

Table of Contents

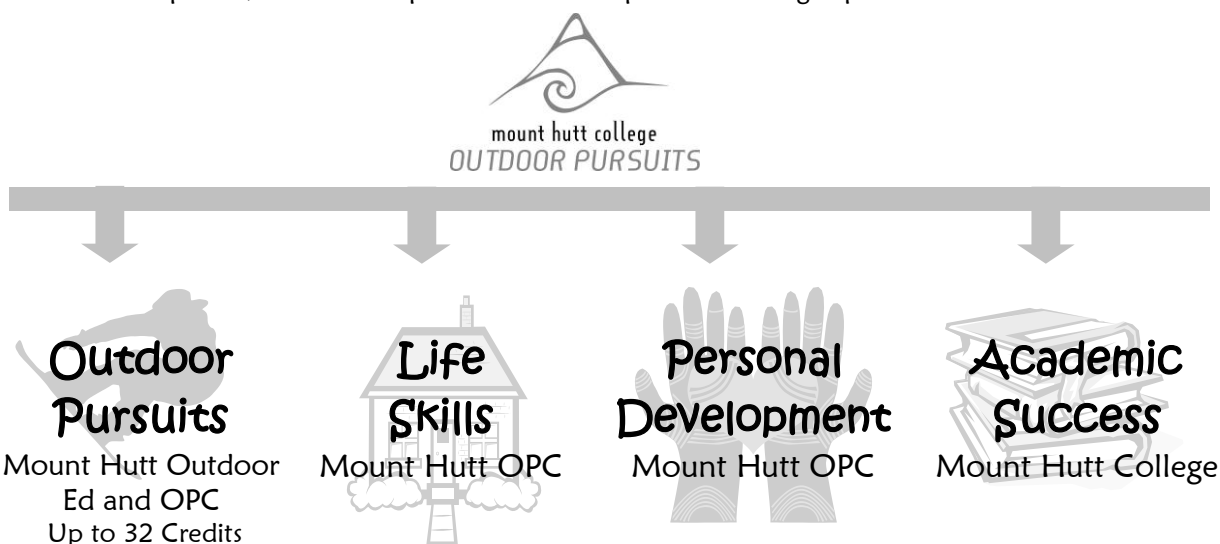
Page 1	Table of Contents
Page 2	Course Introduction
Page 3	Course Purpose
Page 4	The OPC Crew 2012
Page 5	Welcome from the OPC Manager
Page 6	2012/2013 Outdoor Pursuits Content
Page 7	Term Activity Outlines
Page 11	Activity Module Objectives
Page 13	Clothing and Equipment List
Page 14	Personal Development
Page 16	Accommodation at the OPC Lodge
Page 17	Life at the OPC Lodge
Page 18	Life at OPC – Current Students
Page 20	Life at OPC – Past Students
Page 25	What do the parents say about OPC?
Page 28	The Lasting Benefits of OPC
Page 30	At OPC you will...
Page 31	Here's the Important Stuff
Page 36	OPC Policies and Guidelines
Page 39	Education Review Office Report
Page 42	2013 Course Fees
Page 43	2013 Enrolment and Fee Payment Schedule
Page 44	2013 Application and Contact Details

Course Introduction

Welcome...

Are you a person who loves adventure, is motivated, enthusiastic and keen to try something exciting and new? **Mount Hutt College Outdoor Pursuits and Personal Development Course (OPC)** could be what you are looking for as a senior student!

This incredibly exciting course for Year 12 and 13 students has been designed through a very special partnership between **Mount Hutt College** and the **Mount Hutt OPC Crew**. By focusing on what they each do best, both the College and the OPC Crew are able to offer the very best learning opportunities in their specialist areas. The College is the provider of the credits for Outdoor Ed and the academic component of the course, providing education in a caring learning environment while the OPC Crew plan and oversee the personal development, the outdoor pursuits and the supervised flatting experience.



This unique team approach from the Mount Hutt OPC and Mount Hutt College ensures the smooth running and overall success of our Outdoor Pursuits and Personal Development Course.

The Course...

Mount Hutt OPC is full on, adventurous, challenging and fun. It will offer you the opportunity to step outside your comfort zone and experience the most exciting, challenging, and life changing experience of your life. It will take you around Aotearoa's beautiful South Island and into some remote and rugged places. It will help you discover your amazing potential and give you the confidence to recognize and follow your dreams for now and the future. As a student, you will participate in and contribute to some pretty awesome adventures and will face challenges every day, whether they are physical, mental or emotional. You will learn a variety of outdoor and life skills, get a very real taste of flatting and what it is like to live away from home...and you'll learn crazy amounts about yourself, pushing your limits and discovering your potential.

Above all else, you will live with **passion** and **enthusiasm**! It's all about **attitude**! You must keep an open mind, accept challenges, be willing to learn something every day and give your absolute best at all times.

We look forward to meeting you!

Course Purpose

By the end of your year as an OP...



You will have been encouraged and given every opportunity to achieve all the important goals in your life – both personal and academic.



You will have experienced and learnt about a variety of exciting, challenging, rewarding and fun adventure activities and have travelled through some very remote and rugged wilderness areas.



You will believe in yourself like never before and have awesome personal power, confidence and self-esteem.



You will have an unimaginable understanding of yourself, your limits, your potential...And be an incredibly motivated individual ready to embrace the future and the world.



You will have made lifelong friendships and learnt how to truly interact positively with your friends, Whanau and the people around you.

“It’s the possibility of having a dream come true that makes life interesting”

- Paulo Coelho, The Alchemist.

The OPC Crew 2012

Joe Wilson...



Joe Wilson joined the OPC team in January 2011 as the assistant manager and has now taken on the managers role for 2012. A born and bred Cantabrian he grew up in Christchurch. After high school he took a GAP year to the UK to work at an Outdoor Centre. This amazing year cemented for him that working with young people in the outdoors was what he wanted to do. Returning home he studied a Bachelor of Outdoor Education and Adventure Recreation at Christchurch Polytechnic.

Since then Joe has spent his time exploring the world while instructing in the outdoors. It has seen him work in Australia, Canada, USA, SE Asia and spent time kayaking in Uganda, tramping in Patagonia and snowboarding in the Andes. His

love for the snow meant he spent a lot of time chasing the winter seasons snowboard instructing. Feeling the urge to settle and have a base brought him and his fiancée back to NZ and to Methven where they did a snow season in 2010. Falling in love with the Methven community and surrounding area, Joe was super excited when his dream job came about to work on the OPC course.

Joe really believes in the power and potential that the outdoors can provide for personal growth and development and enjoys watching his students change throughout their experiences. He feels it is such a great medium for learning and feels privileged to be a part of it. His love for adventure and exploration still sees him scaling mountains, charging down rivers and climbing cliffs all over New Zealand and abroad, so keep an eye out for him!

Hannah Trent...



Hannah Trent is the assistant manager at Mount Hutt OPC. She grew up in the country side in South West England and grabbed every opportunity she could to take part in outdoor activities on offer. Whilst at University Hannah was involved in training members and leading expeditions throughout the UK for the Duke of Edinburgh's Award, leading to the completion of her UK Mountain Leader Award. At university Hannah also gained her Dinghy Sailing Instructor certificate and got hooked on rock climbing.

Hannah's love for working with youth led to her working in a hostel for homeless young people and with youth in custody to provide evening activities, qualifications, cooking, budgeting and life skills, as well as supporting them through

life's challenges. Working for an outdoor activity organisation Hannah had the chance to teach and show others about all of the amazing opportunities the outdoors offers for learning and personal development. Having always loved exploring new places and meeting new people, Hannah headed off to South America, the USA and Canada for a few months to explore what the other side of the world had to offer. Tramping in Patagonia, experiencing the wilderness of the salt flats between Chile and Bolivia and hiking along the Inca Trail to Machu Pichu only encouraged her to travel more.

Since then Hannah has continued working with young people, teaching sailing and led an expedition to Namibia. Hannah travelled through India and Nepal before arriving in New Zealand and falling in love with the friendliness and amazing opportunities the country has to offer. Now based in Methven, Hannah's very excited to be part of the OPC Team and sharing the enjoyment of the outdoors with others once again.

Welcome from the OPC Manager

Kia Ora and Welcome to the Mount Hutt College Outdoor Pursuits and Personal Development Course; or as we call it, OPC...

My name is Joe Wilson and I am the Manager here at OPC. I joined the OPC family in January of 2011. I am very passionate about the course we provide and strongly believe that it is something everyone should experience. You can learn so many things that you can't teach in a classroom when you use New Zealand's playground – the mountains, the rocks, the lakes, the rivers, the ocean – as a place to learn and grow, and to develop skills that will enable you throughout your life to truly be all you dream of being!

Life at OPC is a story of life, laughter, happiness, sadness, mountains, rivers, the open road, realising your dreams, challenges, missions, spontaneity, opportunity, excitement, growth and so so much more! Our course focuses on four main areas; Personal Development, Outdoor Pursuits, Life Skills and School Success. The life of an OP is busy, often hectic as you juggle a full academic year of study with trips away climbing, tramping, kayaking, surfing, skiing, rafting while living with up to 15 other teenagers; cooking, cleaning and having a ball of a time! It is full on, and we expect you to come with an open heart and mind, we expect you to push yourself in every aspect of life and we know from this you will be rewarded.

My role here at OPC is so varied, I'm everything from father, mentor, friend, instructor and facilitator all rolled into one! Myself and the assistant are responsible for most of what happens during the course - we are the ones living with you in the lodge, we're standing beside you on top of the mountain, belaying you at the bottom of a climb, teaching you to cook in the lodge, and we're the driving force behind your personal development. I believe this is a huge strong point in our course and what sets us apart from the rest.

We aim to 'walk the talk' here at OPC, and we strive to create an extremely powerful and well respected Outdoor Pursuits and Personal Development Course. We have an amazingly inspiring and experienced team of staff, an absolutely incredible country to explore, live and learn in; and an extremely strong support network within our school and local community.

Are you ready and capable of pushing yourself further than you ever thought possible to gain rewards you may not have even dreamed of? If you think you've got what it takes, we look forward to you joining us in Methven next year for what will be one of the best years of your life!

Regards

JD Wilson



"Jump... you might fall, you might fly"

2013 Outdoor Pursuits Content

The Outdoor Pursuits part of the Course is two part: Firstly students will take Level 3 Outdoor Ed at school as one of their subject choices. This means they are able to gain credits for the modules they cover. Secondly the OPC crew will take the students out in the weekends to build and cement those skills and experiences gained in Outdoor Ed. This will provides students with an adventure experience and a good knowledge of a wide range of activities and skills. The modules start at an **introductory** level, with most activities giving students the opportunity to set goals and continue to grow in their skills and confidence. These modules are spread throughout the four school terms at times appropriate to the nature of the activity. Anything can happen and we are flexible in our schedule as weather can wreak havoc with even the best laid plans. All of our activities are designed to challenge.

The course involves...

- ~ 60 – 80 days of activity throughout the year
- ~ Sunday activity with a number of full weekends
- ~ Outdoor Ed class 4 times a week with associated trip
- ~ Up to 32 NCEA credits gained through Outdoor Ed program
- ~ Up to 16 hours skiing/boarding per week in winter (weather dependent of course!!)
- ~ NZQA Unit Standards for some activities
- ~ All instruction by experienced and qualified guides



Activity Modules...

- | | |
|-----------------------|------------------------|
| ~ Tramping | ~ Whitewater kayaking |
| ~ Mountain Biking | ~ Avalanche Awareness |
| ~ Abseiling | ~ Snow Caving |
| ~ Rock climbing | ~ Wilderness First Aid |
| ~ Bouldering | ~ Expedition Modules |
| ~ Surfing | ~ Rafting |
| ~ Skiing/snowboarding | |

OPC: learning more about yourself, pushing your limits and discovering your potential!

Term 1: 2013 (January 29th - April 19th)

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
O-Week	Jan 21- Jan 27		Students arrive Subject choices	Orientation	Orientation	Orientation	Orientation	Orientation
1	Jan 28 – Feb 3	Subject interviews	Year 12/13 Leadership Day	Full School timetable			Surfing	Surfing
	Feb 4 – Feb 10	L3 Outdoor Ed		Waitangi day	L3 Outdoor Ed		Surfing	Surfing
2	Feb 11 – Feb 17	L3 Outdoor Ed Pool			L3 Outdoor Ed Pool		Wilderness First Aid	Wilderness First Aid
3	Feb 18 – Feb 24	L3 Outdoor Ed Pool			L3 Outdoor Ed Pool			Day Tramp Mt Somers
4	Feb 25 – Mar 3	L3 Outdoor Ed Rakala			L3 Outdoor Ed Rakala			Kayaking Summer Surfing
5	Mar 4 – Mar 10	L3 Outdoor Ed Rangitata			L3 Outdoor Ed Rangitata			Kayaking Ashley River
6	Mar 11 – Mar 17	L3 Outdoor Ed Orari			L3 Outdoor Ed Orari		Kayaking Overnight trip (Grey River or Lake heron to Rakala gorge)	Kayaking
7	Mar 18 – Mar 24	L3 Outdoor Ed Rangitata			L3 Outdoor Ed Rangitata			High ropes course Geraldine
8	Mar 25– Mar 31	L3 Outdoor Ed TBC				Easter Tramp Nelson Lakes	Easter Tramp Nelson Lakes	Easter Tramp Nelson Lakes
9	Apr 1 – Apr 7	Easter Tramp Nelson Lakes	Easter Tramp Nelson Lakes		L3 Outdoor Ed TBC			Climbing Timaru
10	Apr 8 – Apr 14	L3 Outdoor Ed Kayaking Hurunui	L3 Outdoor Ed Kayaking Hurunui	L3 Outdoor Ed Kayaking Hurunui	L3 Outdoor Ed Kayaking Hurunui	L3 Outdoor Ed Kayaking Hurunui		Climbing Castle Hill
11	Apr 15 – Apr 21	L3 Outdoor Ed TBC			L3 Outdoor Ed TBC	Clean up	Student Home	

Please Note: The 2013 activities schedule is yet to be finalised. Each year the current students do a review of all our activities and we design next year's schedule based on the feedback we receive. This enables us to constantly improve the quality of the activities we offer and ensures you are getting the most out of them. Next year may be a very similar outline as there have not been many complaints so far!

Term 2: 2013 (May 5th – July 12th)

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	May 5							Students Return
	May 6 – May 12				Climbing Wanaka	Climbing Wanaka	Climbing Wanaka	Climbing Wanaka
2	May 13 – May 19	L3 Outdoor Ed Climbing lead			L3 Outdoor Ed Climbing lead			Biking Lake Heron
3	May 20 – May 26	L3 Outdoor Ed Tramping	L3 Outdoor Ed Tramping	L3 Outdoor Ed Tramping	L3 Outdoor Ed Tramping	L3 Outdoor Ed Tramping		Biking Wharfedale
4	May 17 – June 2	L3 Outdoor Ed Rock Teach			L3 Outdoor Ed Rock Teach		Bike Queen Charlotte	Bike Queen Charlotte
5	June 3 – June 9	Queens birthday Bike Queen Charlotte			L3 Outdoor Ed TBC			Day Tramp
6	June 10 – Jun 16	L3 Outdoor Ed Rock Teach			L3 Outdoor Ed Rock Teach			Climbing The Roxxs
7	Jun 17 – Jun 23	L3 Outdoor Ed Rock Teach			L3 Outdoor Ed Rock Teach		Mt Hutt Opens	Skiing
8	Jun 24 – Jun 30	L3 Outdoor Ed Rock Teach			L3 Outdoor Ed Rock Teach		Skiing*	Skiing
9	July 1 – July 7	L3 Outdoor Ed Skiing			L3 Outdoor Ed Skiing		Skiing*	Skiing
10	Jun 8 – July 14	L3 Outdoor Ed Skiing			L3 Outdoor Ed Skiing	Clean up	Students Home	

“The greatest mistake you can make in life is to be continually fearing you will make one” – Elbert. G. Hubbard.

Term 3: 2013 (July 28th – September 28th)

Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jul 28							Students return
1	Jul 29 – Aug 4	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing*	Skiing
2	Aug 5 – Aug 11	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing*	Skiing Porters
3	Aug 12 – Aug 18	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing*	Mt Hutt Ice Climbing
4	Aug 19 – Aug 25	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing Ohau	Skiing Ohau
5	Aug 26 – Sept 1	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing*	Skiing BR
6	Sept 2 – Sept 8	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing	Backcountry Course	Backcountry Course	Backcountry Course
7	Sept 9 – Sept 15	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing		Skiing*	Skiing
8	Sept 16 – Sept 22	L3 Outdoor Ed Olympus snow camp	L3 Outdoor Ed Olympus snow camp	L3 Outdoor Ed Olympus snow camp	L3 Outdoor Ed Olympus snow camp	L3 Outdoor Ed Olympus snow camp	Skiing*	Skiing
9	Sept 23 – Sept 29	L3 Outdoor Ed Skiing		School Skiing PM	L3 Outdoor Ed Skiing	Clean up	Students Home	

“Those who lose dreaming are lost” – Aboriginal Proverb



Term 4: 2013 (October 14th – December 15th)


Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 2 3 4 5 6 7 8 9	Oct 13							Students return
	Oct 14 – Oct 20	L3 Outdoor Ed Kayak surf			L3 Outdoor Ed Kayak surf		Solo	Solo
	Oct 21 – Oct 27	L3 Outdoor Ed TBC			Expedition Mission	Expedition Mission	Expedition Mission	Expedition Mission
	Oct 28 – Nov 3	Labour day Expedition Mission			L3 Outdoor Ed TBC			Caynong
	Nov 4 – Nov 10	L3 Outdoor Ed TBC			L3 Outdoor Ed TBC		Adventure Race	Adventure Race
	Nov 11 – Nov 17	Study leave***				Canterbury Show Day		
	Nov 18 – Nov 24							
	Nov 25– Dec 1					Final Day of Exams Clean up***	Rafting with families ***	
	Dec 2 – Dec 8	L3 Outdoor Ed Final Tramp***	L3 Outdoor Ed Final Tramp***	L3 Outdoor Ed Final Tramp***				
	Dec 9 – Dec 15							


“This course is definitely a life changer, through self-development, new activities and getting to spend the whole year with people who will be your friends forever. You meet so many incredible, inspiring people along the way, who just make you want to charge harder and do everything you are capable of!


Mount Hutt College OPC changes lives...I've seen it and I've done it!”


- Anita den Bars – OP 2007


Activity Module Objectives

Module	Orientation, Leadership and Team Building Camp
Objective 	By the end of this module students will: <ul style="list-style-type: none"> • Have a complete and thorough understanding of the OPC objectives and established rules for themselves. • Have developed a Team Mission Statement and Goals and be 100% focussed and committed to the year ahead. • Have had 5 physical days in the mountains and developed a sense of unity and teamwork. • Will bring all students together, identify individual and team strengths and set students up for the demanding year ahead • Students must expect and be prepared for an incredible, fun, exciting, challenging, demanding, enlightening and positive experience during this week.

Module	White Water Kayaking
Objective	By the end of this module students will: <ul style="list-style-type: none"> • Be able to safely roll a kayak in slow moving or sheltered water. • Be able to competently paddle on Grade 2 moving water. • Be able to identify features of a river and read white water. • Have the opportunity to paddle on Grade 3 moving water 

Module	Rock Climbing, Abseiling and High Ropes
Objective 	By the end of this module students will: <ul style="list-style-type: none"> • Have experienced rock climbing and abseiling on various crags throughout Canterbury. • Learn the necessary knots, techniques and procedures to competently and safely go top rope rock climbing and abseiling on bolted crags.

Module	Tramping, Outdoor Management
Objective	By the end of this module students will: <ul style="list-style-type: none"> • Experience tramping in the New Zealand Mountains. • Have the skills to navigate in the outdoors in good visibility. • Have the skills to safely cross rivers without bridges. • Be able to interpret a weather map, identify weather patterns specific to New Zealand and recognise life threatening weather changes in the field. • Be able to pack appropriately and live out of your pack for up to a week. 

Module	Skiing and Snowboarding at Mount Hutt and the Club Fields
Objective 	By the end of this module students will: <ul style="list-style-type: none"> • Have the opportunity to learn and improve their skiing or snowboarding ability through professional instruction. • Learn about the mountain environment including weather, basic avalanche awareness and safe back country travel in winter. • Hopefully ski lots of powder!! • Have the opportunity to sit their NZSIA Level 1 instructor's qualification for either ski or snowboard.

"Do today what others won't, so you can live tomorrow like others can't"

- Anon

Activity Module Objectives


Module	Mountain Craft and Snow Caving
Objective	<p>By the end of this module students will:</p> <ul style="list-style-type: none"> • Be able to safely use an ice axe and crampons. • Select the best site for and build a suitable shelter for snow. • Learn about travelling safely in the backcountry.




Module	Surfing
Objective	<p>By the end of this module students will:</p> <ul style="list-style-type: none"> • Have had an introduction to the basic techniques of surfing. • Have been instructed on how to read ocean currents and surf.



Module	Mountain Biking
Objective	<p>By the end of this module students will:</p> <ul style="list-style-type: none"> • Be able to fix and change a tyre on your bike. • Experience multi-day adventure biking. • Increase your riding skills while seeing some beautiful countryside.

Module	End of Year Expedition
Objective 	<p>By the end of this module students will:</p> <ul style="list-style-type: none"> • Have participated in an expedition through the New Zealand wilderness. • Have an opportunity to apply a number of the skills they have learnt during the year in an expedition setting. • Enjoy one last big mission together as a group.

Module	Rafting
Objective 	<p>By the end of this module students will:</p> <ul style="list-style-type: none"> • Have experienced white water rafting on class 4 and 5 moving water on the Rangitata River. • Families are invited to come along and join in on this final experience.



Clothing and Equipment List

All OPC participants are required to bring the following clothing and equipment. These are essential items for the course. Please ensure all items are well named. OPC have a good relationship with Macpac who have stores throughout New Zealand and will be able to help you with any gear requirements.

Clothing

- Waterproof Jacket (Gore-tex or similar)
- Over trousers – preferably waterproof, defiantly windproof
- Polarfleece Jacket
- Tracksuit pants or fleece pants
- 2 polypro long sleeve tops (1 with a zip and collar)
- 2 polypro bottoms
- 3 pairs of thick woollen socks (merino is best)
- Peaked sun hat
- Woollen hat or balaclava
- Nylon shorts (quick dry – board shorts are OK)
- 1 pair of polypro gloves
- Sandals (Teva style)
- Good quality hiking boots (we recommend leather – must be worn in!!)
- Sneakers/trainers
- Snow gaiters
- Personal gym clothes
- Casual clothes for around town
- Togs



Tramping Equipment

- Tramping pack (at least 60 litres)
- Day pack
- Pack liner
- Personal Survival Kit (including basic first aid supplies, whistle, survival blanket, strapping tape, blister prevention and treatment dressings, a lighter with 2m of duct tape wrapped around it, extra supplies of personal medications, emergency food e.g. power bars or barley sugars)
- Sleeping bag (at least 3 seasons – you will be sleeping in snow)
- Sleeping mat (closed cell foam or self inflating)
- Plastic knife, fork, spoon, bowl and cup (for tramping)
- Head torch
- Sunglasses

Skiing/Snowboarding

- Skis/ Snowboard equipment
- Personal ski/board clothing
- Wrist guards (snowboarders)
- Helmet – compulsory for OPC

Mount Hutt OPC has formed a good relationship with Big Al's Snowsports in Methven. They are able to provide us with OPC package deals.

For your bedroom

- Linen (single size)
- Pillow and pillow slip
- Duvet and duvet cover
- Towels
- Washing basket

Other

A mountain bike is highly recommended
A wetsuit
Wetsuit booties/shoes (optional)
A laptop if you have one

Personal Development

One of the biggest drawcards of Mount Hutt OPC is the intense Personal Development Programme (PD) that we offer. This happens formally during our team meetings every Wednesday night and away on our weekend activities (it also happens most days that you are here!). PD is a carefully structured, progression-based programme. The purpose of PD is to assist you in developing **powerful and positive personal habits** – habits that will serve you throughout the year and indeed the rest of your life.

Challenge...

Like anything, you only get out what you put in. If you are **prepared to take on challenging topics with an open mind**, you can become one of a small number of people in the world who use these effective and simple tools to achieve what they set their minds to.

The Wednesday night team meetings are very important and special times for OPC; we explore topics like your **dreams**, visions for the future and what you want to achieve out of life. We examine our fears and our **potential**. We look at our **values** and identify the things that are the most important to us.

You will develop a personal Mission Statement to **inspire and motivate you...** It's a bit like having your own personal set of rules on how you want to live your life.

Passion...

We will also explore and learn about other valuable strategies, like time management, conflict resolution, how to **discover your passions**, overcoming fears, **being true to yourself**, budgeting and general life skills.

A few times a year, we invite **guest speakers** to come in and share their life experience with you and reinforce some of the points of personal development that we have been exploring.

Beliefs...

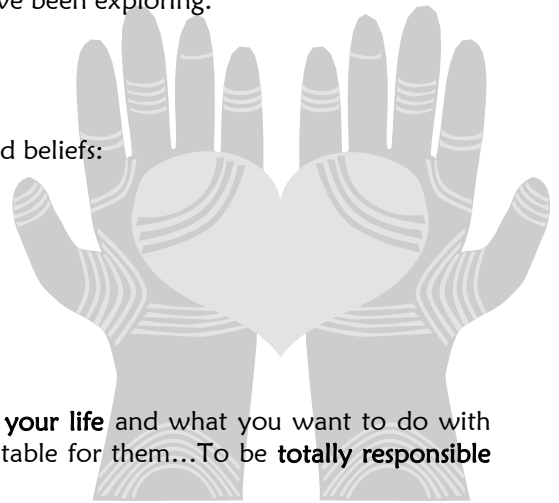
The PD Programme is based on a few simple yet key principles and beliefs:

- ✱ Being the very best you can be*
- ✱ Living above the line*
- ✱ The art of goal setting and goal getting*
- ✱ Relationships being the key to success in life*

You will learn how to take complete **ownership and control of your life** and what you want to do with it...How to **make your own decisions** and be completely accountable for them...To be **totally responsible** for your actions, language and behaviour.

By the end of the course you will have been challenged and had **unbelievable experiences**. With the **amazing support** of the other students and the OPC Crew, you will have **increased your self confidence**, you'll have a better understanding of what you want out of life and you'll have the **courage and vision to follow your dreams**.

This will help you build solid foundations for your future. It's a **journey** of fun, adventure and awesome **self-discovery**. A journey that will make a **huge positive impact on you** and your future...



Personal Development

Term One PD Topics...

The first term is about establishing our **team identity**, gaining confidence in ourselves and celebrating our strengths. It's an introduction to ideas that we will be integrating into your daily lives – the powerful and positive **habits** we talk about!

Term Two PD Topics...

During term 2 we focus on more tools that can help us achieve what's important to us. This includes weekly roles and goals and being congruent in your life choices.

Term Three PD Topics...

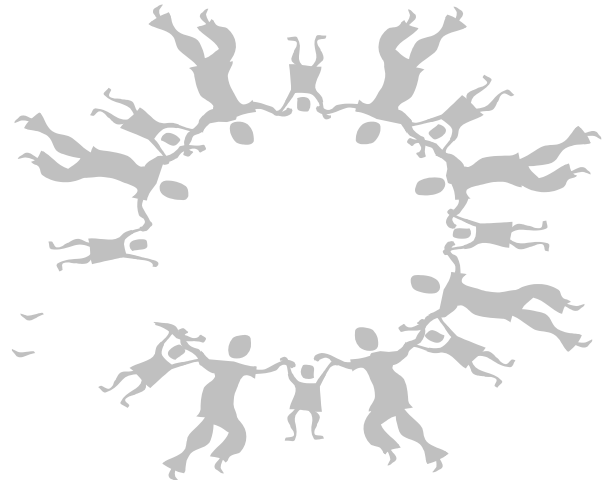
Halfway through the year! We really start to look at how good we are at 'walking the talk' and start to look ahead at your future opportunities and endless possibilities...and work towards honing them down.

Term Four PD Topics...

Term four continues with the key themes of personal development and personal excellence but focuses more on the upcoming end of the year. We're getting ready to leave the comfort and security of OPC and take ourselves out into the world! We look at a variety of practical and hands on tools to help you succeed 'out there'!

Some of the personal development topics that will be covered over the year are:

- ~ Goal Setting and dream realization
- ~ Living Above and Below the Line
- ~ Personal Mission Statements
- ~ Personal Affirmations
- ~ Independence
- ~ Budgeting
- ~ Decision Making
- ~ Lifestyle – how do you live your life?
- ~ Circles of Concern and Influence
- ~ Community Awareness and projects
- ~ Environmental Awareness
- ~ Communication Skills
- ~ Career – finding hidden talents, discovering your passions, writing a CV, interview skills.
- ~ Designer Lifestyle
- ~ Reticular Activating System
- ~ Positive Affirmations
- ~ Defining Success
- ~ Overcoming fear



Accommodation at the OPC Lodge



At the OPC Lodge you will learn more about yourself and people in general than in any other part of the course. That's because you have to stand on your own two feet and look after yourself and one another!

Your supervisors, will always be there for you; able to assist any time of day or night, but essentially it's up to you. As a team, you will have a budget to work to, you'll prepare your own meal plans, purchase your own food and do all your own cooking and cleaning up after yourselves.

- ☞ You'll have to do your own washing... or smell.
- ☞ Cook your own food... or go hungry.
- ☞ Be considerate, caring and thoughtful toward your flatmates ... or be lonely and miserable.

You'll learn some very basic and very important “real life” skills

This year will be one of the best in your life... A year you'll always remember. This is the year where you can choose to act like, and be treated like, an adult. **It's a year of fun** - heaps of fun! It's a year of meeting new people... **and making lifelong friendships.**

About the OPC Lodge...

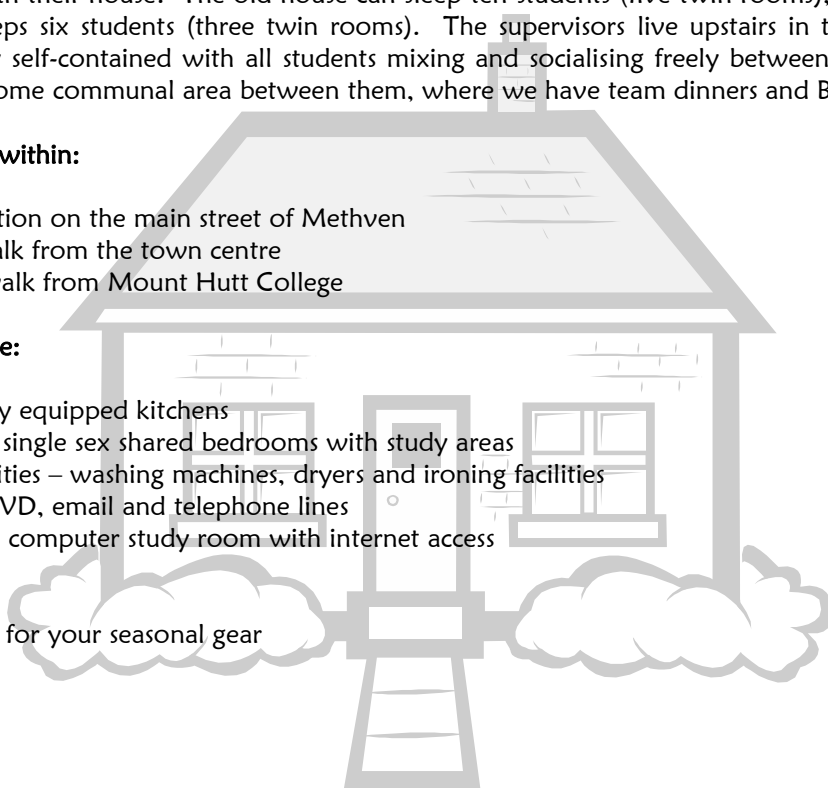
The lodge has two buildings, one we call “the old house” and one, “the new house”. Each house has its own character and each house has its own pros and cons. It doesn't take long for students to form irrefutable loyalty with their house! The old house can sleep ten students (five twin rooms), while the new house next door sleeps six students (three twin rooms). The supervisors live upstairs in the new house. Both houses are fully self-contained with all students mixing and socialising freely between the two. The houses have an awesome communal area between them, where we have team dinners and BBQs!

The Lodge is located within:

- ☞ A private section on the main street of Methven
- ☞ 5 minutes walk from the town centre
- ☞ 10 minutes walk from Mount Hutt College

Lodge facilities include:

- ☞ Spacious, fully equipped kitchens
- ☞ Comfortable single sex shared bedrooms with study areas
- ☞ Laundry facilities – washing machines, dryers and ironing facilities
- ☞ Television, DVD, email and telephone lines
- ☞ Purpose-built computer study room with internet access
- ☞ BBQ area
- ☞ Bike shed
- ☞ Extra storage for your seasonal gear



Life at the OPC Lodge



The key to success in your year with OPC is **relationships**; with each other, with your Supervisors, with the school and with the community. We take this very seriously and see it as a point of difference in our course. We have a small, family-like environment where we may have disagreements like any family, but we always love and support one another.

We provide a **safe environment** where you can make mistakes and learn from them; where you can **push yourself** higher, further and harder than ever before and be encouraged by fellow Team mates. You will make **lifelong friendships** and share your life's ups and downs with these people.

As you can imagine **teamwork** is a very important and necessary part of life at the Lodge. With having up to 18 people on the property all living together there can be friction between team members from time to time. There are regular opportunities for you to share your feelings with individuals and the Team. We have weekly Team meetings where anything can be on the agenda. We also facilitate Team discussions when needed. We highly value **open and honest communication** and challenge you to give and receive feedback during these Team times.

It's an amazing journey, not always easy, but always worthwhile.

Supervisors' Commitment...

- ✚ Provide you with a secure, cosy and supportive learning and living environment within the Lodge.
- ✚ Provide continual onsite supervision.
- ✚ Always be available for you in times of need or when you need a good chat.
- ✚ Keep you safe.
- ✚ Be a mother, father, brother, sister, or a friend whenever you need it
- ✚ Teach you the skills you need to live independently, inspire you to push yourself, and always make sure you are happy and having a good time!

OPC Student Commitment...

- ✚ Live above the line.
- ✚ Always give your best.
- ✚ Commit to and follow the ground rules made and agreed to by the team.
- ✚ Always do your fair share of cooking, cleaning and any other duties.
- ✚ Always show respect to your Supervisors and fellow team mates.
- ✚ Take complete responsibility for your actions and behaviours.

Life at OPC – Current Students

Tyler Stubbs

It's hard to believe that term one is already over, but at the same time it feels like I have known the other OP'S for a lot longer than 10 weeks, (even after orientation it felt like we had known each other for ages!). In such a short time we have accomplished so much in our activities, in and around the lodge and even at school. I feel like I have learnt so much about myself and have defiantly proven to myself that I can step out of my comfort zone and achieve things that I never would have thought I was capable of.

Personal Development is defiantly one of the major parts of OPC for me, from team activities and working together to come up with a solution to figure something out, or

just a sudden realisation brought to light. There is always something new to be learnt about ourselves and life in general, and there always something to be taken away from PD, every week, for us to think about.



I love the full on, non-stop life OPC brings. Every weekend we're getting out there doing all sorts of things, all over the place. Whether its rock climbing in Wanaka, high ropes in Geraldine, kayaking down the Hurunui, and even when the surfs up in Sumner, the atmosphere that we live in which has become our way of life is unimaginable. There is always something happening and without doubt always motivation, pushing each other further and always a lot of enthusiasm in what we do to make the most out of all the chances we get.

I have already made life-long friends with the OP's and I know they would say the same. There are still plenty more unforgettable memories to be made and life lessons to be learnt and I know there are a lot more laughs good times come! LIVE THE DREAM!

"Life is too short to wake up in the morning with regrets, Believe that everything happens for a reason... If you get a chance- take it, if it changes your life- let it. Nobody said it would be easy... they just promised it would be worth it"

Life at OPC – Current Students

Tom Wooding - OPC CREW Twenty Twelve

OPC 2012... The only word to describe it so far.... **EPIC!!** As I look back on the last term there are just so many good times and good memories that stick out to me. Orientation week, we went from being 14 complete strangers to feeling like we had known each other for yonks... all in 5 days. Rocking up to school on the first day all together with everyone looking at us as we repped the OP name hard. It was early in these first few weeks that I realised that this year was going to be the loosest, fully most sick year of my life. But not only was it going to be the best year of my life, it was going to set me up for the years to come so I could make them insane as well.



After school cliff jumping sessions down at the gorge, throwing down back flips and shooting for the stars, long boarding missions down to the op shop and four square or just chilling out to the sounds of Biggie Smalls on the speakers. Being bored just doesn't exist in Methven, the TV is not relied on to pass time, you realise there is a world outside of face book. Trips during the week in our spare time up to Mt Hutt for a bit of Downhill Mountain biking became the usual.

The loosest thing from term one had to be Kayaking. After spending weeks building up our skills we packed up our gear and rolled out to the Hurunui for 5 days of madness. We had been fizzing up for this trip for ages, and it was finally here. The crew was 100% CHARGING!! Hitting rapids that I once thought I would have no doubt died in gave me the biggest buzz ever. The weather was unreal camping out under the sublime starry skies was really next level epic. It was about the 4th day into the trip, we were half way through paddling down Maori gully, the sky was blue and my heart was racing with adrenaline from the biggest rapid I ever had run, I looked around the steep cliffs that towered over us on either side and thought to myself; where would I rather be right now?.... The answer was nowhere; there was nowhere where I would rather have been except right there on that river. Then I thought... what would I be doing right now if I was back at home this year, just carrying on normal old life? I would have probably just be about to get home from school, most likely heading to the couch to watch some lame TV. Really no one can make you do the course, but if your reading this now you must be even just a wee bit keen, I definitely, definitely suggest you should do it! You will have the craziest year of your life and do things that never in your wildest dreams, you would have thought you could do.

Take this opportunity and you will never regret it!!! OP OG!!

Life at OPC – Past Students

Lucy Dynes – OPC crew, 2011

After my sister did the OP course in 2004 and had the best year of her life, I decided that I would take on this amazing opportunity.

Challenging myself, trying new things that I never thought I would do, and having new experiences would make 2011 the best year of my life!

As we sat in the lodge, having only just met each other, we were ready for an amazing year ahead. The five day orientation made me realise what I'm really capable of, I really

can do a lot of things, it's just a matter of telling yourself that you can. Tramping, abseiling, climbing, bouldering, personal development and getting to know the crew all came together in these days. Coming away from this feeling like we had known each other for ever made things a lot easier.

Kayaking, climbing, surfing, abseiling, team building and personal development have come together to make this an amazing year so far and there are many more things to come. The main focus for this term has been kayaking, so many hours spent padding different places has been awesome and I have had an amazing time. I look forward to the rest of my year learning new things, doing things I'd never dreamed of and having the time of my life with Niki, Joe and the crew!



Life at OPC - Past Students

Living the Dream at OPC

I wish so much that by writing this I could describe to you how full on, inspiring, challenging and just plain fun a year at OPC is...but the fact of the matter is that I just can't. One thing I can promise though is that by choosing to go to OPC you will have the time of your life and absolutely no regrets.

When I arrived at OPC I was one person and was so scared about living with a whole lot of people I didn't know. But that doesn't last long. Within a week you're best friends and at the end of the year you walk away as a family who've been through so much together.

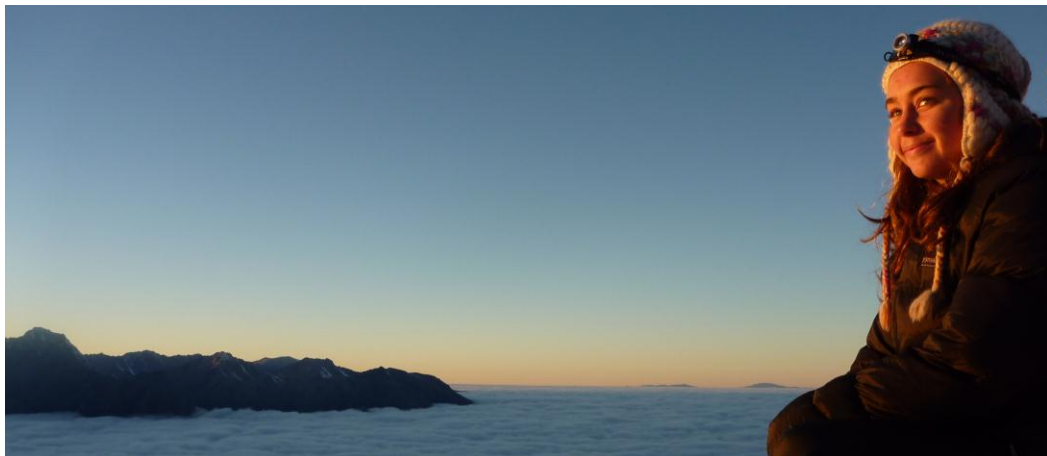


And there really is so much. There's the obvious stuff...Tramping, kayaking, surfing, camping, climbing, skiing, boarding, rafting, first aid, snow caving, and P.D...which is all INCREDIBLE. And then there's everything else that fills the gaps ...bumming around the lodge, movie nights, and glee night with the girls. D&Ms at every spare moment, family dinners and the not so good times you will always get through together. Betting on coffees, missions to the gym, Friday clean up, laughs - always! Pranks, pull up sessions, road trips, back flips, peer pressure (very healthy peer pressure), and being high on life - a lot!

When I look at my year at OPC, I see all the stunning places I have been, the fun I had, the truckloads I learnt and the people who learned alongside me 24/7. I've grown so much since I first walked in the gates of the OPC lodge, from being the quiet girl to learning so much about myself and being more confident than I ever thought I could be. I walked out the gates at the end of the year with bigger and better dreams about the life I want to lead. And I would never look back. OPC was such an amazing ride and I can't wait for the rest!

My advice...JUST DO IT!!!

By Bailey Stubbs - OPC 2010 Crew!



Life at OPC – Past students



By Alex Woodwark – OPC 2010

When I finished the Mount Hutt Outdoor Pursuits Course at the end of 2010, I reflected back to orientation. I realised that in the beginning, I was unsure as to what to expect from the year. I knew there would be camping, cold, wet weather and worst of all, tramping. But in reality, I got much more.

If you ask anyone from the 2010 Crew what some of their favourite times were, I can guarantee that, it wasn't just the activities that were amazing. The road trips, the late nights and the long camping trips were among the many epic times had at OPC; not only because we got to see the most amazing places in New Zealand, but we had completely unique experiences, that none of us would have ever had if it wasn't for the Mount Hutt Outdoor Pursuits Course.

One of my favourite memories from OPC was being woken up at five a.m. to climb Mount Olivia and watch the sunrise. Although the temptation to stay curled up in my sleeping bag was great, I didn't want to be the only one left in bed. Frosty morning aside, watching the sun rise behind Mount Cook, knowing we were the highest people in the country, with only the noise of small avalanches behind us, was idyllic. It was one of those moments when we all realised that we were alive, at the most amazing course in New Zealand (and probably the world!) but also knowing we were exactly half way through.

Not just the activities were amazing. Every day had special moments that created a family atmosphere within the group, whether you were long boarding down to the shops with the whole crew, or walking in the rain to rent a movie, because you drew the short straw. The whole crew became the most diverse, loving and crazy family you could imagine. Sixteen boisterous and outgoing teenagers was always going to have its moments.

Reflecting on the year again made me realise I not only came away with friends and a whole new perspective of the outdoors; I was given a family and a new perspective on life. The tedium of leading an ordinary life is no longer enough for me. And OPC Mount Hutt showed everyone (not only the 2010 crew but past, present and prospective students) that life isn't short, but being able to live it is. Life is the longest thing we will ever do. But truly living it is different. OPC Mount Hutt teaches us to appreciate life, use nature as a playground, and most of all, to have a blast outside your comfort zone.

Life at OPC – Past students

Life as an OPC student – Cameron Coutts, 2010

Well, it all began when I arrived in the little town of Methven an hour out from Christchurch. I arrived at the lodge with 15 other students from all over New Zealand. The morning after arriving we got straight into business and left in the early hours of the morning; off to explore the wilderness on a 5 day trip which consisted of 3 days of tramping and 2 days of orientation. It was a great trip to kick start the awesome year that was to come. The trip was amazing where we got to bond with our new family, tramp up beautiful mountains, abseil off 60metre cliffs, and float down a minor rapid with nothing but our togs on.

The rest of the year was just as adventurous and exhilarating as we did white water kayaking, rock climbing, surfing, snowboarding, tramping and rafting. I was out of my comfort zone in a few of these activities but my new family was always there to push me to my full potential.

It was a big change of lifestyle for me; I lived on the little island of Waiheke up near Auckland before moving to little Methven. The thing I loved about OPC was that every weekend we would be out exploring the great outdoors of New Zealand which many people don't get to experience.

The family experience and sharing a room with new found friends was awesome and I have gained many great friends from my year at OPC. I recommend this course for anyone who wants to get out of their regular school life and who wants to make their last year at school a bit more exhilarating and adventurous. OPC will change you into an adult who can budget, shop, clean cook for large amounts of people. You will learn about the great lessons of personal development which I believe has changed me into an adult ready to hit the world.



This course is definitely the best outdoor pursuit's course in New Zealand! It has the best activities and the Personal Development makes it a course that cannot compare. Every cent is well worth it and if you take the step forward to go to this great course you will not regret it for a second - you will be in for a great and wondrous year!!

Life at OPC – Past students

By Lou Henderson – OP of 2009

An OPC like no other, this could be your chance to **Explore, Dream and Discover**
For me this chance was a dream come true, and 98 and $\frac{3}{4}$ percent chance it will be the same for you!
Adventure, challenge and something new, Mount Hutt College OPC ... I thought YEEHUUU!
The chance to learn and grow, in cool little Methven... Yeah BRO!
All winter long shredding the slope, hmmmmp doesn't that sound DOPE!
Flatting with a cool bunch of teens, going on a mission... someone is always keen
OPC... a chance to begin living your dream!
... It all began 10 months back, when I rocked up to Methven with my tramping boots and pack
We gathered from all round NZed, ready for the amazing adventures that lay ahead.
What lay ahead was something RAD, Oh the fun filled times that we have had!
Some vibrant memories that I am about to list, are extreme and enjoyable times that I am bound to miss
Many early morning trips to the TOWER for a swim, that sunrise jump will never get dim
Hanging with the locals... oh what a bunch, pretty cool to chill out with at lunch
Skiing and wakeboarding down the diversion race, fanatical wipe outs... now they were hard case
Shredding the mountains and paddling the rivers, these action packed adventures will give you the shivers
An afternoon at the serene Castle Hill, a stupendous place to boulder, climb or just go and chill
Radical roadies to some pristine places, climbing all of those testing rock faces
Rafting, surfing and diving too, all activities we do as a crew
Personal Development on Monday nights, deep insightful discussions that soar to great heights
The end of year, one week expedition, into the hills we headed for a hardcore final mission
Out of this course I was able to find, new dreams and goals that stimulate my mind
Completely independent and free, to be anything I choose to be!
A brighter, politer and cheerful way, in order to improve everybody's day
Cooking and cleaning those words may scare, but are both skills I gained from the year
Memories that I will forever hold, remarkable friendships made of gold
A new toolbox of powerful ways that will serve me for the rest of my days
Beautiful places that we got to see, finding true potential of who I can be!
This year is something I will never forget, along with the incredible people that I have met
Choosing to do this course is something I will never regret!
So now it's your chance... what will it be?

How about an incredible year at Mount Hutt OPC?



What do the parents say about OPC?

We packed up and delivered our youngest son to Methven, stopping at the petrol station as we arrived I asked the girl behind the counter where the OPC was – she pointed while the man next to me in the queue made sure it was in my line of sight, the older man behind him explained how to recognise the gates, the shopper whose head was half hidden in a fridge at the back of the shop intervened, explaining how the 2 flats were here, but the College was around the corner down the road and then a local woman told me the school was open today. This is Methven - it's small, cosy and personal and everywhere around it is stunningly beautiful, with huge mountains and long flats, with bright blue rivers and streams. I wanted to stay here too.

The flats were fantastic, not flash, not too run down, but perfect. Including the rustic baths in the courtyard with fires beneath them, the piles of mountain bikes, the long skate boards, the skis, the surf and snow boards and the whole atmosphere of the first flatting experience. All this



happened under the watchful, relaxed, organised and respectful guidance of Niki and Matt, which was truly impressive. They listened, they advised, they had to growl occasionally, but they did this in a fair and reasonable way that made sense to everyone and they were just awesome with our children. Their enthusiasm was infectious.

This was a fantastic experience for our son. At one stage he told me he had learnt to get over his fear in doing anything – I think that's a good thing! The opportunities that he had in that incredible fresh and natural setting are just incredible. Camping, tramping, kayaking, surfing, climbing, rafting, skiing (endlessly), mountain biking and all the normal school activities – including rugby – were big parts of our boy's year. Discovering our beautiful country and exploring places he may never go again and we may never visit – were all inclusive in this great adventure that doubled as his final year of school.

The number and intensity of the activities offered at Mount Hutt OPC are second to none. The sincere belief in and understanding of our children and their age group offered by the management – both Niki and Matt, astounded me. Their knowledge and love for the outdoors and for mentoring others into this attitude is really incredible and the concept of giving our kids the opportunity to experience the outdoors as a significant part of their education makes so much sense in this country – really setting them up for the future.

The lessons here were way beyond those able to be gathered in the classroom – they incorporated the ability to live in a flat with others – how to get along with everyone, budgeting, cooking, cleaning and doing your own washing. Mt Hutt College supported these kids through the OPC activities, understanding when they needed to be away and teaching them alongside their regular students. Alongside the OPC action and experience our son has made great friends with local kids and families that will only grow in significance. Methven is now his second home.

As a parent I would recommend this particular course to everyone. OPC Mount Hutt is an incredible opportunity and we are extremely grateful to have been a part of it.

Katie Edmonds (Ben's Mum, OPC 2010)
Wanganui

What do the parents say about OPC?

A parent's view

Our 17 year old son, Jack was delighted to hear that he was accepted for the 2010 Mt Hutt OPC and we were absolutely thrilled for him. And neither he nor we were disappointed...

The opportunities and experiences offered by the Mt Hutt OPC are fantastic. During terms 1 and 2, Wednesday afternoons and the weekends were taken up with OPC adventures – kayaking, rock climbing, abseiling, surfing and tramping. We followed the Facebook photos avidly, delighting in the intrepid adventures of the OPC students. During the winter months, skiing and snowboarding dominated, but there was also a first aid course, tramping in the snow, snow-caving, and Jack gained his level one snowboard instructor's certificate.



The experience of living with a group of adventurous and fun-loving young people who had to learn to self-manage, cook and clean, and get on with each other, provided training that simply attending school cannot replicate. To underscore all the other activities was the personal development facilitated by the OPC managers, Niki & Matt, to help guide the OPC students through some of the intricacies of their year.

The year is over, our son is home and now embarking on the next phase of his life. We feel that we have given him the best possible send-off to carry him into his future.

**Alide Elkink and Len
Nightingale**

(parents of Jack, OPC 2010)

What do the parents say about OPC?

Comments from the parents of 2010 students

- Much better than other outdoor courses as is very active. The guardianship is superb and the kids happy. PD seems really great too. Altogether it was fantastic for our child
- We think our child has got a lot out of doing the course. Definitely boosted confidence and independence through Personal Development.
- It has made her more independent and it's been a good in between for home and University for flatting etc. Having to live in a shared house and do housework and cooking etc, learning to live with others is a great skill at this age.
- Got her out of her rut at school, allowed her to start again and be her real self. She was ready for more independence but with guidelines, and it was perfect for that
- Responsibility for self, hard working physically, more self sufficient, able to cook, wash clothes and clean. A more mature person. A love for NZ and the outdoors has grown.
- I believe the course has had positive effects in a number of areas – life skills, outdoor education and self belief, motivational and inspirational for my son in a crucial developmental stage of his life. I think it's a wonderful course that teaches our teenagers real life skills and is a great transition to adult life. It has inspired my son to be the best he can be and not limit his expectations or set boundaries which will serve him well with all he aspires to achieve. The outdoor activities he has participated in over the year have been incredible, what a landscape to play and learn in! It is one of the best investments I have made in my son.
- OPC has been a fantastic experience and opportunity for our son and we are very happy with all aspects: particularly the managers, the activities, the accommodation and the personal development focus. A year of wonderful experiences and growth.
- Gained self confidence, placing herself in the group, learning new life skills. Always loved the outdoors and the managers have been an inspirational role model for her. She is ready to go Uni and I am sure she will balance her life study and the outdoors.
- She has thrived and we believe worked hard to achieve her full potential and now has all the building blocks in place to take her forward in the next stage of life. Matt and Niki have been excellent leaders and surrogate Mum and Dad and have pushed, nurtured and cared for her whilst allowing her to grow and learn.

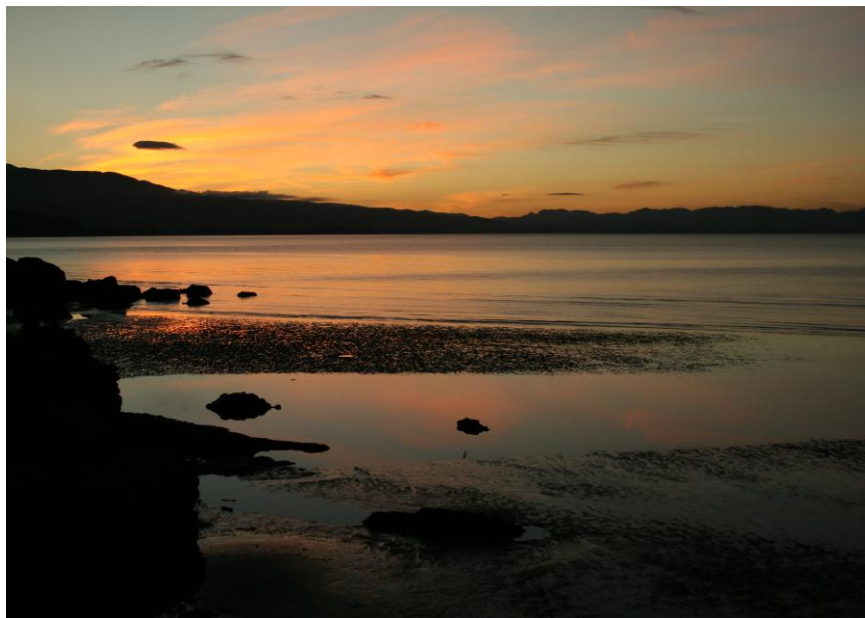


The Lasting Benefits of OPC

OPC may just be one year of your life...

....But the things you will learn, the experiences you will share and the people you will meet will have a lasting impression on you and often shape the course of your future. Don't just listen to us though! Here are some reflections from OPC students who have been through the course and ventured out into the 'real world'... See what they have to say about what OPC did for them!

OPC 1999...



Rock and Ice Mission Statement - By Raylene Kirk (Black Fern 2005)

*"We are young motivated
achievers from unique and
different backgrounds,
Bound tightly together by
friendship and mutual
respect.
Willing and wanting to
achieve our goals,
We are a proud positive
team that has fun and plenty
of laughs.
We live life to the fullest
and are legends to be
remembered!"*

OPC 1999 - definitely the most influential year of my life - and will continue to be forever. It is rare that a 17 year old be given so much responsibility, and challenged to extract exactly what they want to achieve in life. At OPC we were consistently pushed mentally and physically to be the best we could possibly be, and I continually reflect on that year to do just that.

Following my year at OPC I began Physiotherapy school in Auckland, which was a huge academic challenge, but physically I was directionless and bored. I missed the weekends up the mountain, the kayaking, swimming, rafting - the continual enjoyment of motivated and fun people around me. I joined the NZ army shortly after and replaced the physical void that I was missing.

Eight years on from my year at OPC I continue to tick off "goals" that I set whilst at Mount Hutt. I am around half way there, and believe I am still very much on track.

OPC memories never die. Once an OP, always an OP.

Life-Changing...

The Lasting Benefits of OPC

OPC 4 ME! By Stu – OP 2004

After years of struggling at school and the environment I was in, I was given the opportunity to repeat 7th form outside of Auckland and pursue my dream of working in the outdoors. For me an office job was never an option and after school most of my mates went to the local Uni to study business. Me? HELL NO!!

I went to Mt. Hutt College as a part of the OPC team for 2004. This immersion in a new environment replaced the cities, buildings with the Southern Alps, replaced the smoke and smog with snow, and replaced my unhealthy lifestyle with activities that I had forgotten from my childhood and reconnected me with the land. It also replaced my parents with my own responsibilities, intuition, and motivation. I had to learn how to budget, cook, clean, and discipline myself.



The friends meet are still here by my side – some I am studying and living with – and there are some that are spread all over the country and even still there are a few further a field all over the world. Those that finished the course with me are friends for life. The journey travelled was second to none – it was my rite-of-passage. Not to mention the friends I meet outside of OPC! This unique culture of Methven was a huge culture shock for me which could only be embraced and to this day I still feel apart of this community.

Three years on from first walking into the place I am still hanging around and playing rugby for the Methven Rugby Club.

After my year of fun at OPC I was scared my year of fun would be over, however the opposite occurred and a number of doors opened up for me. The one I chose was to continue in the outdoor education scene, and I moved to Christchurch to study a Bachelors Degree in Outdoor Education and Recreation. Today I am in my third and final year and still loving every day of it! This course has even given me the chance to go back to where it all started and run a few trips with the OPC students this year as apart of my EOTC paper (Education Outside the Classroom).

At OPC you will...

- ~ You will complete a **full course of academic study** in a secure, supportive learning environment with small class sizes.
- ~ You will be challenged to achieve your goals and encouraged to be the **best you can possibly be**.
- ~ You will develop **desirable personal qualities**, self confidence, positive attitudes, environmental awareness and life long skills.
- ~ You will **learn the art of goal setting and goal getting** – and why it is so important.
- ~ You will be able to gain **NCEA credits and achieve various unit standards** in Outdoor Pursuits.
- ~ You will become part of our school, the wider community and **develop strong friendships** with fellow students.
- ~ You will have the opportunity to take part in many student **leadership roles** and extra curricular activities.
- ~ You will **learn about yourself**, your limits and your potential through carefully facilitated experiences – which are meaningful and that will impact on your life forever.
- ~ You will develop powerful, beneficial, life shaping habits through our **weekly personal development meetings**.
- ~ You will participate in and enjoy the awesome **outdoor adventure** programme.
- ~ You will learn and **develop a wide range of practical outdoor pursuit skills**.
- ~ You will **learn about flatting** – through practical real life experiences such as food purchasing and preparation, budgeting, time management and conflict resolution.
- ~ You will learn how to **work effectively as a member of a team**.
- ~ Your **self confidence, self esteem and independence** will literally take off.

*You will experience one of the best years of
your life!*

Here's the Important Stuff...

General Information about OPC...

Eligibility...

- ~ Year 13 students preferred.
- ~ Year 12 students considered and over the years have been selected.



Selection Criteria...

- ~ We **always** look at the all-round picture.
- ~ Entry to the OPC course is by application. The selected student will be a team-player and contribute positively both at the Lodge, on activities and in the school and classroom environment.
- ~ Preference is given to the student who has a strong academic **work ethic**, outdoor interests, and who is prepared to put in the hard work and values time management.
- ~ The selected student is well motivated with a **positive attitude** to life and people s/he is part of the team with the ability to give to us, just as we give to them.
- ~ Being a co-ed school, we aim to have a good balance of female and male members in the OPC Team (there is not always an 8-8 split).
- ~ The selected student really wants to be on board with us for the right reasons.
- ~ Prior experience in outdoor pursuits is not necessary but a good level of fitness and an interest in the outdoors is a must!

Associated Activity Programme Cost...

- ~ When doing the mountain biking module if a suitable mountain bike is not owned by the students one can be hired for approx \$35 a day. Other than that it is not envisaged that there will be any other additional costs associated with the full Outdoor Pursuits and Personal Development Course. We will have the option for some students with proven ski/snowboard ability to sit their ski/snowboard instructor's exam at an additional cost.
- ~ Year 2013 subject fees (as per the Prospectus and Senior Course Booklet for Mount Hutt College), external exam fees for NCEA plus NZQA Unit Standards fee.
- ~ In 2013 all Mount Hutt College students will be in full uniform. This cost will not be included in OPC fees. There are second-hand uniforms available at the College.
- ~ Accounts for any incidental expenses will be rendered each month and should be paid by the end of the month (e.g. school uniforms, subject field trips, school sports trips, school social).

The Important Stuff continued...

Visits...

- ~ OPC and Mount Hutt College welcome student/family visits anytime. Come along and meet the OPC Management, view the College grounds, the OPC Lodge, and have a town orientation. It is also possible to meet with current OPC and College students.
- ~ As we do not have a stand alone Open Day, please contact Joe on 03 302 8841 to arrange a suitable time. We encourage you to come and meet us when you apply for the course.

Beginning your year...

- ~ Students accepted into the Course are asked to arrive in Methven towards the end of January (exact date to be confirmed but usually around the 22nd of January)
- ~ On the introduction day students will move into the lodges and choose their subjects for the year. During this day it will be possible to get uniforms sorted and any stationary they require. Family members are then welcome to join OPC students and Supervisors for a BBQ that evening.
- ~ The next day the OPC team will head away for a 5-day orientation. The OPC orientation will encompass physical, mental and team challenges and is designed to set the scene for the upcoming year.
- ~ After orientation students will confirm courses and meet their teachers at Mount Hutt College.
- ~ The students will receive OPC Lodge and Methven familiarization on the weekend before school starts.
- ~ There will be a Year 13 Integration and Leadership Day before the first day of school for 2013.

Travel Arrangements...

- ~ Students attending the college from afar are advised to fly into **Christchurch Airport**.
- ~ As part of the programme we provide transport to and from the airport at the start and end of each term (Students are asked to book all flights (departing and landing) between 11am and 2pm). **Students arriving outside of these predetermined times are responsible for arranging their own transport.**
- ~ Students are expected to arrive and depart on agreed upon dates and not make exceptions that incur missing school or OPC time.
- ~ There is a regular daily bus service between Christchurch and Methven during the winter terms.

The Important Stuff continued...

Travel to and from Appointments...

- ↻ If students are required to attend health or medical related appointments outside of Methven, this can be arranged through the OPC Supervisors. We are able to take students through at the following costs; Christchurch return: \$60. Ashburton return: \$25.

School Holidays...

- ↻ The OPC Lodge, as part of our rental agreement, will not be leased to anybody else during school holiday times. **Students are not permitted to stay at the Lodge during term holiday breaks.**

Home stays/Alternative Accommodation

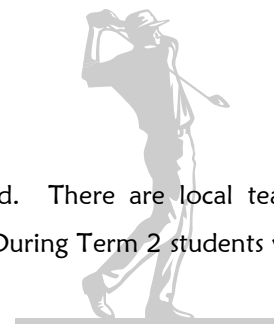
- ↻ At approximately \$200 per week, home stays can be found for students who would like to stay within the Methven area during the 2 winter term holiday periods to take advantage of the ski field facilities.

Mount Hutt Ski Race Team/Snowboard Academy

- ↻ For any student excelling in skiing or snowboarding, there is an opportunity to join one of these special programmes and get involved in the NZFIS Series or freestyle snowboarding and other major events.
- ↻ There is an **additional cost** for these programmes of approximately \$1500 for skiing or \$600 for snowboarding.

Sport...

- ↻ Whatever your interests there are always opportunities to get involved. There are local teams competing in Netball, Rugby, Soccer as well as a number of other sports. During Term 2 students will partake in School sport on Wednesdays.



Working...

- ↻ Mount Hutt College offers a work experience program called 'Gateway' whereby students involved are able to gain practical skills and work experience through employment with a range of local businesses. Students receive on the job training as well as earning academic credits. Past OPC students have found Gateway placements within the building and hospitality industries.

The Important Stuff continued...

Student Vehicles...

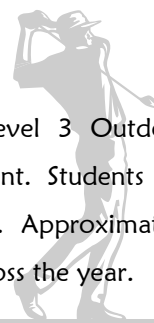
- ↻ It is strongly recommended that students do not have vehicles with them during the year. A vehicle is not needed for any aspect of the course and history has shown that a OPC student's vehicle places huge pressure on decision making for the owner regarding driving, use by other students, passenger overloading, insurance, running costs, appropriate use and over use.
- ↻ Any possible OPC student requiring a vehicle needs to fully discuss this with the OPC Manager well beforehand to ensure any decisions made are in the best interests of the student and the Course.

Code of Behaviour (School and Lodge)...

- ↻ Rules regarding duties, smoking, drugs, alcohol etc. are inflexible and breaches are unacceptable.
- ↻ The emphasis of the Code of Behaviour is on self discipline and pastoral care.
- ↻ Leave procedure is also included in the code of Behaviour.
- ↻ The current Lodge Code of Conduct is included within this booklet.

Academic Study...

- ↻ Students are expected to undertake study in four NCEA subjects alongside Level 3 Outdoor Education. This programme of study should allow for Level 3 NCEA achievement. Students are expected to do their best in the classroom situation and work with positive attitudes. Approximately 5 school days are used for OPC activities and 8 days a scheduled for Outdoor Ed across the year.



Supervised Study...

- ↻ Compulsory supervised study using school facilities happens on Tuesday and Thursday nights for 1.5 hours during Terms 1 and 2, and 2 hours during Terms 3 and 4. Students who have job commitments during these times are required to make it up at a pre-arranged time e.g. after school.

Communication with Student Families...

- ↻ There are regular monthly newsletters and emails as well as term school reports regarding school subjects, Outdoor Pursuit activities, skills progress and Lodge life.

The Team Approach...

- ↻ The OPC manager, meets weekly with the Principal and the school OPC liason – this helps tremendously in the smooth running and success of the course.

The Important Stuff continued...

End of Term Student Evaluations...

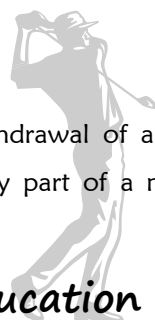
- At the end of each term, students are given a comprehensive term evaluation to fill in. This honest opinion from students is valued by the OPC Management team who continually endeavour to fine tune aspects of the course for the benefit of the students.

Withdrawal of Students...

- Parents are required to give one term's notice, in writing, of a withdrawal of a student from the Outdoor Pursuits Course. The school is not obligated to refund any part of a non-refundable fee instalment with regards to a student withdrawal.

Students may be Eligible for Ministry of Education Bursaries...

- **Boarding Bursary:** Available when a student's home is more than 4.8km from the nearest embarkation point for school transport.
- **Secondary School Bursary:** Available only if you're local school cannot provide tuition in 2 nationally approved year 13 NCEA level 3 subjects suitable for the student, thus necessitating correspondence school study for the 2 subjects. Copies of the relevant forms are available from the Ministry of Education and must be submitted to the Ministry no later than 31st March of the year to which the application relates.



OPC Guidelines and Policies

Lodge Code of Behaviour...

All School rules apply to OPC students while they are at the College, on OPC activities, at the Lodge complex and in the care of the College.

Note: Reference to the OPC Manager includes where applicable the Assistant OPC Manager.

Criminal Offences

- A student committing a criminal offence will be disciplined in an appropriate way by the OPC Management and/or Mount Hutt College. Such discipline will be applied fairly and reasonably, taking into account any penalty imposed by the Court.

Prohibited Substances

- The possession or use of illegal drugs or other banned substances is strictly prohibited. Such substances include but are not limited to alcohol, tobacco and improper use of products such as solvents.
- The College reserves the right to undertake drug testing either randomly or in response to a suspicion of drug use.
- In exceptional circumstances the OPC Manager may authorise cigarette smoking in designated areas and under strict conditions.

Transport

- Students must not be in any motorised vehicles at any time without permission of their parents and satisfaction by the OPC Manager. This includes travelling to and from school.

Student leave

- Refer to leave procedures

Curfews

- Students must return to the OPC Lodge immediately after school unless prior approval has been given by the OPC Manager.
- Curfews are agreed upon by the students but are generally (and in the absence of agreement to the contrary by the OPC Manager):

Sunday – Thursday inclusive: 10.00pm

Weekends without an activity the next day: 12.00am

Weekends with an activity the next day: 11.00pm

- The OPC Manager reserves the right to decline any request for absence from the Outdoor Pursuits lodge.
- It is the responsibility of the student to notify the OPC Manager of their proposed whereabouts and expected return time to the Lodge.

Visitors

- All visitors must report to the OPC Manager upon arrival.
- The supervisor has the right to require a visitor to leave the Lodge at any time.

- No more than 5 visitors in total at any one time are permitted to be at the Lodge.
- All visitors are required to follow the Lodge Code of Behaviour which includes a prohibition on possession or use of illegal drugs and other banned substances. Such substances include but are not limited to alcohol, tobacco and improper use of products such as solvents.
- Visitors are not permitted if in the opinion of the OPC Manager they are under the influence of any substances.
- No visitors are permitted Monday – Thursday from 5.30pm – 8.30pm or after 10.00pm.
- No visitors are permitted in the bedrooms.
- No sleeping over unless permission granted by the OPC Manager.
- Evening visitors are permitted Friday and Saturday up to the hour of 11.00pm and on Sunday until 10.00pm.

Lodge Rules/ Study

- Study is compulsory and supervised. It takes place at the school facilities on Tuesday and Thursday nights for 1.5 hours in terms 1 and 2 and for 2 hours in terms 3 and 4.
- Electronic communication is to be used responsibly at all times. This includes email, texting, facebook etc. and all other forms of electronic communication. Any abuse of communications will result in a loss of privileges.
- Attendance at school and on all OPC activities is compulsory. Any legitimate absence must have the prior approval of the Supervisor on or before 8.00am on the day.
- All students are required to participate in the weekly team clean ups.
- All students are expected to act in a responsible manner with the Lodge and OPC property and show respect for the environment and neighborhood.

Evacuation emergency

- In the event of an emergency requiring evacuation everyone is to assemble across the road, on the corner of Main Street and Lochhead Crescent.

Discipline

- Any disciplinary action arising from a breach of this Code of Behaviour by an Outdoor Pursuit's course student will be dealt with by the OPC Manager in the first instance. The Outdoor Pursuit's school coordinator will be informed and the incident will be recorded.
- Serious or repeated offences or breaches of school rules will be dealt with under the discipline procedures of the College.
- Any breach could lead to dismissal of a student from the course.

OPC Guidelines and Policies

Student Leave Procedure....

Authorised Leave is when a student is granted permission to be absent from the OPC Lodge or College. The responsibility for their care then reverts to a parent or nominated guardian and is no longer the responsibility of the Outdoor Pursuits Course Management or College”.

- Authorisation of leave will be considered on application to the OPC Manager.
- No leave will be granted if it interferes with participation in the OPC Course, except in exceptional circumstances.
- All leave must be arranged at least 24 hours in advance, except in exceptional circumstances. Such leave must be agreed to by the student’s parents and Course Manager. All authorised leave will be recorded in writing and must include: -
 - Reasons for leave
 - Travel arrangements
 - Personnel responsible for student when on leave
 - A specified time of return to the Lodge
- All authorized leave must be documented to the satisfaction of the OPC Manager. It is the responsibility of the student to notify the OPC Manager at the time of his/her departure from and return to the Lodge.
- All leave which results in a student missing any time off school must be approved by the Principal as part of the normal process for approval of leave from school.
- If a student is more than 1 hour overdue from leave, the Course Manager or Assistant Manager will immediately follow the process until student is located.
 1. Try to contact the student by cellphone
 2. Check with other course members
 3. Contact the personnel responsible for student on leave
 4. Contact parents and any other persons appropriate
 5. Contact OPC school coordinator as appropriate

⚡ Please Note: If a student is not located within 2 hours of the designated return time, Senior College Staff will be notified. If required, Senior Leadership of the College will then notify the Police.

Education Review Office on OPC

March 2004...

In March 2004 the Education Review Office (ERO) visited Mount Hutt College Methven for a four day school review (the previous ERO review and report was in November 1999). One of the National emphases of current ERO reports is to review and report on any school boarding/lodge facility. Below is the Education Review Office report on the Outdoor Pursuits Lodge after a two day visit in March 2004 which involved:

- Going through all Outdoor Pursuits files, paperwork, procedures etc. associated with the course in general and in particular the systems in place at the Lodge.
- Interviews with current and ex students.
- Interviews with current staff, Outdoor Pursuits Lodge manager, Supervisors and Coordinator.
- Visiting the Lodge, viewing and experiencing the Lodge environment and culture for a day.

Since this report Mount Hutt College and the Outdoor Pursuits Course have been reviewed again in December 2007. In this review the OPC was not emphasized as a standalone Course, but treated as a school hostel facility, and therefore does not give as in-depth an overview as the 2004 Report. For the full 2007 Report please visit: www.ero.govt.nz and search for Mt Hutt College.

The Report...

Background

The hostel caters for 14 Year 12 and 13 students who attend the "**Outdoor Pursuits and Personal Development Programme**" (OP). The College's board of trustees has a well-developed contract with the Methven based company, NZLEARN, to provide the programme, to provide and manage the hostel facility and to employ its manager and two assistant managers. The deputy principal of the college oversees the management of the hostel and the programme and reports to the board on the nature and quality of its operation. The trustees have an integral role in ensuring that students are well catered for and safe.

The management arrangements at the hostel contribute to the students' personal development programme. Live-in managers provide ongoing care and supervision. The students have a high level of individual and team input in the management of the hostel and programme, including the setting and achieving of personal and educational goals. They collectively contribute to hostel and programme codes of conduct and take turns with planning and preparing meals. They individually manage their own space and laundry. Students regard their arrangements as similar to supervised flatting.

Education Review Office on OPC

The Quality of Management

Areas of good performance

- **Governance and management.** The quality of hostel governance and management is high. The board has a sound contractual partnership with the hostel and programme provider, NZLEARN. The students confirm that they experience high standards of personal care and support, exciting and challenging programmes, effective learning opportunities through the school, valued opportunities for personal growth and many opportunities to enjoy outdoor education in safe and enjoyable ways.

The hostel is effectively managed to meet student needs and the expectations of parents and the board. On behalf of the board and principal, the deputy principal effectively oversees the hostel and the OP programmes. He provides monitors and evaluates well-developed management procedures for staff and students. He regularly reports to the trustees on the hostel and OP programmes. The hostel manager, with the support of her two assistant managers, provides a high level of care and guidance that is consistent with the high expectations of the board, NZLEARN and the deputy principal.

- **Communication.** The quality of communication at all levels and for many purposes is high. The parents and students receive specific and comprehensive documentation before, during and after students attend the hostel. There are ongoing formal and informal opportunities for parents to give and receive information. Students said that they enjoy a very high level of consultation with each other and with staff. A number of students and staff said that they valued the openness and effectiveness of communication and suggested that this was largely responsible for the high levels of trust and mutual respect and for the effective problem solving practices enjoyed by all.
- **Support for learning.** The students are effectively supported in their personal development and academic studies. There are a number of examples of hostel students achieving very high standards of academic achievement. It is clearly possible to study and achieve to high standards at the hostel and in school academic subjects. The students value the significant contribution the hostel and OP programmes make to their own personal development. They particularly value having the respect and trust of their managers and learn from taking and sharing many important responsibilities. In an informal interview, the students presented as mature, responsible and caring young adults who reflect the learning they bring and acquire through their stay at the hostel.

Education Review Office on OPC

To Consider

- **Self-review of the operation.** Many effective, reflective and evaluative practices are implemented to ensure that procedures are effective in meeting the board's, students', parents' and staff's high expectations. What appears to be missing is a formal self-review of the effectiveness of the operation in general terms for strategic purposes. It may be useful for the board to collate and analyse available information about the operation of the hostel and the OP programme to determine what may be the best direction for programme and hostel development. This could involve asking past parents and students about their views on hostel management and direction. (*Recommendation 6.1*)

The Safe Physical Environment

Areas of good performance

- **Premises and facilities.** The students enjoy individual or shared room in either of two well-managed and equipped lodges. They have valued access to a good range of recreational facilities such as television, computers and school sports' equipment. Even though some students share rooms they say that their privacy needs are generally met and they soon come to value sharing facilities with others. The students appreciate the high level of trust and responsibility that the managers share with them. The lodges are located off the school site. The students described the lodge as their "home" and described how they feel a sense of belonging there.
- **Safety Management.** The managers implement many effective ways of managing the hostel to ensure it is safe. The students' contribution to safety and hygiene management is suitable and effective. Excursions out of the hostel are carefully planned to ensure the highest possible level of care is exercised. Effective systems are in place for knowing where students and staff are at all times. The school managers receive comprehensive reports about safety management and how issues have been or will be managed.

The Safe Emotional Environment

Areas of good performance

- **Student welfare.** Students' safety, welfare and enjoyment are amongst the high expectations of parents, students, staff and the board. The review team saw very strong indications that the high expectations are met. The students stated that they feel that these high expectations are met. They said that the main reasons for this success are clear. They appreciate the high level of support of class teachers and of the deputy principal and principal. They value the opportunities given to them by their parents. The students have easy access to advocates outside of the hostel if necessary. Facilities and care is available if the students are ill. Good records are kept regarding any issue of student health and care and these are regularly reviewed and used to make improvements if necessary.

2013 Course Fees

The all-up fee for the 2013 Outdoor Pursuits Course is...

- ★ \$19,200 per Student (G.S.T. Inclusive)
 - ★ This is equal to \$4800 per student, per term
 - ★ Plus the enrolment fee of \$500
- (Please note 2013 is a four term year)

This all-up fee includes...

School fees

Life Skills Programme Fee

Food, accommodation, live-in and onsite supervision, guidance and support, personal development and leadership activities, internet and email facilities in a purpose built study room.

The full Outdoor Pursuits Programme fee (NZQA Accredited)

Instruction, gear, transport and supervision

The Outdoor Ed Fee

The OPC fees cover the cost of Outdoor Ed at Mt Hutt College

NZski 2013 Mt Hutt Pass

- Full season pass for Mount Hutt Ski area, half price tickets at Coronet Peak and Remarkables.
- Transport to Mount Hutt ski area on Wednesday, Saturday and Sunday for recreational skiing or snowboarding
- Instruction from Mount Hutt Ski field instructors.

Professional Instruction on all Outdoor Pursuit Activities

Coordinated by and led by the OPC Crew and selected professional experts in the Outdoor Education sector

OPC embroidered merino tops.

All activity equipment

The equipment is modern, well maintained and meets stringent safety requirements

Please Note:

Student Golf Memberships are available for \$40

Squash Membership are \$50

Mountain Gym offers discounted memberships to OPC students for the year including personalized training programmes for approximately \$500

2013 Enrolment and Fee Payment Schedule

2013 Enrolments...

- ~ Applications are welcome anytime but will close on 3rd of September 2012.
2013 OPC students will be confirmed by the 28th of September 2012.
Please use the application form included in this information folio.
- ~ An interview is now a compulsory part of the selection process. The interview is a two-way process which allows us to find out more about you and you are able to ask us questions about Mount Hutt College and OPC. Bookings are essential. Please contact the college or the OPC Manager if you wish to book an interview time. Skype interviews can also be arranged.
- ~ Late application inquiries may be considered. Please contact the school office immediately.
- ~ In the case of a student breaching OPC policies and guidelines and being removed from the course there will be no refund of fees (full year or part thereof).
- ~ In the case of a student choosing to leave, fee refunds will be decided on a case by case basis.

Fee Payment Schedule...

- ~ On application
An enrolment fee of \$500
- ~ Within 10 working days of notification of selection
A non refundable first instalment payment of \$4,800
A refundable accommodation bond of \$500
- ~ Two non-refundable \$4,800 instalments payable on
15th of January 2013
11th of April 2013
- ~ The fourth and final non-refundable instalment of \$4,800 payable on
13th of June 2013



OPC Contact Details

If we can be of any further assistance to you at any time, please don't hesitate to contact us!

Mount Hutt College Principal

John Schreurs
Phone: 03 302 8437 (ext 2)
Fax: 03 302 8328
Post: P.O. Box 58
Methven

OPC Manager

Joe Wilson
Mobile: 02 7477 6777
Phone: 03 302 8841
Email: mthuttopc@mthutt.school.nz

Mount Hutt College OPC Liaison

Glen Currie
Phone: 03 302 8437
Fax: 03 302 8328
Email: currieg@mthutt.school.nz

*“Happiness only comes when we push our brains and hearts
to the farthest reaches of which we are capable”*

- Leo. C. Rosten