

# Eddy Out Programme

## Introduction

The name 'Eddy Out' refers to paddling a river. We often pull into the calm water on the side for a breather. Eddy Out, take on a new challenge, lead a team, be part of a team, complete a journey you may not think possible.

The Eddy Out Programme is all about providing participants with once in a lifetime opportunity to explore themselves, their relationships with others and their place in the natural world. The **seven-day and seven-night adventure** will push participants beyond their comfort zones and provide strong shared experiences to last a lifetime.

## Overview

<p><b>Arrival &amp; Departure</b>  <b>Arrive</b> by approximately 5:30pm on the first night  <b>Depart</b> by 12pm on final day  <i>(exact timing TBC with Intercity Bus and other transport options)</i></p>	<p><b>Location</b>            Start and finish at the Peel Forest Outdoors Centre base located 20 minutes outside of Geraldine, South Canterbury.            Locations of activities to take place in various around Canterbury.</p>
<p><b>Transport</b>            All transport once at Peel Forest Outdoor Centre is provided.             We can also provide pick ups/drop offs from the Intercity Orari bus station on the first and final days.</p>	<p><b>Food</b>            All food is provided for participants for the duration of course.            However, we do not offer catering. Participants are expected to be active participants in the preparation and clean up of each meal.</p>
<p><b>Supervision</b>            2 instructors:12 participants max per intake</p>	<p><b>Accommodation</b>            Peel Forest based accommodation at our spacious off-grid Eco Lodge and camping/journey-based accommodation for some portion</p>
<p><b>Technology</b>            We encourage groups to limit their phone usage and not take them out from the Lodge. Each team will come up with their own plan/rules.</p>	<p><b>Cost</b>            \$1799 inc gst   <b>Are you from Otago?</b>            You may qualify for sponsorship through the Otago Masonic Charitable Trust, bringing costs down to just \$100</p>

## Outcomes

### Challenge

- to push your comfort zone
- to participate in and lead a team
- to consider your strengths as part of a group
- to be the best version of yourself

### Educate

- through various outdoor pursuits as lead by experienced instructors
- through sharing knowledge, stories and histories about our natural world

### Inspire

- to try new ways of being, communicating and interacting with others
- to solve problems in creative and new ways
- to respect the natural world by visiting incredible wild places
- to continue to find ways to challenge, educate and spark inspiration in your life

## Duke of Edinburgh

This course meets all The Duke of Edinburgh's Hillary Award requirements for a **Gold Residential** programme. We may also be able to count portions of the trip towards a Bronze, Silver or Gold **Adventurous Journey**.

## Participant Criteria

**To register through Peel Forest Outdoor Centre you must:**

- Be between 16-18 years old
- Demonstrate a genuine desire to participate in the programme through a short personal essay (under 400 words)

*A maximum of 12 applicants may be accepted for each intake.*

### **Are you from Otago?**

The Otago Masonic Charitable Trust has generously provided funding for Otago-based students for the cost of running this programme once a year as since its conception in 2022. Accepted participants only pay a \$100 fee. The sponsored course takes place in December, right before the end of school term each year. You can find more information about applying and the different criteria through the Otago Masonic Charitable Trust on their [website](#).

# Course Schedule

The following schedule is based on a typical programme, but exact schedule and activities are dependant on the group, weather and conditions, meaning every course is a little unique!

Day	Itinerary	Notes
1	<p><b>Introductions</b></p> <ul style="list-style-type: none"> <li>• <b>Arrive</b> by approximately 5:30pm on the first night</li> <li>• <b>Meet &amp; Greet</b> and settle in to the Eco Lodge</li> <li>• <b>Ice breakers and games night</b></li> <li>• <b>Evening journaling</b></li> </ul>	Exact timing of arrival TBC with Intercity Bus and other transport options
2	<p><b>Local Challenge</b></p> <ul style="list-style-type: none"> <li>• <b>High/Low Ropes Day</b> of personal and team-based challenges</li> <li>• <b>Evening presentation</b> provided by a PFOC staff member about expedition, journey or other relevant topic</li> <li>• <b>Evening journaling</b></li> </ul>	
3	<p><b>Local Challenge</b></p> <ul style="list-style-type: none"> <li>• Another <b>local challenge</b> as determined by the group/instructor</li> <li>• <b>Prepare</b> for multi-day journey</li> <li>• <b>Evening journaling</b></li> </ul>	Options for local challenges include things like: <ul style="list-style-type: none"> <li>• Rafting</li> <li>• Canyoning</li> <li>• Rock climbing</li> <li>• Kayaking</li> </ul>
4	<p><b>Multi-day Journey</b></p> <ul style="list-style-type: none"> <li>• <b>Depart</b> in the AM</li> <li>• <b>Begin journey</b></li> <li>• <b>Learn</b> backcountry techniques such as cooking, setting up a tent and navigation</li> <li>• <b>Stay out</b> in tent or hut overnight</li> <li>• <b>Evening journaling</b></li> </ul>	There are many options for a journey in the Canterbury region. We'll choose a route that suits the group and expected conditions.

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5	<p><b>Multi-day Journey</b></p> <ul style="list-style-type: none"> <li>• <b>Break camp</b></li> <li>• <b>Continue journey</b> by working together as a team</li> <li>• <b>Solidify</b> backcountry techniques such as cooking, setting up a tent and navigation</li> <li>• <b>Stay out</b> in a tent or hut overnight</li> <li>• <b>Evening journaling</b></li> </ul>	
6	<p><b>Multi-day Journey</b></p> <ul style="list-style-type: none"> <li>• <b>Break camp</b></li> <li>• <b>Continue journey</b> by working together as a team</li> <li>• <b>Travel</b> back to Peel Forest</li> <li>• <b>Enjoy</b> a hot shower, cosy bunk and rest</li> <li>• <b>Evening journaling</b></li> </ul>	
7	<p><b>Final Challenge</b></p> <ul style="list-style-type: none"> <li>• This <b>challenge</b> will be determined by the group/instructor as a culmination of all their learnings throughout the week</li> <li>• <b>Evening debrief</b></li> <li>• <b>Evening journaling</b></li> </ul>	<p>Options for final challenge include things like:</p> <ul style="list-style-type: none"> <li>• Rafting</li> <li>• Canyoning</li> <li>• Rock climbing</li> <li>• Kayaking</li> </ul>
8	<p><b>Wrap-Up</b></p> <ul style="list-style-type: none"> <li>• <b>Final breakfast</b></li> <li>• <b>Clean up</b></li> <li>• <b>Goodbyes</b></li> <li>• <b>Departure</b> by approximately 12pm</li> </ul>	<p>Exact timing of departure TBC with Intercity Bus and other transport options</p>

## Gear List

We will be spending lots of time outside exposed to all elements. Come prepared for the weather and the season knowing that we may be adventuring into unsheltered terrain and cold temperatures at night. All students will have their gear checked before departing for any outdoor activity.

Any gear highlighted can be provided to you when you arrive if you do not have your own. Please make sure you have everything on the compulsory gear list as described that is not highlighted, as we cannot provide those items.

### Compulsory

- Waterproof jacket and over trousers
- 2x thermal tops
- 2x thermal bottoms
- 2x fleece jerseys
- Warm woollen/fleece beanie and gloves
- Compass
- Active shorts/pants
- Active quick drying shirts (no cotton)
- Togs
- Towel
- Fleece, polypro or woollen socks
- Sturdy tramping boots (winter compulsory) or trainers
- 3-4 season sleeping bag + lightweight or inflatable pillow
- Personal toiletries and medication
- Headtorch and spare batteries
- Sunscreen
- Sunhat
- Sunglasses
- Water bottle (minimum 3L capacity total)
- Reusable hard plastic container to store lunches (Sistema or similar)

### Optional

- 65L tramping pack
- Pack liner (big rubbish bags work well)
- Lightweight tramping tent
- Lightweight bowl/plate and utensils
- Foam mat or inflatable sleeping mat
- Camera
- Tramping poles
- Puffer jacket
- Gaiters (winter compulsory)
- Extra comfy cabin clothes and shoes

### We provide

- Any and all technical equipment required for an activity
- Emergency shelters and communication devices
- All food