

**ACTION STATIONS MEANS FUN, EXPLORATION, ADVENTURE AND INSIGHTFUL EXPERIENCES.**

Imagine a camp or outdoor education experience that extends your students without exhausting yourself.



# Modules

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## BUSH

### TANE'S KINGDOM

Native Forest - Nature's Catchment



Students experience our living forest with its incredible trees, plant life, rivers and creatures. They learn about the connectedness of nature and how natural processes operate in a forest environment, how Maori view and use resources and how we are all responsible for its future preservation. On a guided walk students learn to identify specific trees and their qualities. They will propagate seedlings and harvest and weave a flax item.

### LIFEBLOOD OF THE LAND

Waiora - Healthy Water

Water is the basis of life, so healthy water is essential for all living things. We investigate the water cycle, explore a catchment area and see how land use affects water quality. Site visits include explorations of streams and rivers, identifying animals as indicators, monitoring flow rates (pooh sticks) and testing to assess the health of the water.

### KERERU KAI (NZ Wood Pigeon)

Trees for the birds and birds for the trees

A focus on the importance of the Kereru for preserving our native forest. Students learn about native plants that provide food and shelter for the Kereru, threats to their survival due to introduced predators and the effect of humans in their environment. Through the interactive programme: story board, role play with costume, scavenger hunt and games, students discover ways to contribute to the Kereru's survival in the future.



### BUSH CRAFT

Specific bush craft skills are taught and can include trip planning, risk management, tramping, shelter, outdoor first aid and camp cooking. Students learn to be responsible for themselves and the importance of team work for best survival practice in the outdoors.

## RIVER SENSE, RIVER CROSSING

Students are challenged to think about the river system, origins, catchment area and its journey from the hills to the sea. They learn and model safe practice when swimming, crossing and camping near rivers.



## FOREST HIKE

A tramp enabling students to practice bush craft skills. The hike can include trip planning, risk management, river crossing, appropriate forest practice, outdoor first aid, introduction to forest medicine and camp cooking. Students are introduced to the natural processes that operate within this fragile environment while gaining an understanding of the role they can play to safeguard its future.

## BEACH

### SUMMIT SCRAMBLE

Mauao, Our Mountain

Take on the "Mauao challenge", a trek to the summit of Mauao (The Mount). Hear tales of shipwrecks, scrub fires and famous legends. Discover battle scarred pa sites and scattered middens. Learn how the local people identify with this great mountain and how it is the sanctuary for endangered birds. High five at the summit trig. Enjoy the spectacular view of the Bay and nearby islands.

### FLIPPERS AND FLAPPERS

Birds of the Coastline

Our seabird programme will open your eyes to the variety of birdlife around the coastline of Mount Maunganui. It focuses on the special characteristics and feeding patterns of New Zealand's coastal birds. As we walk around the Mount base track, we introduce students to our endangered Dotterel and Little Blue Penguin, which live and nest in this area. This hands on programme includes "Predator-Prey" games, role-plays and a fun sand sculpture competition.



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## ESTUARY SMOOTHIE

Estuaries and Ecosystems

Students get close to the estuary by means of a boardwalk over salt marsh and mangroves. They learn of estuary habitats and food chains and go on to explore the extensive sand flats following the flow of water downstream. Key learning goals include the value of coastal fringes, zonation and the interrelation of species to habitat. Note: Tide dependent.

## COCKLE ROLL CALL

Monitoring the Health of our Harbour



Soft shore monitoring is done with a scientifically sound cockle sampling exercise. Students survey the shoreline with transects and sample for cockles based on number and size. The results of these surveys are studied back at school to develop a better understanding of water quality in the Tauranga harbour. Note: Tide dependent.

## TIDAL ROCKSTARS

Coastlines and Rocky Shores

This module is based several coastal sites where students explore rocky pools and discover animals in their natural habitat. It looks at the significance of tides, how creatures adapt and how people view, use and affect this area. Optional extra: A shell competition where students collect, name and collate values of shell species. Note: Tide dependent

## DEFENDING OUR SAND DUNES

Dunes and the Role of Dune Vegetation

This module involves an introduction to the origins of beach and dune sand and the relationship of the shaping of the dune to the vegetation. It outlines the importance of the plants and the effects of people, animals, weathering and the sea. Students are encouraged to comprehend the plant adaptations necessary to living in such a mobile and unfriendly salt-air environment.



## BIG BLUBBER

Marine Mammals and the Food Chain

Your class will meet "Big Blubber" - our seven metre inflatable orca and learn about the body parts of marine mammals by dressing up in a specially designed dolphin costume. Principles of caring for our waterways are taught and students are encouraged to look at ways they can help protect our marine life. This programme can be carried out in schools or at camp.



## BEACH SAFETY AND SUN SMART

A half day module where students learn basic surf safety rules on the beach.

## BEACH EDUCATION

Qualified New Zealand Surf Lifesaving instructors run this full day programme at a local surf club.

## BEACH TECHNOLOGY

Students have fun exploring ways of designing and building structures necessary to achieve strength, speed and efficiency.

**GOLD**

## KARANGAHAKE GORGE

Tunnel Walk and Goldmine Experience

Trek the gold miners trail and explore the relics of the stamping batteries along the way. Negotiate swing bridges crossing the Ohinemuri River and Waitawheta while exploring mine and train tunnels. Listen to tales of the largest industrial town in the early 20th Century. Discover the evidence of a highly technological process used for the extraction of gold. Take a leap into the now and explore modern day working gold mine.



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## OUTDOOR ADVENTURE

### SNORKELLING

This is run either at the harbour beach of Pilot Bay or Dive HQ indoor pool and led by professional dive instructors. The session begins with basic snorkelling skills: Finning techniques, buddy snorkelling, equalising and surfacing dives, equipment tips then progressing to advanced snorkelling skills.

### DEEP WATER SURVIVAL

This activity is run in Dive HQ's deep pool. Students get to experience practical survival skills with instructors simulating real life situations. This session is action packed and skills taught include ways of avoiding hypothermia, features of a life jacket, sculling, and protection from elements.

### ROCK CLIMBING

Experienced instructors provide exciting and challenging rock climbing including belaying and abseiling in a fun and supportive atmosphere.

### HIGH AND LOW ROPES

A programme tasking individuals to complete low and high ropes challenges, team initiative activities plus paintball shooting. The module involves discipline, focus and trust in a prescribed sequence that takes your students beyond their self expectations.



### KAYAK SKILLS AND CHALLENGES



This is a great fun and adventure filled programme at Waimarino Kayak and Adventure Park where students participate in activities that are challenging and develop kayak skills and teamwork.

### MARAE EXPERIENCE

This module starts in the forest where you will learn of traditional Maori connections with the forest. The Marae experience begins with a formal welcome (powhiri) onto one of our family based Marae. The programme includes interpretation of carvings and art, marae protocol and stories of the local area. Stay overnight and feast on hangi food, join in with the cultural performance, learn poi, games, and craft. Overnight or day option.



### HAIRY BERRY JOURNEY

Kiwifruit from Orchard to Market

This module follows the journey of the kiwifruit from orchard to pack house then cool store to the market. This gives an excellent example of primary production, the role of science, new technology and human activity associated with intensive land use.

### DAIRY KIDS

Dairy Farm Experience

Fun on the Farm! Hands on experience where students are involved in the dairy unit, out in the paddocks and amongst the calves. Students get a glimpse of the day to day running of a dairy farm which produces the milk that eventually ends up in their fridge. This programme is run in partnership with the NZ Dairy Industry.



### THE PORT OF TAURANGA

Students tour the Port by bus viewing the loading/unloading of various cargoes and gaining an appreciation of the scale of this operation. Uncovers the role of the Port, its functions as an export and import centre, products shipped and technological processes used. A free of charge activity compliments of The Port of Tauranga supporting education. We can organise bus hireage if needed.

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## CRUISE THE HARBOUR

Cruise on board a converted, covered ferry. View the Port, Mauao and Matakana Island from another perspective. Observe the life under the sea with the aid of a special onboard camera and screen.

## LEADERSHIP / TEAM BUILDING

### TEAM CHALLENGE

Students work in teams to problem solve a situation and achieve their outcome. Each activity offers a different challenge which calls for effective leadership, communication, support and team cooperation.



### BOULDERING

An activity run at the base of the Mount or McLaren Falls Park, involving teamwork, problem solving and decision making skills. Students negotiate rocks and boulders along a marked trail while carrying a precious liquid.

### MOUNT MYSTERY CLUE TRAILS

**Juniors:** An introduction to orienteering involving students working in small groups, using sites on a map to locate mystery clues along a designated path on the base track of the Mount.

**Intermediate:** An extension of the junior activity.

**Seniors:** An advanced version taking students to the summit and around the Mount.

### ADDITIONAL ACTIVITIES

- Hot Pools—relax in the superb atmosphere at the base of the Mount
- Mount Action Centre—fun on the indoor courts
- Surf Coaching—At Maketu or Mt. Maunganui
- Horse riding on Maketu Beach



### SENIOR SCHOOL LEADERSHIP PROGRAMMES

To lead others, you must first be a leader of yourself! Through experimental learning and team challenges, that provide stretch and a huge lot of laughter and fun, students understand their leadership, personality traits and style. This is a celebration of the diversity that we all bring to teams and relationships. This insight increases students' understanding of themselves and others, which creates effective communication, increased confidence, and decreases conflict and misunderstanding when relating to others. Choose your preferred delivery location and venue.

### THE GREAT RACE

A FUN day based around Mount Maunganui beach, designed specially with teenagers in mind. In teams they compete to solve a range of activities that require leadership, creativity, co-operation, support and resilience. Guaranteed to leave students laughing and WET!



Contact us on 07 574 9622 or [info@actionstations.co.nz](mailto:info@actionstations.co.nz) and let us know what you want. We will work around that and in no time at all you will be having the time of your life!

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