

**Residential Programmes**

**2024 | 2025**

*Programmes to change lives*



**Makahika**

OUTDOOR PURSUIT CENTRE

**TAMA TU  
TAMA ORA**

**STAND UP BE COUNTED**



## OUR PROCESS WITH YOU

Discovery of your needs

Define the focus

Articulate the outcomes

Adapt our programme (bespoke)

Decide

Engage

Participate

Debrief and apply learnings

Repeat



# WORLD-CLASS EXPERIENTIAL LEARNING

**“Grow the next generation of young citizens”**





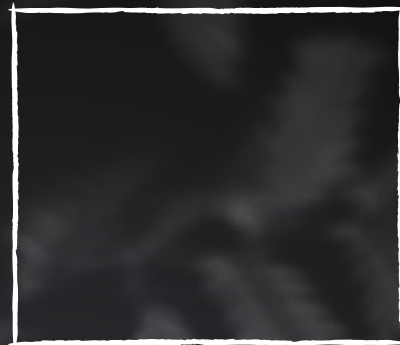
## **SALLY DUXFIELD**

Owner | Director  
Programme Design  
sallyduxfield.com  
Arete.nz



## **MAKAHIKA TEAM**

Makahika OPC  
permanent team  
Rope, caving, rock,  
kayak & wilderness  
guides & specialists  
Police vetted,  
Industry  
Qualified, PHEC,  
DofE Bronze to  
Gold Instructors



## **SERVING AND EX SPECIAL FORCE INSTRUCTORS**

Need to know only



# **OUR TEAM AT MAKAHIKA**

**“When you can’t change the facts, the only  
option you have is to change your attitude”**

Sally Duxfield



**“It’s less to do  
with survival and  
fire-making and  
more to do with  
being creative,  
inventive, open  
minded and  
making good  
decisions under  
pressure”**

Megan Hine



# EXPERIENTIAL THE ‘WHY’

**“I took a walk in the woods and  
came out taller than the trees”**

Henry David Thoreau



## PLAN

The Planning  
How do I want to feel  
What skills do I have  
Risk Analysis  
Discussion  
What options do I have  
What are my Limitations  
What might the outcomes be  
depending on my choice

## DO

Doing and Experiencing  
Direct Consequence of Action  
What are the Outcomes of my  
Actions  
Do I Like or Dislike  
Success or Unachieved Goal  
The Opportunity to Experience  
What do I need to do right now  
with what I have  
and who I have

## REVIEW

Do More Of  
Do Less Off  
What worked, What didn't  
How did I feel  
What would I change  
Who could I ask  
How and who did it effect  
How does this transfer  
back to my home or school life



# EXPERIENTIAL PEDAGOGY

## RESILIENCE & CONFIDENCE

Skills, knowledge, increased mental wellbeing, decreasing overwhelm and controlling stress, 'test & try'.

## LEADING & KNOWING SELF

Models, tools, discussion, 'test & try'.

## MINDSET & ATTITUDE

Wellbeing, neuroscience, models, 'test & try'.



# ADVENTURE & THE GROWTH OPPORTUNITY



## RESILIENCE & CONFIDENCE

To be comfortable being uncomfortable is an outcome we seek for our youth.

**The skill for life** | ‘Stop, think, observe, plan, decide, trust-self, take action.’

## LEADING & KNOWING SELF

Understanding your personality type, working through conflict, social preference and the knowledge of the supporting models, is a gift that will last a lifetime.

## MINDSET & ATTITUDE

Decision making is a habit. Practising and taking ownership of decisions and attitudes will help our youth feel more in control of their destiny.

Understanding the neuroscience of anxiety and the detriment to performance - priceless.

## SUSTAINABLE & REPEATABLE

The application of the ‘do more of’ do less of’ framework is essential to the continuous improvement and delivery of excellence based programmes.

Debrief, learn, apply, repeat.

WHAT WE NEED **TO THRIVE**





## WEEK 1

### 5 DAY DUKE OF ED

Abel Tasman 2-day training

Tramp or kayak 2-3 day practice journey

## WEEK 2

### 5 DAY ADVENTURE

Experience options

#1 Survival training | MOPC ex SF instructors

#2 Gliding camp | sub-contracted

#3 Environmental camp | guest instructors

#4 Caving & climbing | MOPC team

#5 Hunting | MOPC led + helicopter

## WEEK 3

### 5 DAY JOURNEY

DOFE Bronze journey + adventure

Rafting, cycling, tramping & kayaking

4-5 fitness capability options



# EXAMPLE #1 ADVENTURE PROGRAMME

**5-15 DAY  
YEAR 10/11  
40-125 STUDENTS**



## **DAYS 1-4**

Makahika OPC - Tararua Ranges  
Bushcraft, DOFE training and practice

## **DAYS 5-6 ADVENTURE**

Experience options  
#1 Rafting adventure - River Valley  
#2 Caving & climbing | MOPC led

## **DAYS 7-9 MOUNTAIN**

2 nights on Ruapehu  
Summit (weather and fitness dependent)  
DOFE qualifying journey  
Summer and winter options



# EXAMPLE #2 ADVENTURE PROGRAMME

**8 NIGHT  
YEAR 10/11**



## **DAYS 1-3**

Makahika OPC - Tararua Ranges  
Bushcraft, DOFE training and practice  
Zip-line, high ropes, problem solving

## **DAYS 4-6 ADVENTURE**

Experience options  
#1 Rafting adventure - River Valley  
#2 Caving & climbing | MOPC led  
#3 Stay on Ruapehu - summit or complete  
alpine experience



# EXAMPLE #3 ADVENTURE PROGRAMME

**5 NIGHT  
YEAR 10/11**



Why use  
Wilderness as  
our Classroom?

**“Getting  
comfortable with  
making your  
own decisions  
while being  
uncomfortable,  
is how you learn  
to trust your  
judgement”.**

**ONE**

Best Industry Practice  
Auditable Safety  
Industry Qualified  
Instructors

**TWO**

Science-based  
Learning Models  
Co-sharing with  
Experiential Learning

**THREE**

Agile, Bespoke  
Programming

**FOUR**

Learn, Apply, Repeat  
Longevity of  
Relationship



**WORLD-CLASS EXPERTISE**



## **STAGE 1**

Discovery Process with School Leadership & Director Makahika OPC - high level overview, explore School outcomes.

## **STAGE 2**

Presentation of draft programme and collaboration to achieve excellence for participants and school - sign off with BOT

## **STAGE 3**

Parent and Whanau consultation, discussions, collaboration; confirm dates, programme commitments and participation

## **STAGE 4**

Pre-experiential knowledge building, skillbase set-up; meet individual needs where possible. Planning, risk, safety, staffing etc

A background image showing two hands shaking over a metal climbing tool, possibly a carabiner or a similar piece of equipment, against a blurred green background. The hands are positioned in the center of the frame, with the tool held between them. The background is out of focus, showing what appears to be a group of people in a green setting, possibly outdoors.

# PLANNING NOW FOR 2024-2025



**TAMA TU TAMA ORA  
YEAR 10/11  
EXPERIENTIAL ADVENTURE PROGRAMME**



**“Earth and sky,  
woods and fields,  
the mountain  
and the sea,  
are excellent  
schoolmasters,  
and teach some  
of us more than  
we can ever learn  
from books”**

John Lubbock



**CONNECTION  
THROUGH  
DISCONNECTION**





TAKE  
ACTION  
**NOW**



# JOIN US

**TO CHANGE  
THEIR LIVES**



**Makahika**  
OUTDOOR PURSUIT CENTRE

