



Hurunui Youth Learn to Surf

Why?

Following our recent evaluations of HYP events, we observed a strong enthusiasm among the young people of Hurunui for participating in physical activities. Our goal was to introduce an exciting and invigorating event for them to enjoy. To overcome challenges such as financial limitations and transportation hurdles, we made sure that this opportunity was free of charge and provided transport. We took 12 young individuals on this adventure, and some of them have since continued their surfing lessons with SurfWise.

Deeper Dive

It has become evident that the advantages of surfing extend beyond the physical well-known benefits. While the physical benefits, such as enhanced strength, muscle engagement, and outdoor activity, are commonly discussed surfing also offers significant mental and emotional benefits. Surfing serves as a means to alleviate stress, promote mental clarity, provide a focal point for concentration, and deeply engage in mindfulness practices.

Thank you! Rātā Foundation

A big thank you to the Rata Foundation for sponsoring this event. We are also grateful to SurfWise Waikuku for providing us with their fantastic and knowledgeable instructors for the day.



Quotes from attendees:

"It was hard to surf and I thought it was easy"

"It was the most day i've ever had! Everyone was soo nice! I learnt so much and it was so nicely organized. The fish and chips lunch were also so generous and nice."

"I can't think of a single thing that could be improved - as I loved it so much."