

### BERWICK OUTDOOR EXPERIENCE

### TESTIMONIAL...

I have been sending staff members to the annual Berwick Outdoor Experience for over 12 years now. This outdoor adventure and physical pursuits course is run by a group of dedicated volunteers who bring to the course a wide range of skills and a raft of experience, from which they challenge participants and get the best out of them in an outdoor adventure environment.

I've found employees, who've completed this course, come back to work with renewed energy, enthusiasm, self-awareness and confidence. The course gives them hands-on experience with team dynamics, team leadership, performing under pressure and working cohesively to achieve goals.

For a very small investment this course has helped develop staff members who've completed it, and on more than one occasion been a stepping stone for them to move into positions of responsibility which they may have previously shied away from. I highly recommend this course to any employer and know that your business will benefit from the personal development your employee will experience and bring back to your company.

Phil Herriott - Harraways, Dunedin

# IF THE OUTDOORS IS FOR YOU... or if not, WANT TO GIVE IT A GO?

A non-profit making project founded on the principles of assisting individuals with personal development.

#### **A TAIERI LIONS PROJECT**



### **ENDORSED BY**







### VISIT OUR WEBSITE TO APPLY or APPLICATION FORMS AVAILABLE BY CONTACTING

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www.berwickoutdoorexperience.co.nz



## TAKE UP THE CHALLENGE NOW!



# 8 DAY ADVENTURE OUTDOOR AND PHYSICAL PURSUITS COURSE

An unforgettable challenge and personal development opportunity!



### BERWICK OUTDOOR EXPERIENCE

This is a proven course over 30 years and has helped 1200 people from all walks of life to push the boundaries, test the limits and achieve personal and professional goals.

- Abseiling
- Confidence Course
- Kayaking
- Tramping
- Mountain Biking
- Bush Craft
- First Aid
- Mental Awareness
- Mental and Physical Challenges
- Limited to 40 Participants

### LOCATION

The Berwick Lodge, 40km south of Dunedin provides accommodation for a maximum of 67 people, with excellent facilities, including a modern kitchen, dining room, lounge, gymnasium with climbing wall, male and female toilets and showers, a drying room and a sauna.

The natural environment of forest, the Waipori River and Lake Mahinerangi makes this a perfect setting for the course.

All activities are under the guidance of accomplished and qualified instructors as part of a team of 8 - 10 people.

### **COURSE AIMS**

To encourage 'looking and thinking' outside the square.

To discover the potential that exists in all individuals.

### **ELIGIBILITY TO ATTEND**

Both male, female, preferred pro-noun(s) and non-binary 18 years of age and over with reasonable standard of fitness.

Previous participants have ranged in age from 18 through to 79 years of age.

### **2025 COURSE DATES**

## 9th - 17th MAY 2025 ONLY \$700.00 FOR 8 DAYS

