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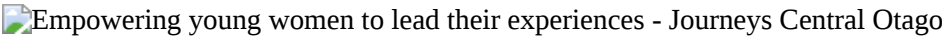
 

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Empowering young women to lead their experiences - Journeys Central Otago

Theme:
Participation



[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.



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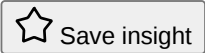
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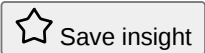
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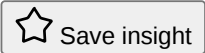
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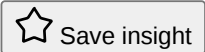
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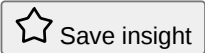
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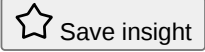


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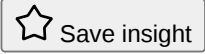
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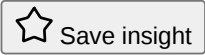
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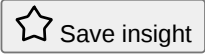


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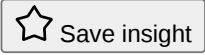


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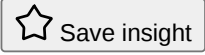
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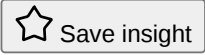
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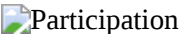
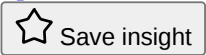
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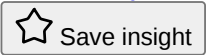
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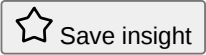
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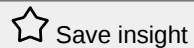
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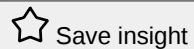
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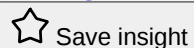
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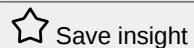


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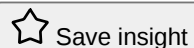


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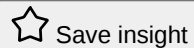


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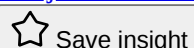


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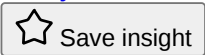
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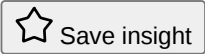
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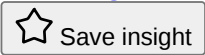
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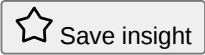
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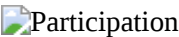
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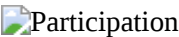


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