



SPECIAL OLYMPICS HORIZONS

“ Horizons has given my daughter such a valuable growth in achievement, self-esteem and belief in her abilities. ”

Saturday 26 August - Saturday 2 September 2023

An 8-day Outward Bound course for those with intellectual disabilities.

Horizons is an adapted course, so whilst you'll experience all the adventure of an Outward Bound course, there will be more rest breaks and more support available from three Outward Bound instructors and two support workers. From sailing to high ropes, you'll try all sorts of new activities, ensuring you return home with the motivation to try out new experiences and test your boundaries.

Who is Horizons for?

Horizons can cater for a range of intellectual disabilities. Participants must be aged 18+, have left school, and should enjoy being active.

All participants should be able to independently manage their personal care and medication.

You should be able to communicate clearly and understand safety instructions.

Horizons participants must be able to attend without a carer and have experience of spending time away from home.

Is funding available?

There is full funding available for eligible participants from MSD, including travel costs to and from the course. Some scholarship funding is available for those not eligible for MSD funding.

Fitness requirements:

You will need to be able to take part in a full day of activities, including up to a full day of walking, and be comfortable in and around the water.

The days can be quite busy at Outward Bound as there is a lot to fit in. You will start early each morning with some exercise and a dip in the water before heading off for the day's activities. There will be rest breaks on this course, and life jackets are available at all times if you want one.

Support on course:

The course will be run by 3 of our expert Outward Bound Instructors who are there to make sure the environment is as safe and supportive as possible. Two support workers from, Special Olympics will also provide support for you and your group.

APPLY NOW

For more information, contact Liz Fitzgerald: events@specialolympics.org.nz