Off-site Day Rock Climbing Excursions	
WEEK 8	9.00am to 3.00pm - On-site (in class) Outdoor Leadership and Adventure Skill Sessions <ul style="list-style-type: none"> <li>• Including preparation for kayaking</li> <li>• Optional extra activities at student own additional cost available afternoons after 3.00pm</li> </ul>	
WEEKS 9 AND 10	Off-site Kayaking Excursions Including: <ul style="list-style-type: none"> <li>• One week of day-long kayaking excursions, and</li> <li>• One week-long kayaking excursions (4 x nights away)</li> </ul>	
Saturday	Departure	

### OPTIONAL EXTRA ACTIVITIES – PARTICIPANTS EXTRA OWN COST

Activities available include, and not limited to:

- Otago Peninsula tour – Royal Albatross Centre (at Taiaroa Head), Yellow-eyed Penguin sanctuary
- Monarch boat tour of Otago Harbour – wildlife viewing (including sea lions, seals, albatross, birdlife etc)
- Larnach Castle tour (New Zealand's only 'castle')
- Excursions to
  - Sandfly Beach (view wildlife – sea lions),
  - Tunnel Beach (scenic beach in stunning area),
  - Moeraki Boulders beach (view unique round boulders on beach),
  - Caitlins (unique Southern coastal trip)
  - Surfing lessons at St Clair beach
  - Queenstown weekend (includes opportunity to sky-dive, bungee jump, mountain bike riding, jet boating)

<sup>^</sup> The cost per person includes course related costs: registration, tuition fees, off-site outdoor OISA activity, transfer and equipment fees, Dunedin Airport transfers, accommodation in homestay (and includes transport to and from Otago Polytechnic on weekdays), all meals and insurance.

**\*DISCLAIMER:** While every effort is made to ensure that this sheet is accurate, Otago Polytechnic reserves the right to amend, alter or withdraw any of the contained information. The fees shown in this document are indicative ONLY. Both domestic and international fees are subject to change and are dependent on the development and implementation of Government policies. Please note that additional fees may from time to time be required for external examination, NZQA fees and/or additional material fees.