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

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# Empowering young women to lead their experiences - Journeys Central Otago

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 Empowering young women to lead their experiences - Journeys Central Otago

[Rachel Howells](#)

Co-authored by Sport NZ, Journeys Central Otago

 Sport New Zealand

**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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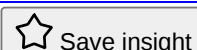


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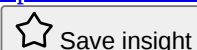


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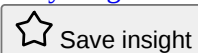
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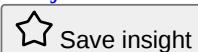


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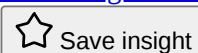


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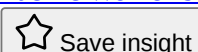


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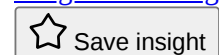
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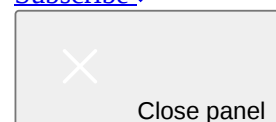
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