



## Tōku Ara - 2023



To the students of the Tōku Ara programme 2023

Our goal is to guide you on the first step of a journey that will continue the rest of your life. On the outside you may be climbing hills, navigating your way through forests, or wading through streams, in some of the most beautiful native bush in NZ. On the inside, you will go far beyond what you thought you knew about yourself, your capabilities, and your limits. We will be there along the way to support and encourage you to discover your potential, but it is you who tackles the challenge.

### **CONSIDER AND BE PREPARED FOR:**

#### **TEAMWORK**

Be ready to be part of a team. Think about team experiences you may have had in the past. Remember what helped your team be successful. Be prepared to cook, clean up, wash your clothes, put things away, follow instructions, recycle, give service, and celebrate your successes. Plan on being a positive contributor during your 26 days.

#### **LIVING WITH LESS**

Look around you and think about what you have and what you truly need. Things we take for granted like our own room, phone, electronic devices, labeled clothing, and sports equipment. When you get into the routines of our Tōku ara community, you may notice that living at Tōku Ara and living at home are **ultimately** about food, clothing, shelter, and the relationships you have with those around you.

#### **BEING AWAY FROM HOME**

Whether it is the first or the 20th time you have been away from home, you might not have been this 'out of touch'. Don't be surprised if you feel homesick at some point during the 26 days. Please use your Poutama mentors, Outdoor Pursuit mentors, Gina, Morven, and cabin mates as resources for support.

#### **COMPASSION**

Compassion is an emotion you may feel in response to another person's struggle. Compassion can be shown in kind, thoughtful actions and can be practiced during your 26 days through active listening and understanding of other perspectives. You may find that you need to make compromises as you support other members of your Poutama whanau. It is always important to remember that your attitudes and actions affect everyone.

#### **DEBRIEF/REFLECTION**

Your mentors will lead group discussions as you debrief each day's events. Through coaching from your mentors, your group will practise positive communication and conflict resolution techniques. These skills will help your group maintain respect for individual opinions no matter how they may differ. Hopefully, these lessons will extend to your everyday life. Be prepared to share your perspective and gain insight from others during these discussions.

We are 100% behind you.

**Kia kaha, kia maia, kia manawanui.**

Be strong, Be brave, Be steadfast.

The Staff of Toku Ara 2023