Activate

"I definitely recommend Outward Bound... it really is the experience of a lifetime. You come away with a new outlook on life." Tammy

6 day Outward Bound course for people who have a physical disability

Course dates Sunday 20 November - Friday 25 November 2011

Participants

Activate is limited to 11 participants aged 18-80 years who have a physical disability, including those who use manual wheelchairs (maximum 3 participants), crutches or walkers.

To safely and fully participate in the course you must be:

- independent in all personal cares and transfers
- able to communicate verbally and have no intellectual disability
- able to attend without your own carer
- comfortable in water and getting your head underwater (wearing a life jacket)

Activities

All activities have been adapted to suit people who have a physical disability. In a safe and supportive environment you will try activities like:

- sailing
- camping outdoors
- fun team-building challenges
- open-top kayaking or canoeing
- high ropes course with belay support
- solo experience and more...

Course fee

The total course fee is $1,900 per person (incl GST) which includes:

- all food, accommodation and activities at the Outward Bound School in the Marlborough Sounds
- 3 expert Outward Bound instructors who lead you through the activities
- 3 volunteer support workers who help you get from A to B with the right gear

Funding

Don't let funding be a barrier - we are here to help!

- **Work and Income funding** – covers the course fee and travel costs for eligible clients
- **Activate scholarships** - Outward Bound has a limited number of $1,400 scholarships available
- **Fundraising support and ideas** - contact Outward Bound for funding information

Contact Danielle Bowater at Outward Bound on **0800 688 927** or visit **www.outwardbound.co.nz**

boost your confidence
be adventurous
push your limits
unleash your potential
learn new skills
get outdoors
meet new people