

 Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
-  [0](#)
[Saved](#)

 [0](#) Saved


 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >

Empowering young women to lead their experiences - Journeys Central Otago

Theme:
Participation

 Empowering young women to lead their experiences - Journeys Central Otago

[Rachel Howells](#)
Co-authored by Sport NZ, Journeys Central Otago


Journeys Central Otago identified a need within the community to connect and develop self-confidence, resilience, and outdoor skills in young women. What started off as a pilot focussed on mountain biking and on-foot adventures has grown to involve a co-design approach to meet the needs of the local kōhine.



[Play video](#)

Related Links

-  <https://sportnz.org.nz/resources/journeys-charitable-trust/>



Save this Insight



Print this Insight






Download Insight assets
For use in your own documents

Was this Insight helpful?



Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL



Save this Insight



Print this Insight



Download Insight assets



Download Insight assets

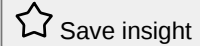
- [Empowering young women to lead their experiences - Journeys Central Otago.pdf](#)
- [CTB - 20202307 Journeys Walk Part 2-7 \(1\)_ \(3\).jpg 6.3MB JPG](#)

Was this Insight useful?



Similar Insights (73)

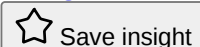
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

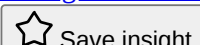
[Change in Action Week - Innovative Impact FINALIST - Active Wahine](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Active Wahine

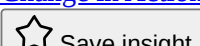
[Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)



Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

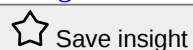
[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)



Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

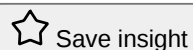
[Change in Action Week - Rangatahi Winner - Carmel College](#)



Participation

Change in Action Week - Rangatahi Winner - Carmel College

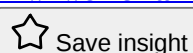
[ADIDAS BREAKING BARRIERS RESEARCH](#)



Participation

ADIDAS BREAKING BARRIERS RESEARCH

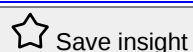
[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)



Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

[GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN](#)

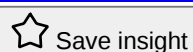


Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

[A 2024 SURVEY FOR: Women in Trail and Ultrarunning](#)

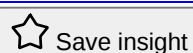


Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

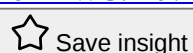
[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

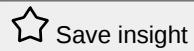
2022 IWG: Christine Young - Integrity in HP Youth Sport

[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

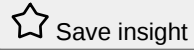
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

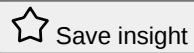
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

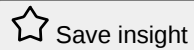
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

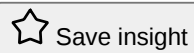


Participation

Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)

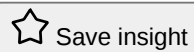


Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)

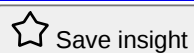


Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

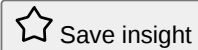


Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

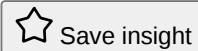


Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

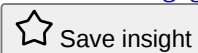


Participation

Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

[Sport as a Social Development Tool](#)



 Participation

Participation

Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)



Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand


[COACHING GIRLS GUIDE: HOW TO GET \(AND KEEP\) GIRLS PLAYING](#)



Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING


[Why Aussie women's sport needs to talk about fertility](#)

 Save insight

Participation

Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)


 Save insight

Participation

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport


[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)

 Save insight

Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes


[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight

Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

[Huge uptick in girls and women playing football in New Zealand](#)

 Save insight

Participation

Huge uptick in girls and women playing football in New Zealand


[Resources on Male Allyship](#)

 Save insight

Participation

Resources on Male Allyship


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

Rally Report Insights: Body Confidence


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

Rally Report Insights: Mental Health


[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

What type of uniforms do women want to wear when they referee or umpire sport?


[Women & Padel: Start of a love story](#)

 Save insight

Participation

Women & Padel: Start of a love story

[Creating safe environments for young women to be active their way](#)


 Save insight

Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)


 Save insight

Participation

Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

 Save insight


 Yeah! Girls Move

Participation

Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

[For young women, by young women - WORD girls-only programme](#)

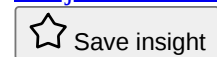
 Save insight

Participation

For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)

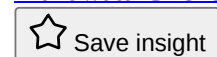


Participation

Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

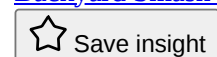


Participation

Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

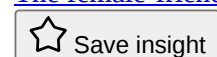


Participation

Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

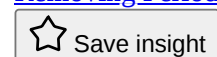
[The female-friendliness of New Zealand's tennis clubs](#)



Participation

The female-friendliness of New Zealand's tennis clubs

[Removing Period Poverty As a Barrier to Participation](#)

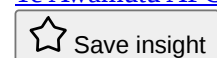


Participation

Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

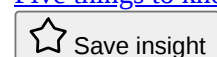
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

Te Awamutu AFC starts 2024 off strong with growing demand


[Five things to know about women and sport](#)



Participation

Five things to know about women and sport


[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)

 Save insight

Participation

Has the Olympics become too sexualised? How sex and gender debates drove online discourse


[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)

 Save insight

Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku


[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)

 Save insight

Participation

IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective


["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)

 Save insight

Participation

"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes


[Nutrition For Female Athletes](#)

 Save insight

Participation

Nutrition For Female Athletes


[Coaching through a Gender Lens Infographic](#)

 Save insight

Participation

Coaching through a Gender Lens Infographic

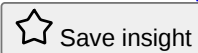
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)

 Save insight

Participation

Angel City Equity House Podcast: Myth Busters presented by Gatorade

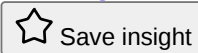
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

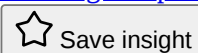
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

Hikurangi Golf Club president Felice Croft encouraging more women into the sport

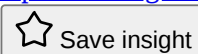
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

Running and periods: The myths about exercise and your menstrual cycle, debunked

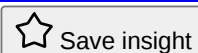
[Updated Pregnancy guidance from UK Sport](#)



Participation

Updated Pregnancy guidance from UK Sport

[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

IWG: Daenin Roth - Grassroots Role Models Inspiring Change

[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

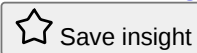
[Young Women Profile - September 2021](#)



Participation

Young Women Profile - September 2021

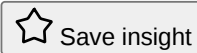
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

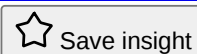
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

New Zealand Football Performance & Prevention - Considerations for Female Athletes

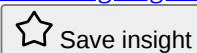
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

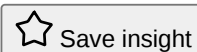


Participation

Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)

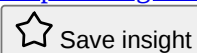


Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation

[Active Women & Girls Facility Guide](#)



Participation

Aktive Women & Girls Facility Guide

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)



Participation

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

[Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"](#)



Participation

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

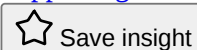
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

[Supporting Disabled Teenage Girls to be Active](#)



Participation

Supporting Disabled Teenage Girls to be Active

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)



Participation

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)



Participation





Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

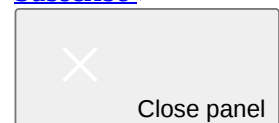
Subscribe to our newsletter


Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- All
- Leadership
- Social Change
- Active Lives
- High Performance
- Visibility and Voice

Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

Subscribe now [➤](#)