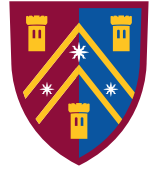


# Year 10 Adventure Challenge



**KING'S**  
COLLEGE

*Parent and Student Handbook*





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## Introduction: Our commitment to an all-round education

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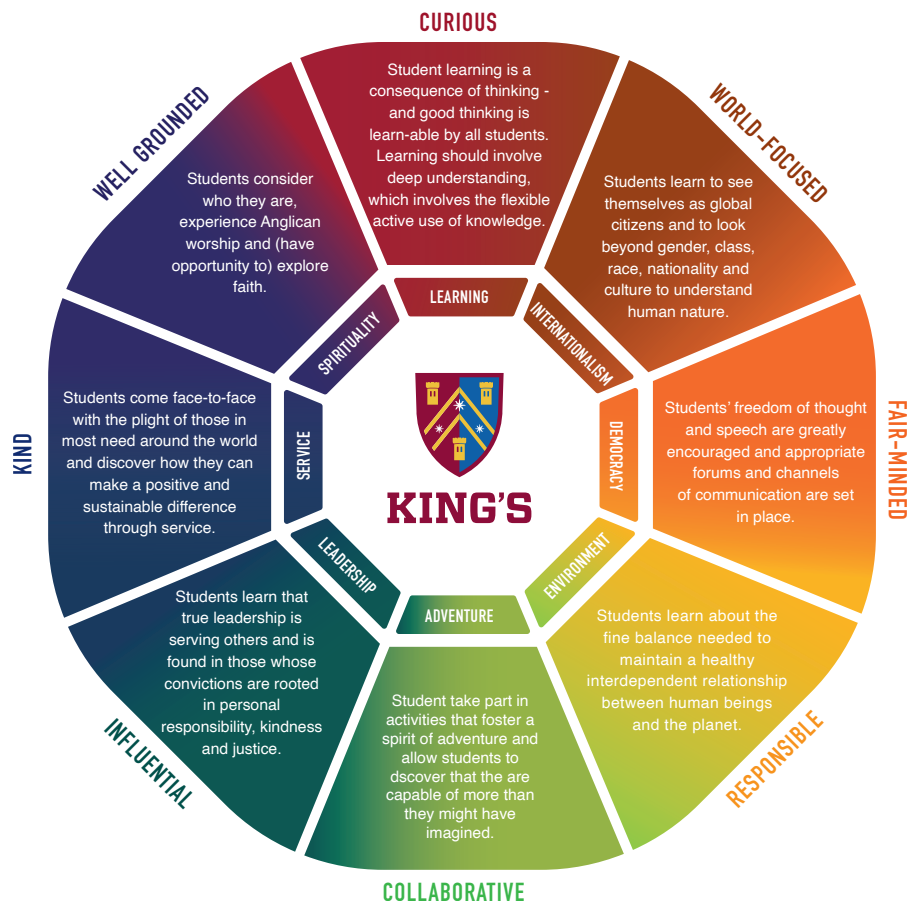
Mr Graham Bruce founded King's College in 1896 to provide "the best all-round education it is possible to obtain." The College provides opportunities not only for students to focus on academic priorities but also to experience a wider curriculum including co-curricular activities, community service, sport, arts and culture, spiritual learning and education outside the classroom.

This all-round approach to education is intended to provide a transformative experience through which students prepare themselves to succeed in the many and varied roles they will undertake in future life. The benefits of our all-round education include:

- A broad conceptual and practical knowledge base
- A desire to continue learning within and beyond school
- A sense of one's place in a wider community
- An appreciation of other cultures, religions and opinions
- The development of personal responsibility and maturity
- The opportunity to be stretched and challenged to facilitate personal growth
- The development of a strong moral code and exemplary conduct.



**Our all-round educational philosophy is based on eight pillars that help foster the development of students:**



The College's holistic approach to learning through the eight pillars recognises that learning is most effective when it is practical, cross-cultural and collaborative, and when it is infused through a broad spectrum of inter-curricular, extra-curricular and co-curricular activities. We work hard to ensure that our students have every opportunity to achieve in ways and to levels beyond their perceived limits.

These pillars are based on the educational philosophy of Round Square, a not-for-profit membership network of 150 schools worldwide. Round Square schools are characterised by a shared belief in an approach to education based IDEALS drawn from the theories of education philosopher Kurt Hahn.



“There is more to us than we know. If we can be made to see it, perhaps for the rest of our lives we will be unwilling to settle for anything less”.

— **Kurt Hahn**  
Founder of Outward Bound and Round Square

## Our Philosophy for Education outside the Classroom

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Education outside the classroom (EOTC) is defined as “the use of places other than the classroom for teaching and learning.”

These experiences often make for the most memorable learning as they help students to make sense of the world around and beyond them, by connecting the classroom and College to the people and places beyond our own gates. This approach to learning shapes our behaviour, lifestyles and personal values well beyond school into adulthood.

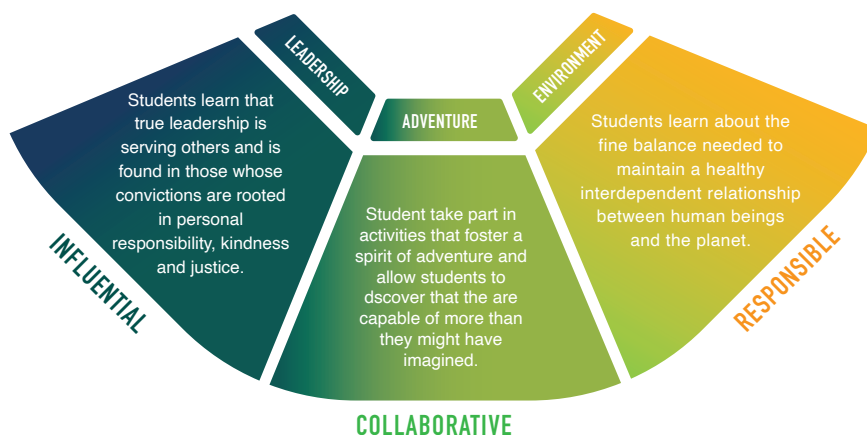
By helping young people apply their knowledge across a range of challenges, EOTC builds bridges between theory and reality, schools and communities, young people and their future selves. Quality learning experiences in real life situations have the capacity to raise achievement across a range of subjects and to enhance personal and social skills.





# The Year 10 Adventure Challenge

It is this commitment to education outside the classroom that has shaped the Year 10 Adventure Challenge. In particular, this experience seeks to specifically develop the three pillars of leadership, adventure and environment.



## Our College Vision

To provide the best all-round education it is possible to obtain.

## Our Year 10 Adventure Challenge Mission

To unlock the potential in King's College students through discovery and adventure in the wild.

## Our Aims

- Participation with a positive attitude
- Gain confidence by taking on challenges
- Develop self-awareness and social skills
- Understand the importance of conservation and sustainability
- Develop a range of outdoor skills
- Enhance initiative, self-reliance, acceptance of responsibility, perseverance, tenacity, resilience and commitment
- Develop communication, problem solving, leadership and teamwork skills, attitudes and aptitudes
- Increase motivation for learning
- Broaden horizons
- Provide inspiring activities that meet the needs of all students, whatever their age, ability or background.

## Our Values

- Generosity of spirit
- Gratitude
- Honesty
- Moral courage
- Pursuit of learning
- Respect
- Spirituality
- Tolerance



## Length and Location:

Students spend 18 nights divided across three distinct phases:

### Phase 1: Ahuroa (7 nights)

- King's College purchased this land near Puhoi in 1975 as a base to offer outdoor education and leadership programmes. It covers just under 8 hectares and comprises a manager's residence, a student cottage with an instructor's bedroom and four shared student bedrooms plus a meeting lounge, as well as a connected commercial kitchen, dining room and ablution block.
- At Ahuroa, students will set personal and group goals, focusing on the key principles of effective teamwork and leadership. It is intended to introduce students to the great outdoors, teaching and practising skills which will set students up for success on later phases of the programme.
- Students will take part in activities such as bush craft and bush survival, navigation skills, ziplining, kayaking, climbing, caving, tramping, abseiling, bivouac building, coastering, among others

### Phase 2: Round the World Sailing (3 nights)

- Students will board either the 84-foot Steinlager 2 or the 80-foot Lion New Zealand, yachts both used by Sir Peter Blake in his famous round the world expeditions
- They will be rostered on four different rotating watches tasked with key responsibilities such as helming, navigating, setting sail and keeping ship.
- They will sail around the Hauraki Gulf, potentially to the Coromandel Peninsula, with various swimming and shore activities on the way.
- By the end of this journey, they will work with the crew and team mates to sail the boat back to base.

### Phase 3: Central North Island Wilderness (8 nights)

- This is considered the culmination of the Adventure Challenge which enhances the skills and experiences developed in the earlier phases
- The Central North Island phase includes various activities such as caving, alpine adventures, mountain biking and snow survival.
- The Adventure Challenge concludes with a four day expedition with the journey entirely planned by the students with the oversight of an instructor.



## Staffing

### King's College

King's College employs two full time staff who work exclusively on the Adventure Challenge. They are rostered on a rotation basis and will both accompany the students at various different times. These staff serve as the representatives of King's College and are primarily responsible for the pastoral care of the students during the Adventure Challenge. They will support the delivery of the programme by the instructors and ensure that each student is reaching their potential in a well-supported environment.

### Adventure Specialties

In addition, King's College partners with Adventure Specialties Trust to support the delivery of the programme through the provision of highly qualified and experienced outdoor instructors. This partnership between the College and AST has been in place for over 30 years. Adventure Specialties is one of New Zealand's leading outdoor education and adventure programme providers. They have over 20 full time staff based in Auckland and Christchurch and have won numerous industry awards.

For more information about Adventure Specialties, please visit their website: [www.adventurespecialties.co.nz](http://www.adventurespecialties.co.nz)

### New Zealand Sailing Trust

The New Zealand Sailing Trust was founded to preserve the legacy of Sir Peter Blake, one of New Zealand's legendary adventurers, and two significant sailing vessels in the history of New Zealand maritime adventure. They use these vessels to provide experiences for young New Zealanders in a way that brings to life the values of leadership, courage and teamwork. They have a team of three shore-based management as well as numerous skippers and crew on the boats who work on a rostered basis as part of the King's College Adventure Challenge. We have partnered with the NZ Sailing Trust for over a decade.

For more information about the NZ Sailing Trust, please visit their website: [www.nzsailingtrust.com](http://www.nzsailingtrust.com)

### Instructors

An instructor will work with a group of students, guiding them through a series of adventurous and challenging outdoor activities that will include a strong 'journey' element. Instructors will aim to challenge all students, encouraging them to go further than they believe possible. They aim to foster a sense of satisfaction through achievement and personal accomplishment. While the experiences of the Adventure Challenge will be outside a student's normal daily activities, it should be an enjoyable, educational and memorable experience.

Outdoor Education lends itself to the Plan-Do-Review model of learning. Instructors will give time for students to reflect through guided questions, constructive feedback, and facilitation, reflecting on our King's College values as well as the RoundSquare pillars and Duke of Edinburgh Hillary Award.

## Challenge by Choice

Students will be encouraged to stretch themselves beyond their perceived physical and mental limits. However this is done in a supportive and respectful environment underpinned by the principle of challenge by choice. The student is ultimately given agency over their own involvement and decision making. While they will be encouraged and supported, they will have the choice themselves over the challenges they accept. This challenge by choice principle ensures a safe experience for all participants.

## 2024 Adventure Challenge Dates

Class	Course	Ahuroa	Steinlager	Tongariro
<b>10FEB</b>	Wed 31 Jan – Sun 18 Feb	Wed 31 Jan – Wed 7 Feb	Wed 7 Feb – Sat 10 Feb	Sat 10 Feb – Sun 18 Feb
<b>10MAR</b>	Mon 26 Feb – Fri 15 Mar	Mon 26 Feb – Mon 4 Mar	Mon 4 Mar – Thur 7 Mar	Thur 7 Mar – Fri 15 Mar
<b>10APR</b>	Fri 22 Mar – Tues 9 Apr	Fri 22 Mar – Fri 29 Mar	Fri 29 Mar – Mon 1 Apr	Mon 1 Apr – Tues 9 Apr
<b>10MAY</b>	Mon 29 Apr – Fri 17 May	Mon 29 Apr – Mon 6 May	Mon 6 May – Thur 9 May	Thur 9 May – Fri 17 May
<b>10JUN</b>	Mon 10 June – Fri 28 June	Mon 10 June – Mon 17 June	Mon 17 June – Thur 20 June	Thur 20 June – Fri 28 June
<b>10AUG</b>	Mon 29 July – Fri 16 Aug	Mon 29 July – Mon 5 Aug	Mon 5 Aug – Thur 8 Aug	Thur 8 Aug – Fri 16 Aug
<b>10SEP</b>	Mon 26 Aug – Fri 13 Sep	Mon 26 Aug – Mon 2 Sep	Mon 2 Sep – Thur 5 Sep	Thur 5 Sep – Fri 13 Sep
<b>10OCT</b>	Mon 14 Oct – Fri 1 Nov	Mon 14 Oct – Mon 21 Oct	Mon 21 Oct – Thur 24 Oct	Thur 24 Oct – Fri 1 Nov



## Duke of Edinburgh

The Duke of Edinburgh Hillary Award is a longstanding global programme designed to challenge young people to develop skills and tools to improve themselves and their communities. We strongly encourage all students to work towards the Bronze Award which requires achievement in four components: voluntary service, physical recreation, skills and adventurous journey. The Year 10 Adventure Challenge will provide the opportunity for all students to complete the adventurous journey requirement.

For further information and to sign up, follow this link: [dofehillary.org.nz](https://dofehillary.org.nz)

## **Forms and Administration**

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It is essential for the safety and support of all students that we collect relevant information in a timely way before the departure of each group.

Approximately one month prior to departure, parents will receive an e-mail directing them to complete online forms to collect the following information:

- Emergency Contact details
- Medical, Pastoral and Dietary information
- Consent Form

In addition, students will receive a student contract and a pre-camp student information form whereby each student can introduce themselves to the camp staff. It is also an opportunity for students to raise any concerns or questions which they have in relation to the Adventure Challenge.

We appreciate the support of parents in completing these forms by the due date.

## **Communication and Mobile Phones**

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Mobile phones are not allowed on camp and we would ask for the support of parents with this request. The Adventure Challenge is designed as an opportunity for students to connect with the great outdoors, socialise with each other and bond over shared experiences. Unfortunately there are a small number of students who are found to have mobiles which breaches the trust between staff and students and ultimately diminishes their overall experience. Students are very welcome to bring a watch but we ask that this is not an internet enabled smart watch or similar.

Students will have the opportunity to write a letter home which will be sent at the end of Ahuroa. Likewise parents/guardians will be invited to write to their sons and these letters will be delivered to them at the start of the Central North Island phase. We ask that parents do not send lollies or snacks as there is plenty of food available and it can otherwise pose unnecessary problems.

## **Health and Safety**

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Our College is committed to providing an environment where students receive an all-round education while ensuring the health, safety and wellness of all students and staff. We believe that our students have vast potential and the Year 10 Adventure Challenge is designed to help students build confidence, face challenges and learn to take the calculated risks needed to achieve extraordinary things. At the same time it is intended to be a learning opportunity for students to develop personal accountability, understand risk management and learn how to stay safe in the natural environment.

However, it is important to understand that any outdoor adventure activities present health and safety risks. We work closely with our Adventure Activity Operators to ensure, as far as reasonably practicable, that any foreseeable risks or hazards are identified and managed in the best possible way to ensure the camp is as safe as is reasonably and practicably possible. This might involve eliminating the risk or, where that is not possible in an outdoor context, minimising and/or mitigating. In the unlikely event of a serious incident. There is a risk of potentially severe or fatal consequences.

The Ahuroa and Central North Island phases are operated under the safety systems of Adventure Specialties who are themselves audited and accredited by Adventure Mark, New Zealand's largest adventure certification body. This high standard of safety is achieved and maintained with comprehensive safety management systems and by ensuring that staff and instructors managing these activities are experienced, competent, professionally trained and appropriately qualified.

The sailing phase is operated under the safety systems of the NZ Sailing Trust. NZ Sailing Trust operates under Maritime transport operators certificate (MTOC), Maritime Operator Safety Systems (MOSS). Our skippers and crew are Maritime New Zealand qualified and undertake rigorous and robust internal training programmes to develop young people in marine environment. Our vessels are Maritime NZ surveyed vessels to ensure the safest possible platform for our adventures. We employ best practice sailing and safety systems, which are regularly audited by external third parties including Maritime NZ. All voyages are subject to risk assessment – essential to all aspects of our programmes.

King's College staff are available to answer any questions about the Adventure Challenge and its associated risks.

## Gear List

Over the course of your son's Ahuroa, Sailing and Central North Island journey he will encounter weather conditions far beyond typical Auckland conditions. For example, one year students woke up to a southerly change bringing with it minus 4 degree temperatures.

As such, students must have suitable clothing and equipment as listed below. This will ensure that they all have a safe and enjoyable experience. If you have any questions, please do not hesitate to get in touch. Some items can be borrowed but must be pre-arranged as there is limited availability.

✓ *You may want to check off each item when you are packing your bags.*

- |  |   |
|--|---|
| <input type="checkbox"/> Sleeping bag (three season, should be good quality rated to 2 degrees or below, preferably synthetic) | <input type="checkbox"/> Towels x 2   |
| <input type="checkbox"/> Small day pack  | <input type="checkbox"/> Personal toiletries (soap, shampoo, etc. - no spray deodorant)                                   |
| <input type="checkbox"/> Tramping style pack, 55-65 litres   | <input type="checkbox"/> Sunscreen and lip balm   |
| <input type="checkbox"/> Soft bag, 60 litres (required for gear on the boat)   | <input type="checkbox"/> Head torch, spare batteries (reverse batteries in torch, so it cannot be accidentally turned on) |
| <input type="checkbox"/> 2 x water bottles, min 1 litre each   | <input type="checkbox"/> Any personal medication (must be handed to staff and recorded on medical form)                   |
| <input type="checkbox"/> Sandshoes / running shoes x 2 (jandals strongly recommended)  | <input type="checkbox"/> Simple first aid kit, seasick pills if required  |
| <input type="checkbox"/> Tramping boots  | <input type="checkbox"/> Pens and pencils, pencil case (there will be workbooks to complete)                              |
| <input type="checkbox"/> Watch (but not internet capable)  | <input type="checkbox"/> Plastic bin bags x 4 (for dirty washing and wet gear)  |
| <input type="checkbox"/> Waterproof jacket and pants (Gore-Tex or reflex)  | <input type="checkbox"/> Laundry net bags (to save your laundry from getting mixed up in the washing)                     |
| <input type="checkbox"/> Polypropylene / wool / fleece base layer x 4  | <input type="checkbox"/> Pillowcase   |
| <input type="checkbox"/> Fleece top or fleece jacket x 2   | <input type="checkbox"/> Shorty wetsuit for kayaking and swimming on the boat (optional)                                  |
| <input type="checkbox"/> Warm jacket (preferably not down)   | <input type="checkbox"/> Wet shoes for kayaking and beach walks (a cheap pair from The Warehouse or similar)              |
| <input type="checkbox"/> Fleece bottoms x 1  | <input type="checkbox"/> Book   |
| <input type="checkbox"/> Tracksuit bottoms   | <input type="checkbox"/> Gumboots if you have them (especially for winter camps)  |
| <input type="checkbox"/> Old pants / trousers (for muddy / dirty activities)   | <input type="checkbox"/> Cash (for emergency use only)  |
| <input type="checkbox"/> Socks x 5 (woollen or thick socks, good quality to avoid blisters)                                    | <input type="checkbox"/> Lunchbox/ container (to store food on tramp)   |
| <input type="checkbox"/> Sports socks x 5  |   |
| <input type="checkbox"/> Underwear x 7   |   |
| <input type="checkbox"/> Gloves (fleece or wool)   |   |
| <input type="checkbox"/> Sun hat   |   |
| <input type="checkbox"/> Warm hat or beanie  |   |
| <input type="checkbox"/> Sunglasses (essential for eye protection, especially on the water)                                    |   |
| <input type="checkbox"/> T-shirts x 5 (preferably dri-fit, no cotton please)   |   |
| <input type="checkbox"/> Shorts x 3 (also suitable for swimming)   |   |

### **Please note:**

Please do not pack lollies or snacks as there is plenty of food available and it causes unnecessary problems.

Tramping boots, sleeping bag, waterproof jacket and waterproof pants are the most essential items. We recommend purchasing or borrowing these items and ensuring they are high quality.

Please break in tramping boots by walking in them multiple times before camp. Blisters make any tramping experience painful and unpleasant.

A good quality sleeping bag is important as the boys may well camp in the snow in winter and even in summer it can drop to near freezing temperatures. Down or feather sleeping bags can be light and warm, however once down is wet, it loses its insulation properties and is difficult to dry. While a down sleeping bag can be managed, we would recommend a synthetic version. A Macpac sleeping bag is priced at approximately \$230 including the King's discount.

Waterproof clothing will inevitably be used a lot – don't buy the lightest weight.

Polyprop and fleece can be bought cheaply – there is no need to buy the most expensive label.

Denim jeans, cotton t-shirts and casual shoes are totally unsuitable for the conditions we will be encountering in the outdoors and the Hauraki Gulf. When they get wet, they don't dry and are cold. Wetsuits are not strictly necessary.

**Do not bring any electronic devices**, including phones. This is an opportunity to experience the great outdoors detached from technology.

There are laundry facilities at Ahuroa and in the Central North Island so we will wash the boy's clothes several times and we will store some of their gear during the sailing given limited space available onboard.

## **Waterproof and Outdoor Clothing**

Good quality waterproof jackets, trousers and other outdoor clothing on the gear list can be brought from any of the outlets listed below.

- [www.macpac.co.nz](http://www.macpac.co.nz)  
A 30% discount is available to King's College students on all non-sale items and a set discount on all non-MacPac items too. Keep an eye out for regular sales.
- [www.bivouac.co.nz](http://www.bivouac.co.nz)  
A 20% discount off most items is available to King's College students.
- [www.torpedo7.co.nz](http://www.torpedo7.co.nz)  
A 20% discount off most items is available to King's College students.
- [www.outfittersstore.nz](http://www.outfittersstore.nz)  
A 25% discount off all Rab and Lowe Alpine gear, as well as a discount on the other gear outside of these brands, is available to King's College students.

## **Gear Rental**

- [www.livingsimply.co.nz](http://www.livingsimply.co.nz)  
Living Simply is an outdoor clothing and equipment specialty store that has been trading in Newmarket (Auckland, New Zealand) since 1988. They offer a range of Hire equipment including boots, packs, waterproofs and sleeping bags.

## Year 10 Adventure Challenge: Important Contacts

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Role	Name	Contact
<b>Deputy Head - Pastoral</b> Emergency contact 1	<b>Mr Rob Griffiths</b>	Ph. 09 276 0685, Mob. 021 258 0065 <a href="mailto:r.griffiths@kingscollege.school.nz">r.griffiths@kingscollege.school.nz</a>
<b>Deputy Headmaster</b> Emergency contact 2	<b>Mr John Payne</b>	Ph. 09 276 0627, Mob. 027 235 9053 <a href="mailto:j.payne@kingscollege.school.nz">j.payne@kingscollege.school.nz</a>
<b>Medical Assistant</b> (Medical support – College based)	<b>Ms Amanda Best</b>	09 276 0600 ext. 624 <a href="mailto:a.best@kingscollege.school.nz">a.best@kingscollege.school.nz</a>



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