



ActivRecreAsian

Evaluation Report



Prepared by Harbour Sport's ActivAsian Team
NOVEMBER 2015





Auckland Sport & Recreation



Auckland Transport

Contents

Acknowledgment	2
Background	3
Introduction and Delivery Plan.....	4
Objectives and Goals	5
Partners.....	6
Methodology.....	7
Outcomes of the Initiative	9
Evaluation	17
Recommendations	26
Appendix 1: Evaluation Form Example.....	27
Appendix 2: Example of Translated Resources – Chinese and Korean	29
Appendix 3: Example of Promotional Material	31

ACKNOWLEDGMENT

Harbour Sport would like first of all to thank **Sport New Zealand, Aktive – Auckland Sport and Recreation, and Auckland Transport** for investing into this initiative and for their support along the way.

Secondly, we would like to acknowledge all our partners in this project, without whom we would be unable to achieve the results today. They are: North Shore Chinese Community Network, NZ Chinese Rights and Policies Concern, Age Concern North Shore, Chinese Association of North Shore, Browns Bay Chinese Association, NZ Taiji and Martial Arts Association, Kristin Chinese Parents Group, Korean Women's Association NZ, Korean Society of Auckland, New Zealand Chinese Youth Trust, Albany Newcomers Network, Westlake Boys High School, Takapuna Grammar School, Counties Manukau Sport, Bike NZ, Treasures of Rodney, Women's Outdoor Pursuits, and Duke of Edinburgh Hillary Awards.

We deeply appreciate your on-going support.



Kristin Chinese Parents Group – Grade 2 Cycle Skills Nov 2015

BACKGROUND

Harbour Sport has worked closely with the Asian community (namely Chinese and Korean) over the past 5 years due to the ActivAsian project. Through our engagement with these communities we are aware of a strong interest in recreational activities like walking, tramping and cycling.

In May 2012 Harbour Sport provided 5 guided bush walks for the Asian community. This led to a weekly walking group being established with 25+ Asian participants of all ages. After 4 months this group indicated that they would like to do longer and more challenging bush tramps and additionally needed leaders in the group with experience in the New Zealand outdoors in order to ensure safety. As a result Harbour Sport trained 18 adults in a 2 day Bush Leadership course delivered by Women's Outdoor Pursuits (WOPS). This has enabled the group to continue to extend the length and difficulty of their weekly walks/tramps.



Harbour Sport also delivered Learn to Ride bike lessons and guided off-road bike rides for members of the Korean community with strong interest and enthusiasm for similar activities. Harbour Sport collaborates regularly with Auckland Transport on a number of activities and as such do not want to duplicate services that are already provided by another organisation. As a result, Harbour Sport encouraged the

Korean community group members to attend Auckland Transport's Learn to Ride Lessons as well as Guided Rides. They indicated after having attended both of these that they would greatly benefit from activities which are tailored to their needs utilising an interpreter as well as Korean assistant. This highlighted the clear barriers that the Asian community faces in trying to integrate into mainstream opportunities and training. It also emphasises the challenges that mainstream organisations face in reaching and connecting to minority communities due to language and cultural barriers.

The success of these initiatives, demonstrated willingness for training, up skilling and the ongoing requests from these communities indicates an unmet need. There is significant desire, interest and commitment to engage in meaningful and enjoyable outdoor recreational pursuits which are a core to the New Zealand psyche. A number of the community groups also communicate that they wish to engage their young people and participate in family or community activities. They are aware of the need for safety and that the New Zealand outdoors needs to be given due respect and as such are committed to training so they can confidently lead their own activities.

INTRODUCTION AND DELIVERY PLAN

As a result, this pilot project adopted a multi-pronged approach to increasing leadership and capability in the Asian community to facilitate more effective engagement of Chinese and Korean people into active recreation and the New Zealand outdoors.

The stages:

- Promotion and recruitment
- Training
- Connections and opportunities to utilise skills
- Supervision and mentoring
- Sustainability

With 3 target areas:

Cycling:

- Harbour Sport would develop Chinese and Korean cycle skills instructors
- These Cycle Instructors would receive Level 1 Bike NZ training to enable them to teach Learn to Ride and cycle skills
- Some would be developed as 'Ride Leaders' in order to lead guided rides
- These instructors will then deliver cycle skill sessions in the Asian community

Tramping/walking:

- Harbour Sport would provide bush leadership training (including theory and practical) to a minimum of 20 Chinese individuals and 10 Koreans so they would be confident and competent to lead tramps in regional parks e.g. the Waitakere Ranges and more challenging terrain
- Links to maps of regional and local parks
- Harbour Sport would provide ongoing support to tramping group and support the initiation of other tramping/walking groups



This model improves the capability and capacity of the growing Asian community to provide initiatives independently and copies the sustainable model already established with the KWANZ bush tramping group who are largely independent. Whilst integration with mainstream tramping groups is desirable currently there still remain many barriers for these communities regarding language and culture. It is important to support these communities to be able to take the first step into being able to explore active recreation in the outdoors and develop the leadership needed to ensure safety and enjoyment is paramount.

This project targets young people as well as older as these communities engage in social activities often within the family or community unit.

Duke of Edinburgh Hillary Awards (DOEHA):

A further pathway Harbour Sport wanted to explore to increase leadership development in Asian young people is through the Duke of Edinburgh Hillary Award (DOEHA). Initial consultation with the Asian community confirms that there is a lack of awareness of the benefits of this Award programme but a keen interest in how it could exist. The holistic approach of the Award including community service, skills, physical recreation and adventure fits perfectly with the goals and aims of this project.

Harbour Sport works with NZ Chinese Youth Trust and secondary schools to:

- Link young Asian people to this Award programme and provide opportunities for community service through the various recreational training opportunities.
- Promote the DOEHA to Chinese community groups and in particular Chinese and Korean parents to increase recruitment numbers
- Promote the DOEHA to Chinese and Korean young people through student groups and schools
- Promote the work of NZ Chinese Youth Trust for DOEHA to secondary school DOEHA coordinators so that NZ Chinese Youth Trust can assist the work they do and increase their capacity
- Support provided for their tramping/bush leadership training.

OBJECTIVES AND GOALS



The aim of this project is to increase long term participation in recreation by the Asian community, especially young people.

This is through developing competent, well trained leaders within the Korean and Chinese communities in active recreation (specifically cycling, walking and tramping). These confident instructors can pass on knowledge, expertise and lead groups in the outdoors and off road.

Utilising the already established and recognised model of the Duke of Edinburgh Hillary (DOEHA) scheme, Asian young people are introduced to recreational opportunities and the outdoors. They are also provided with training and upskilling to increase capability and confidence and to develop leadership skills. Following this they are provided with opportunities to put these skills into place in volunteer/service roles. E.g. organising, facilitating and/or leading walks or tramps, providing learn to ride training to beginners or those returning to cycling from within their communities. DOEHA provides a well-planned pathway to support students in informal and organised recreation. It is structured so that

confidence and commitment can be gained. It also breeds a culture of service and volunteering in the community which is essential to the recreation sector.

If young people develop a love and appreciation for New Zealand's outdoors it is more likely to be passed on to the next generation which supports sustainability. The DOEH Award provides one avenue for increasing long term participation by the Asian community in recreation.

The ActivRecreAsian project aims to develop leadership within targeted Asian community groups or organisation by providing quality training and education specifically in the areas of walking (leading walking groups) and tramping (bush leadership and safety). It would also develop some Bike Instructors so that Asian groups could deliver Learn to Ride and Cycle Skills training for their own community. This would reduce the current barriers faced when these people attend mainstream training. Language difficulties are often a barrier as well as cultural misunderstandings.

PARTNERS

In typical ActivAsian fashion, we have not done this in silo and adapted a highly collaborative approach in this project. The organisations we have worked with are:

Asian Community Groups:

- North Shore Chinese Community Network, consists of:
 - NZ Chinese Rights and Policies Concern – Judy He
 - Age Concern North Shore – Chinese - Jane Lai
 - Chinese Association of North Shore - Qin Yong Wei
 - Browns Bay Chinese Association – Xi He Wang
 - NZ Taiji and Martial Arts Association
- Kristin Chinese Parents Group
- Korean Women's Association NZ
- New Zealand Chinese Youth Trust
- Albany Newcomers Network



Schools:

- Westlake Boys High School
- Takapuna Grammar School

Sport and Recreation:

- Counties Manukau Sport
- Bike NZ – Provide Cycle Skills Instructor Training
- Treasures of Rodney – deliverer of Outdoor Leadership Training
- Duke of Edinburgh Hillary Awards

METHODOLOGY

The key strategy was to engage with the targeted Asian Groups and promote the initiative directly to them.

Targeted groups included by initiatives:

- Train Chinese community members in Outdoor Bush Leadership: North Shore Chinese Community Network, NZ Chinese Youth Trust.
- Delivery of cycle skills training in Chinese community: NZ Chinese Youth Trust, Kristin Chinese Parents Group, Korean Women's Association NZ, Korean Society of Auckland
- Promote Duke of Edinburgh Hillary Awards to Chinese Community: Westlake Boys High School, Takapuna Grammar School, Kristin School, Westlake Girls High School, Rangitoto College, Long Bay College, Pinehurst School,



Process for Engagement:

Due to the cultural differences a variety of strategies were used to promote the programmes. This often was difficult to evolve as there were a variety of factors at play:

- Direct communication with the key leader.
 - It was very important to channel all initial discussion of the promotion through the leader. Total buy in and understanding with the key leader helped enable the programme significantly in the community. If the key leader was engaged and on board, it seemed that they would just instruct their community to engage.

Key learnings from this strategy:

- Face to face meetings are critically important
- Ideally with a native speaker of their language as a translator

- It was also important to ensure the highest perceived leader from our organisation attended the initial meetings.

For Duke of Edinburgh Hillary Awards (DOEHA) – booking in meetings with the Teacher in Charge (TIC) of the programme was critical. This needed to be done well in advance of the New Year to allow the initiative to be part of the programme at the school. This was often the reason the promotion was limited as it was not part of the schools programme and leaders of the programme were apathetic towards increasing opportunities for their students.

- Quality Collateral: clear translated materials which highlighted benefits
 - When working with the older Asian population, clear concise translated information was critical. Limited English language skills means that any non-translated information is a deterrent for engagement for a speaker of English as a second language. This is not so critical for the younger students, as they are competent with the English language.
- Financial saving or cost benefit for participants
 - With the Bush Walking, the lunch provided in the training, plus the instructors fees covered was critical. It has been indicated that the groups may not have paid for the actually participation cost.
 - The DOE \$50 saving on programme was a direct saving and great promotion for involvement. Again, this needs to be stipulated pre-programme so students see the value in participating
- Promote in Targeted Groups media
 - Use the following mediums to promote to targeted groups
 - Use of Chinese and Korean newspaper
 - For youth – use Sky kiwi and Facebook
 - On premise promotion direct to community at community meetings
 - Translated posters and fliers distributed at Community Groups and Centres





Auckland Transport

OUTCOMES OF THE INITIATIVE

Below are the progress reports against agreed outcomes of the investment over two years in chronological order:

Year 1:

Outcome 1: Increased skills and knowledge to participate in active recreation, by participants and/or deliverers of active recreation opportunities

Strategies:

- Provide professional development and up-skilling to instructors, community leaders and participants in cycle skills and outdoor bush leadership
- Trained instructors to then provide training within their community
- Establish a Chinese walking/tramping group

KPIs:	Due Date:	Progress
10 Chinese and 10 Korean individuals undertake Bike NZ level 1 training	30 June 2014	This was not achieved due to a delay in the Skills Active accreditation of bike instructors, and a long process is recruiting a suitable Korean Recreation Coach. A coach has now been employed as of 9 th June 2014 who is currently in the process of being trained as an accredited Cycle Skills instructor. This outcome will be achieved as of December 2014.
3 level 1 cycle skills training courses delivered in the Asian Community	30 June 2014	1 course delivered to date, with another course planned for August/September 2014 for the leaders of the Korean Women's Association and Korean Society of Auckland
80% of participants are satisfied with the courses provided	30 June 2014	100% of participants either agree or strongly agree that they are satisfied with the course provided

70% of course participants are confident to deliver to their communities	30 June 2014	100% of participants recorded an increase in confidence in delivering to the community 71% rated themselves above 5 in a scale of 1 – 7 in confidence in delivering in the community.
3 outdoor bush leadership courses delivered in the Asian Community	30 June 2014	2 Outdoor bush leadership courses delivered so far, with 4 sessions confirmed in the July school holidays

Outcome 2: Improved leadership to better co-ordinate the delivery of active recreation

Strategies:

- Promote the Duke of Edinburgh Hillary Awards in the Asian community to develop leadership, service, skills and adventurous journey.
- Provide opportunities to the Asian young people undertaking their DOEHA to utilise the skills to provide quality delivery of outdoor recreation
- Link DoEHA coordinators in five targeted secondary schools to Asian community groups

Partnerships and/or collaborations with five community groups or organisations	30 June 2014	We have partnered with the following community organisations: 1. Korean Women's Associations NZ 2. Korean Society of Auckland 3. NZ Chinese Youth Trust 4. North Shore Chinese Community Network 5. Chinese Age Concern 6. Westlake Chinese Student Group
--	--------------	---

		7. Takapuna Grammar International student group
--	--	---

Outcome 3: An increase in the number (and quality) of volunteers - especially instructors

Strategies:

- Train Asian Community Sport Coordinators in Harbour Sport as accredited Cycle skills instructor (learn to ride, Level 1, Level 2) and group ride leaders.
- Utilise existing ActivAsian bilingual volunteers in all delivery. From September 2013, recruit volunteers to be involved in general ActivAsian activities, with a particular focus on developing and supporting ActivRecreAsian. Provide work references, training, networking opportunities and PD in return for their services
- Develop volunteer cycle instructor leaders and volunteer bush training leaders
- Provide the Chinese & Korean young people enrolled in DoE with sport and recreation opportunities (and training if needed) to do their community service

10 Chinese and 10 Korean people trained as Bike NZ level 1 cycle skills instructors	30 June 2014	8 Chinese and 2 Korean individuals attended a Bike NZ Cycle Skills Instructor training,
10 Chinese and 10 Korean people trained in outdoor bush leadership	30 June 2014	<p>47 Korean individuals attended the first outdoor Leadership Course on the 20th June, delivered by Linda Cole from the Women's Outdoor Pursuit, and facilitated by the Korean Women's Association NZ and Korean Society of Auckland.</p> <p>Confirmed delivery in July:</p> <ul style="list-style-type: none"> • 2 day overnight Outdoor Bush Craft course delivered by the Mountain Safety Council confirmed in the July

		<p>School holidays for 20 Chinese youth – 17th and 18th July.</p> <ul style="list-style-type: none"> • Linda Cole to delivery Outdoor Leadership Training to 15 Chinese community groups leaders and the Chinese Age Concern on the 16th July • Duke of Edinburgh Outdoor Leadership Course to be delivered by the Mountain Safety Council to 20 Chinese youth who are interested in enrolling in DOE Awards
--	--	---

Outcome 4: More young people participating in active recreation

Strategies:

- Connect DoE coordinators in targeted secondary schools with Chinese/Korean people
- Promote Duke of Edinburgh awards to Chinese and Korean community
- Target existing networks in ActivAsian- Westlake Chinese student group, NZ Chinese Youth Trust (DOEHA assessor), North Shore Chinese Community Network, Korean Women's Association Youth Group, Kristin Chinese and Korean Student Group, Secondary schools and University Ethnic Groups

20 Asian students enrolled in DoE working towards bronze DoE award	30 June 2014	In the process of promoting to Chinese youth via the NZ Chinese Youth Trust – with ActivRecreAsian funding enrolment fees for 20 students and providing their first outdoor leadership training for free. Confirmation to be received by end of term – 4 th July 2014
--	--------------	--

		Liaising with Long Bay College ESOL teacher to introduce DOE awards to Asian students enrolled in ESOL.
--	--	---

Year 2:

Outcome 1: Increased skills and knowledge to participate in active recreation, by participants and/or deliverers of active recreation opportunities

Strategies:

- Provide professional development and up skilling to instructors, community leaders and participants in cycle skills and outdoor bush leadership
- Trained instructors to then provide training within their community
- Establish a Chinese walking/tramping group



KPIs:	Due Date:	Progress
Deliver Bike NZ Learn 2 Ride/Level 1/ Level 2 to at least 40 participant	30 June 2015	18 Chinese and 4 Korean students from the ActivAsian Volunteers group participated in the Grade 1 Learn to ride course 35 Chinese students from the NZ Chinese Youth Trust are completed Grade 1 and Learn to Ride training in September 2015 – age group ranging from 6yo to 18 yo 19 members from KWANZ participated in the Bike NZ Learn to Ride Instructors training 24 Chinese parents attended a Grade 2 Cycle Skills Training in November 2015
80% of participants are satisfied with the courses provided	30 June 2015	100% of participants either agree or strongly agree that they are satisfied with the course provided

70% of course participants are confident to deliver to their communities	30 June 2015	100% of participants recorded an increase in confidence in delivering to the community
3 outdoor bush leadership courses delivered in the Asian Community	30 June 2015	6 outdoor leadership training was provided to 4 different Chinese and Korean community groups, with 39 Chinese people and 75 Korean people participating.

Outcome 2: Improved leadership to better co-ordinate the delivery of active recreation

Strategies:

- Promote the Duke of Edinburgh Hillary Awards in the Asian community to develop leadership, service, skills and adventurous journey.
- Provide opportunities to the Asian young people undertaking their DOEHA to utilise the skills to provide quality delivery of outdoor recreation
- Link DoEHA coordinators in five targeted secondary schools to Asian community groups

Partnerships and/or collaborations with five community groups or organisations	30 June 2015	We have partnered with the following community organisations: <ul style="list-style-type: none"> ○ Korean Women's Associations NZ ○ Korean Society of Auckland ○ Korean School of Auckland ○ NZ Chinese Youth Trust ○ North Shore Chinese Community Network ○ Chinese Age Concern ○ Westlake Chinese Student Group ○ Takapuna Grammar International student group ○ Kristin Chinese Parents Group ○ Albany Newcomers Network
--	--------------	--

Outcome 3: An increase in the number (and quality) of volunteers - especially instructors

Strategies:

- Train Asian Community Sport Coordinators in Harbour Sport as accredited Cycle skills instructor (learn to ride, Level 1, Level 2) and group ride leaders.
- Utilise existing ActivAsian bilingual volunteers in all delivery. From September 2013, recruit volunteers to be involved in general ActivAsian activities, with a particular focus on developing and supporting ActivRecreAsian. Provide work references, training, networking opportunities and PD in return for their services
- Develop volunteer cycle instructor leaders and volunteer bush training leaders
- Provide the Chinese & Korean young people enrolled in DoE with sport and recreation opportunities (and training if needed) to do their community service

10 Chinese and 10 Korean people trained as Bike NZ level 1 cycle skills instructors	30 June 2015	18 Chinese and 4 Korean students from the ActivAsian Volunteers group participated in the Grade 1 Learn to Ride course as part of a workshop activity. 30 Chinese students from the NZ Chinese Youth Trust are expected to complete Grade 1 Learn to Ride course in July 2015 – delayed due to schedule conflict and postpone to term 3 19 members from KWANZ participated in the Bike NZ Learn to Ride Instructors training
At least 20 Chinese people and 20 Korean people attended Outdoor Leadership Training – Theory and practical.	30 June 2015	39 Chinese people and 75 Korean people have completed outdoor leadership training. The participants were made up from 4 different community groups.

Outcome 4: More young people participating in active recreation

Strategies:

- Connect DoE coordinators in targeted secondary schools with Chinese/Korean people
- Promote Duke of Edinburgh awards to Chinese and Korean community

- Target existing networks in ActivAsian- Westlake Chinese student group, NZ Chinese Youth Trust (DOEHA assessor), North Shore Chinese Community Network, Korean Women's Association Youth Group, Kristin Chinese and Korean Student Group, Secondary schools and University Ethnic Groups

20 Asian students enrolled in DoE working towards bronze DoE award	30 June 2015	<p>16 members from The NZ Chinese Youth Trust are enrolled in the Duke of Edinburgh programme. They were made up of 10 Bronze, 3 Silver and 3 Gold awards.</p> <p>A further 7 Chinese students and 4 Korean students from the ActivAsian Volunteers Programme are also enrolled in the DOE programme. They were made up of 6 Bronze, 2 Silver and 2 Gold awards.</p> <p>3 potential Korean students from Takapuna Grammar and 5 potential Korean students from Westlake Girls are keen to enrol in the DOE programme.</p>
--	--------------	---

EVALUATION

Year 1 successes:

- 48 Korean people have attended outdoor leadership training
- A regular weekly bush walk is established by the Korean Women's Association
- 20 Chinese youth to attend a 2 day overnight bush craft course delivered by the Mountain Safety Council during the July school holidays
- 15 Chinese community group leaders to attend outdoor leadership course on the 16th July – including leaders from the Chinese Age Concern group, Browns Bay, Sunnynook, and Northcote Chinese community groups
- 8 Chinese and 2 Korean young people trained as Bike NZ Learn 2 Ride Instructors
- 15 spaces promoted by the NZ Chinese Youth Trust to allow young Chinese people to enrol in the Duke of Edinburgh Awards at a subsidised cost, and their first Outdoor leadership course funded – on-going



Challenges:

- As the contract for this project was finalised in November 2013, and with a large percentage of Chinese and Korean families being away over the holidays, the coordination and delivery of the project had to be delayed
- Due to the difficulty in finding a suitable candidate to fill the role of Korean Recreation Coach, progress in promoting in the Korean community was delayed – this was filled on the 9th of June and we have since made significant progress
- Delivery to the Chinese community network group was postponed twice due to bad weather – this will now be delivered on the 16th July
- The length of the Skills Active accreditation process has been a factor in the delay in Bike Instructor courses. We now have an accredited Bike NZ Grade 2 Instructor of Chinese descent (accredited in Feb 2014), and our Korean coach currently undergoing training in Grade 1 and 2 Bike Instructor training.

Aside from the mentioned successes directly linked to the project outcome, an ActivAsian Volunteer Group was also established as a result of ActivRecreAsian. 40 young Chinese and Korean people are now part of a group of '1.5 generation' young people encouraged to participate in sport and recreation via volunteering. The aim of this group is to provide young Chinese and Korean people with an opportunity to gain valuable experience by volunteering at local and major sporting events, including the State Ocean Swim series and the recent IRB Junior Rugby Championship. Eight of these volunteers have also been trained as Bike Instructors, with a further 10 to attend the next course. This volunteer group has contributed greatly to the momentum around the ActivRecreAsian project.



Year 2 Successes:

- 39 Chinese people and 75 Korean people have completed outdoor leadership training led by Linda Cole from the Women's Outdoor Pursuit. The participants were made up from 4 different community groups
- KWANZ has also developed a weekly bush walking activity every Thursday for their members. The regular weekly numbers of the bush walking group has increased from 10 to 40 over the year
- 16 members from The NZ Chinese Youth Trust are enrolled in the Duke of Edinburgh programme. They were made up of 10 Bronze, 3 Silver and 3 Gold awards.
- A further 7 Chinese students and 3 Korean students from the ActivAsian Volunteers Programme are also enrolled in the DOE programme. They were made up of 6 Bronze, 2 Silver and 2 Gold awards.
- 3 additional potential Korean students from Takapuna Grammar and 5 potential Korean students from Westlake Girls are interested in enrolling in the DOE programme.
- 38 secondary school students across 4 schools (Westlake Boys, Westlake Girls, Rangitoto College and Takapuna Grammar) have signed up to the ActivAsian Volunteers Programme. They have since volunteered their time at major sporting events such as Run the Night, Shore to Shore, the SKYCITY NZ Badminton Open and Long Bay Cross Country event.

- 18 Chinese and 4 Korean students from the ActivAsian Volunteers group participated in the Grade 1 Learn to Ride course as part of a workshop activity.
- 35 Chinese students from the NZ Chinese Youth Trust complete Grade 1 Learn to Ride course on the 12th & 26th of August 2015
- 19 members from KWANZ and local Koreans have participated in the Grade 1 Learn to Ride Instructors training
- 24 Chinese parents attended Grade 2 cycle skills training session in November 2015



Challenges/Learnings:

Overall

- Promoting the recreational activities and the DOE programme to schools was challenging at times as schools may not be comfortable promoting a certain activity cater to a specific group only, when opportunities should be provided equally to everyone. We have found it easier to approach the International Student Teacher advisor as the teacher has direct contact with most of the Asian students and is a more appropriate channel to promote our activities. However, with this approach our reach of Asian students may only be limited to international students and not the 1.5 generation Asian migrants.
- We have also found that for better 'buy-in' from schools, we thought our ActivAsian programmes needs to align the schools' strategic plan, which determines the priority the school values the need for our programme and how much effort/support they are willing to give
- Having attended various Asian conferences such as The Asian Network Incorporation (TANI) Annual Asian Forum, the Chinese New Settlers Services Trust East Asian Women's Forum and general community meetings, we have found that there is the lack of promotion for sport and recreational activity to the Asian community. While there are various health awareness and social support information available, there is still a lack of awareness around sports & recreational activities in the Asian community, which we believe provides an alternate social integration for Asians into the NZ society.
- Overall, it was much easier to work with Asian community groups as they welcome variety to their group activities, especially outdoors/sporting activities.

Bush Walking



- The outdoor bush walking leadership training has been widely received by the Asian community on the North Shore and there is high demand for more to be provided
- Whilst the Asian community enjoyed the outdoor leadership training course, and have increased their confidence in going for bush walking, we believe further guidance needs to be provided especially to the older population where language difficulty may still deter them from organising an activity on their own. They very much appreciate it if there is a representative to help guide/lead them in the outdoors. We believe if there is an Asian outdoor

recreational coordinator that is able to spend more time with them in the outdoors, this may take bush walking interest to a higher level.

- Despite the high demand, we have also found that not much outdoor recreational resources are translated into the Asian languages, thus this has resulted in the lack in participation from the Asian community.
- In particular for the Korean community, they did not like the idea of the ActivRecreAsian activities being provided to the North Shore Korean community only. KWANZ involves members from all over Auckland and it was difficult to exclude participants not from the North Harbour region. They feel that this will increase more interest when it is opened to Koreans from all over Auckland.
- The bushwalking safety course was exceedingly popular to the Chinese and Korean community and we strongly believe that the ActivRecreAsian project should be introduced to other Regional Sports Trust to further engage outdoor activities with Auckland's Asian population.

Cycling

- At the end of Year 1 ActivRecreAsian, we found that the interest from the Asian community to become cycling instructors was not strong, but was well receptive towards attending cycling skills training to increase knowledge and safety awareness. As a result, we have changed our focus to providing Grade 1 Learn to Ride basis skills instead.
- While there is interest amongst the Asian community groups, it isn't strong. Not everyone rides a bike or owns a bicycle. Age and physical abilities also play a factor. They also do not see it as a means to travel and do not find it as important. This may be due to fear or lack of understanding of the rules and regulations when sharing the road with motor vehicles.

- While Auckland Transport has also been organising community workshops which is available all across Auckland. Promotions and resources have not been translated, the Asian community may be missing out or struggle at the workshops due to language barrier. It would be beneficial to have an Asian instructor at these workshops and this is where I believe an Asian representative can help bridge the gap.

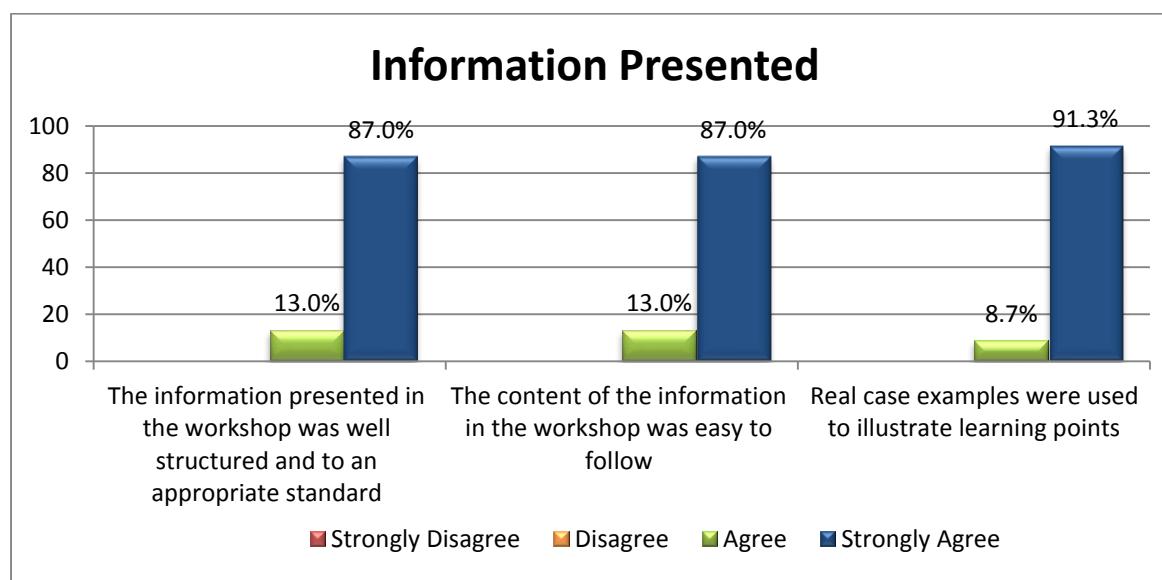
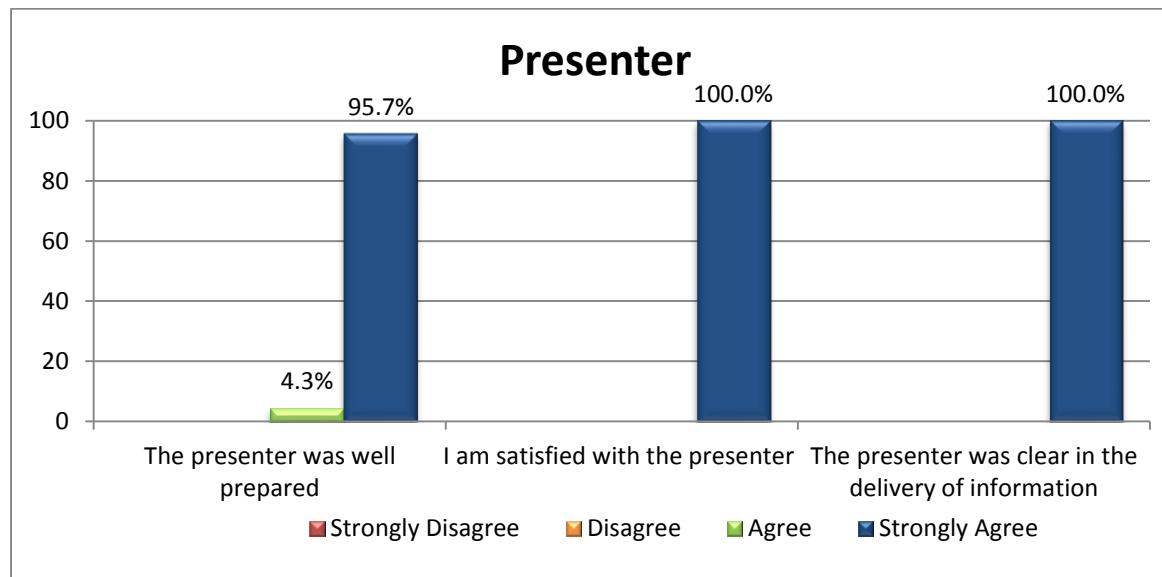
Outdoor Access Code and Incident Reporting Database

- These are promoted and referred to throughout the outdoor bush leadership sessions, as part of the theory as well as practical session
- Cycle skills sessions and instructor training follow the guidelines provided by Bike NZ and Auckland Transport, with a RAMS form, and emergency action plan prepared for each session, in accordance to the above, and it is understood by all instructors that all incidents were to be logged.

DOE

- Working with schools have been challenging
- Some schools have made the DOE an 'exclusive' programme where selected students are only able to apply to enter the programme and only at certain times of the year.
- Students are more focused in their academics
- Lack of promotion and information given to students within the schools
- Expenses on their expedition trip can be quite steep
- Language barrier
- While DOE is a great way to promote the physical and recreation section from the ActivRecreAsian point of view, the students also need support to achieve all other sections such as Skills, Service & Adventurous Journey. While we may refer them to schools, they may sometime lack the resources to provide sufficient support. Therefore, it would be great if an ActivRecreAsian member is signed up to be an Adult assessor. We believe this will provide more interest in signing up when there is an Asian mentor to provide them with help. A great example would be the NZ Chinese Youth Trust, whereby they have an assessor and appropriate resources to provide support, which has resulted in 16 members signing up to the DOE programme.

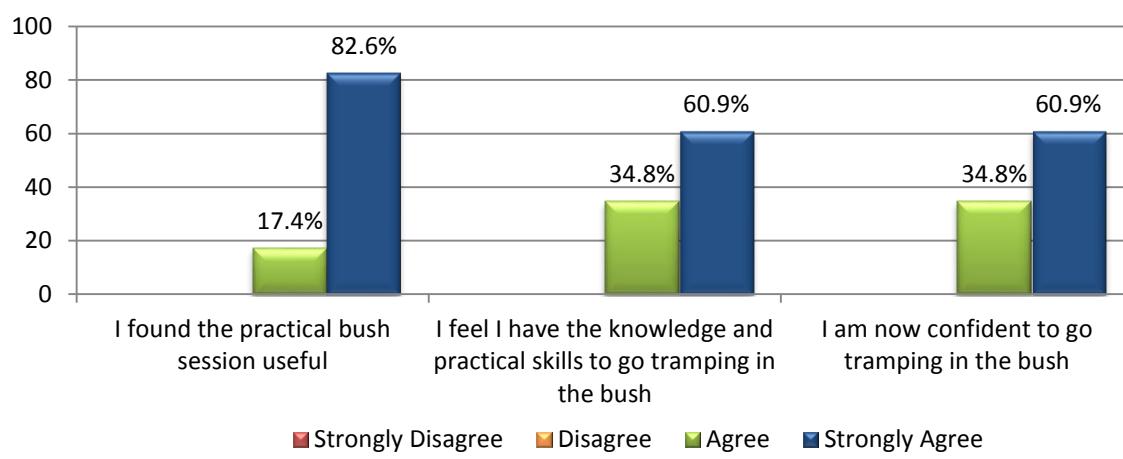
Participant Feedback on Bush Walking Leadership Training:



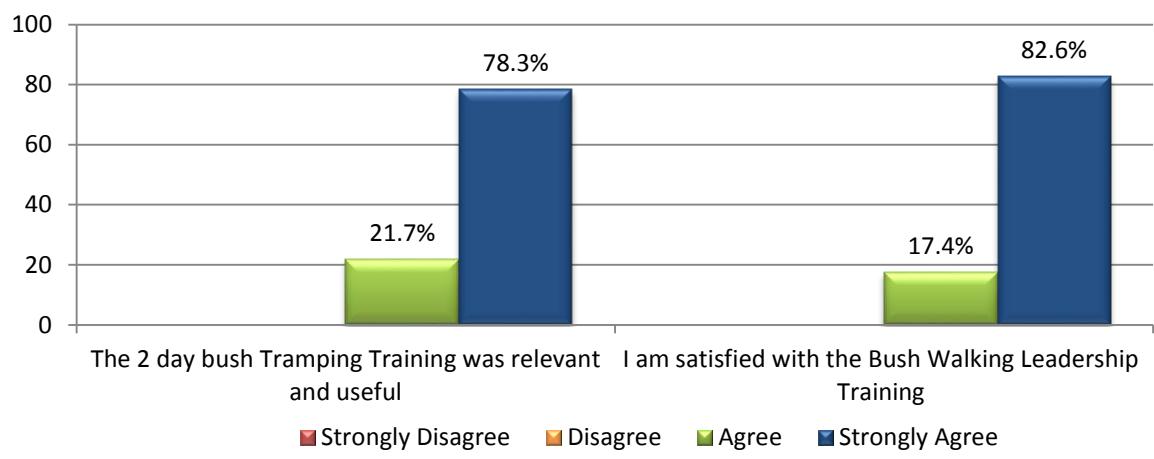
Application of Knowledge



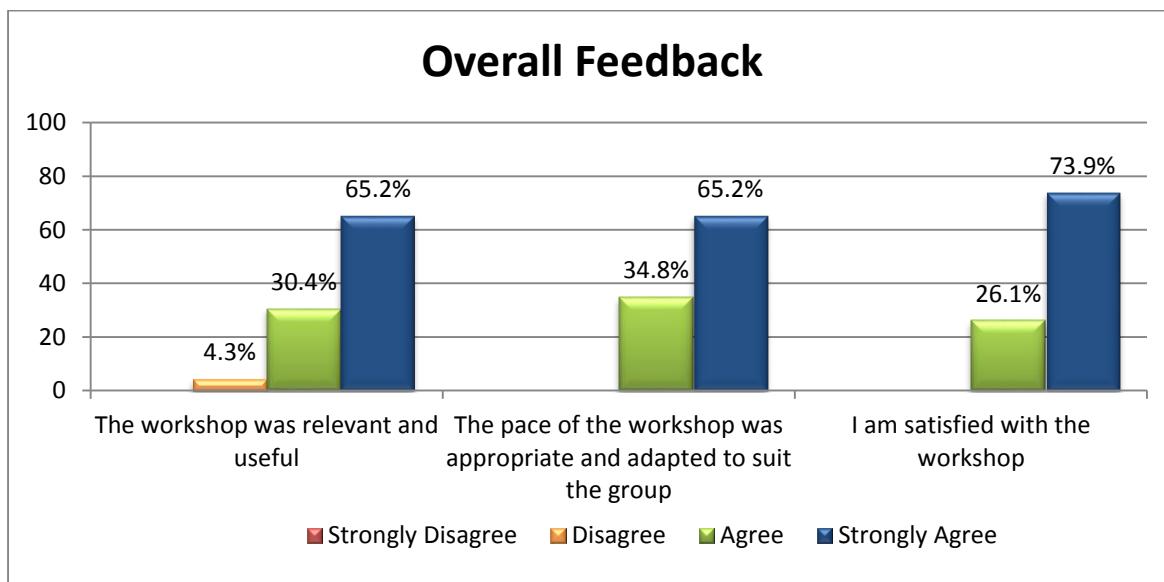
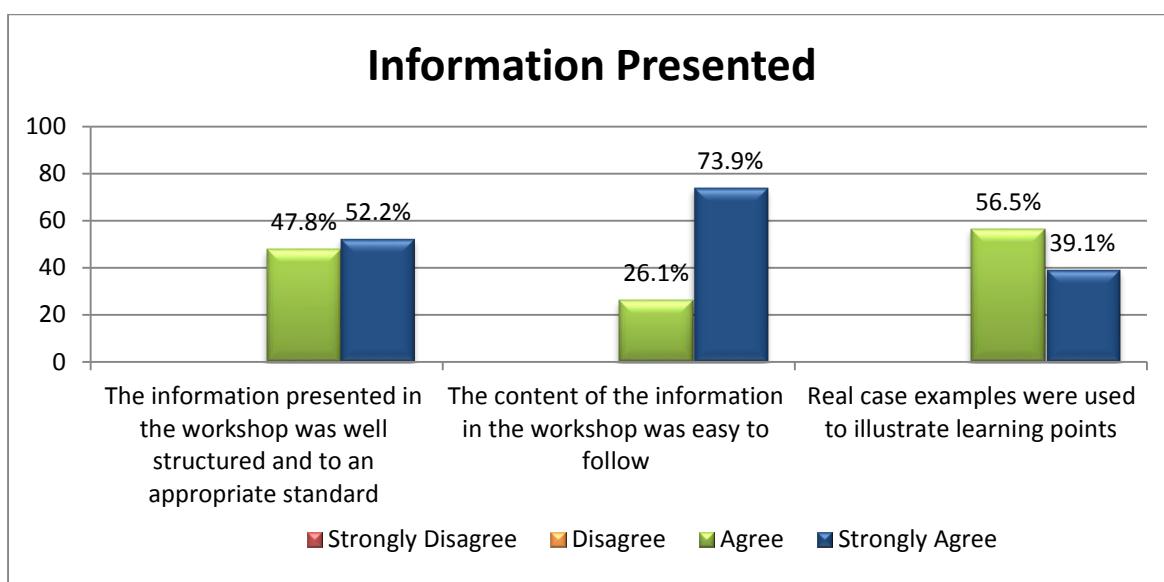
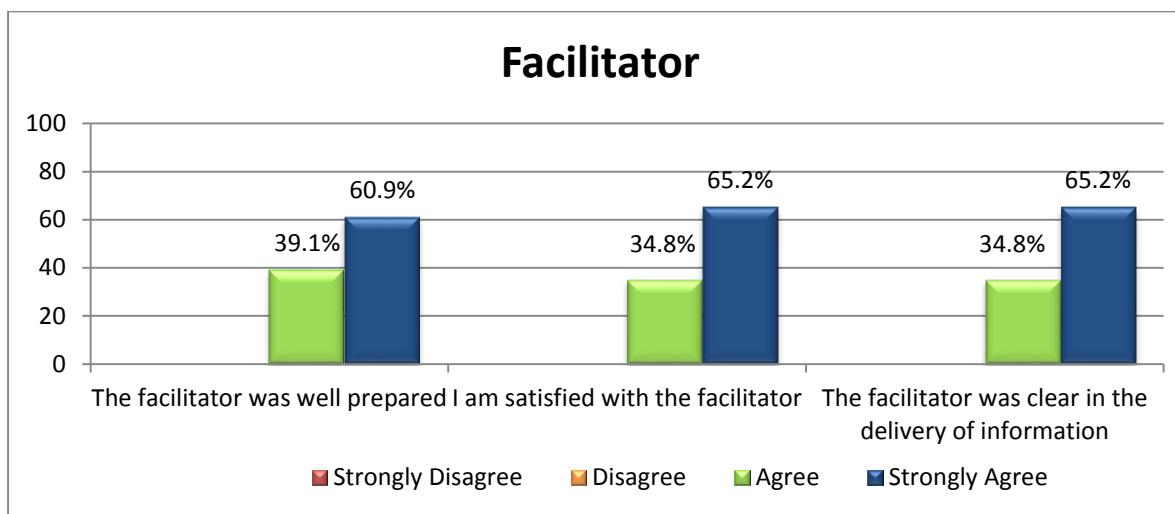
Practical Bush Session



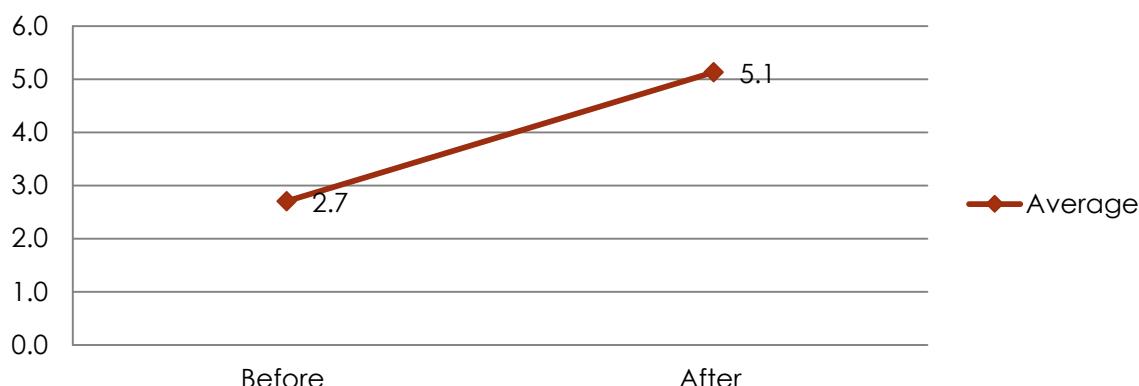
Overall Feedback



Participation Feedback on Cycle Skills Instructor Training:

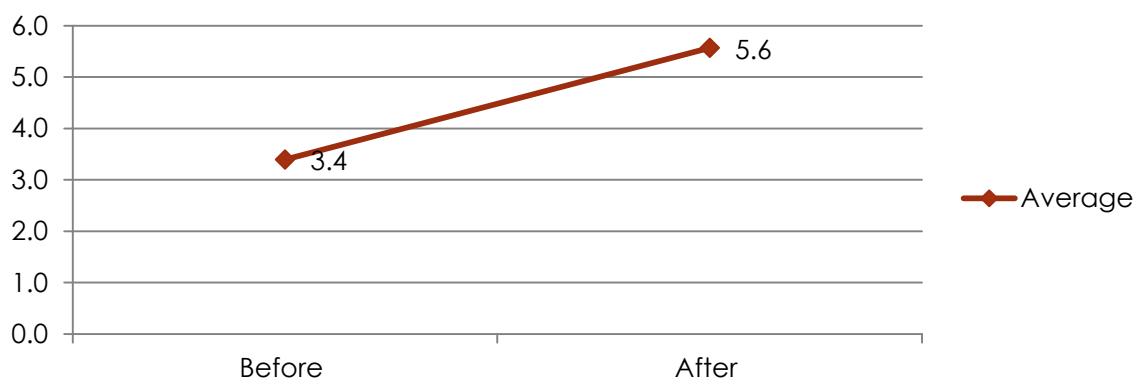


How confident are you in delivering cycle sessions to students?
1-not confident to 7- extremely confident



Cycle Skills Training Session:

**How confident do you currently feel cycling on the road?
 (before and after session, rate from 1-not confident to 7-extremely confident)**



RECOMMENDATIONS

Recommendations have been obtained through evaluation forms which were completed by participants upon completion of all sessions.

These include:

- ActivAsian should facilitate or delivery community sport and physical activity programmes i.e. dance class/aerobics/active families to encourage participation
- Mainstream sport organisations should create and publish translated sports & recreational facilities/resources which are promoted to the Asian community to ensure accessible information regarding the promoted activities
- Having an Asian outdoor recreational coordinator would be beneficial in encouraging on-going dialogues and more importantly opportunities for Asian people to participate
- An increase in Duke of Edinburgh Asian assessors could result in an increase in participation or interest in the Asian community for the programme
- ActivAsian should partner with Auckland Transport to provide translation and interpreters at the community cycling workshops



ActivAsian Volunteers 2015

APPENDIX 1: EVALUATION FORM EXAMPLE

Harbour Sport – Participant Feedback Form					
Bush Walking Leadership Training					
General Information					
1	How many times per month do you intend to use the information learnt today? 从这徒步课程里所学的知识，您觉得在一个月之内，您会采用几次？				
Presenter 教练		Strongly Disagree 非常不同意	Disagree 不同意	Agree 同意	Strongly Agree 非常同意
1	The presenter was well prepared 教练的准备很充分				
2	I am satisfied with the presenter 我很满意带领的教练				
3	The presenter was clear in the delivery of information 教练的指导很清楚又容易明白				
Comments 其他意见					
Information Presented 课程内容		Strongly Disagree 非常不同意	Disagree 不同意	Agree 同意	Strongly Agree 非常同意
1	The information presented in the workshop was well structured and to an appropriate standard 课程的内容很明确也不会太高难度				
2	The content of the information in the workshop was easy to follow 课程的内容容易了解				
3	Real case examples were used to illustrate learning points 教练使用现实的情况来演示教点				
Comments 其他意见					
Applying what was learnt 采用知识		Strongly Disagree 非常不同意	Disagree 不同意	Agree 同意	Strongly Agree 非常同意
1	I am confident to apply the skills/knowledge. 我有信心采用我所学会的知识				
2	I will apply and utilise some of the knowledge gained				



	我会采用我所学会的知识				
3	Please write two things from the workshop that you will use when tramping: 请例下两样东西您觉得您会在徒步时采用： 1. 2.				
Practical Bush Session 外户徒步部分		Strongly Disagree 非常不同意	Disagree 不同意	Agree 同意	Strongly Agree 非常同意
1. I found the practical bush session useful 我认为这外户徒步的课程很有益处					
2. I feel I have the knowledge and practical skills to go tramping in the bush 我认为我有足够的知识和实际技能到外户徒步					
3. I am now confident to go tramping in the bush 我有足够的信心到外户徒步					
Overall Feedback 总体意见		Strongly Disagree 非常不同意	Disagree 不同意	Agree 同意	Strongly Agree 非常同意
1	The 2 day Bush Tramping Training was relevant and useful 这两个半天的课程对我很有用				
2	I am satisfied with the Bush Walking Leadership Training 我很满意 Harbour Sport 举办的外户徒步课程				
Any further comments 其他意见：					
Harbour Sport thanks you for taking the time to complete this survey which assists us in improving our services to the community Harbour Sport 感谢您拿出时间来填成我们的意见反馈表。 这会协助我们改善和提高我们所提供的社会的服务。					

APPENDIX 2: EXAMPLE OF TRANSLATED RESOURCES – CHINESE AND KOREAN

Chinese:

Clothing for the Outdoors 徒步服装

Layers trap warm air and can easily adjust when conditions change.

First layer: **Cool conditions** thermal wear/wool/polypropylene (wicks moisture away, stays warm when wet). Top & long johns with shorts.

寒冷气候 – 秋衣/毛类衣服,快干衣裤（能在湿的情况保暖）

Warm conditions cotton T-shirt & shorts but if cotton gets wet, it feels cold. Have a polyprop/wool top to pull on. Best shorts material is light synthetic, not cotton.

暖的气候 – 棉类衣服。但遇到湿或冷的情况会感觉冷，不够保暖。所以通常穿化纤的内 衣最佳。全棉内衣平时是好的，但长时间户外活动时是最糟糕的。专门的排汗快干内衣最好。

Second layer: Wool/fleece jersey or jacket. OK to wear a cotton sweatshirt, if you have one of the others to pull on if it gets wet. Wool/fleece hat & gloves.

毛类的外衣或羽绒服。帽子和手套。

Third layer: Waterproof raincoat (needs to cover shorts and have a hood). Over trousers for above the bush line and in weather extremes.

(外层)

防风防水衣服/外衣（必需罩正身）寒冷的天气下一定要带帽子.在空气里，多数热通过头部丢失。

Your feet: Boots with good tread, a heel and ankle support. Waterproof qualities are a bonus, not a necessity.

徒步登山靴 Socks – wool/polypropylene – cotton is cold when wet.

徒步登山鞋（适应性强，耐磨，防水，可保护脚踝和跟的能用性）

排汗袜子

Korean:

Clothing for the Outdoors

Layers trap warm air and can easily adjust when conditions change.

옷을 껴입게 되면 쉽게 추위나 더움을 잘 조절할 수 있습니다.

First layer: **Cool conditions** – thermal wear/wool/polypropylene (wicks moisture away, stays warm when wet). Top & long johns with shorts.

첫번째 옷: 온도가 낮은 곳 – T-shirt 와 반바지 (면이 아닌 내복과 긴 속옷을 추천합니다. 상황에 따라 다르겠지만 면을 입으시면 땀이 면에 묻어 온기와 몸의 온도를 금방 식힙니다) 제일 좋은 첫번째 윗옷은 울/wool 재질이 좋으며, 바지는 면이아닌재질로 입으시면 됩니다.

Warm conditions – cotton T-shirt & shorts but if cotton gets wet, it feels cold. Have a polyprop/wool top to pull on. Best shorts material is light synthetic, not cotton.

온도가 높은 곳 – T-shirt 와 반바지 (면이 아닌 옷들을 추천합니다. 상황에 따라 다르겠지만 면을 입으시면 땀이 면에 묻어 온기와 몸의 온도를 금방 식힙니다)) 제일 좋은 첫번째 윗옷은 울/wool 재질이 좋으며, 바지를 면이아닌 바지를 입으시면 됩니다.

Second layer: Wool/fleece jersey or jacket. OK to wear a cotton sweatshirt, if you have one of the others to pull on if it gets wet. Wool/fleece hat & gloves.

두번째 옷: wool 재질로 되어잇는 긴 저지(jersey) 아니면 자켓. 면으로 되어있는 스웨트 셔트도 팬찮습니다. Wool/플리스 모자와 장갑.

Third layer: Waterproof raincoat (needs to cover shorts and have a hood). Over trousers for above the bush line and in weather extremes.

세번째 옷: 방수되는 옷/우비 (반바지도 가릴수 있어야 합니다 그리고 모자도 있어야 합니다) 그리고 수풀과 극단적인 날씨에 입을수 있는 긴바지.

Your feet: Boots with good tread, a heel and ankle support. Waterproof qualities are a bonus, not a necessity.

Socks – wool/polypropylene – cotton is cold when wet.

발: 좋은 부츠,발목 서포트가 되는 신발. 방수가 되면 보너스입니다.

양말 – wool/polypropylene – 면은 젖으면 차가워 집니다.

APPENDIX 3: EXAMPLE OF PROMOTIONAL MATERIAL

뉴질랜드 산행 아웃도어 안전 코스

INFORMATION EVENING

DATE : 8TH, 9TH, OCT 2014

WHERE : SPORT HOUSE STADIUM DR ME ALBANY

TIME : 7PM – 8PM

Q&A : JIMMYY@HARBOURSPORT.CO.NZ

021 – 259 – 0789 JIMMY YOO

**NEW
ZEALAND**

- BUSH SAFETY
- OUTDOORS
- PLANTS

WHAT IS IT?
2 DAYS COURSE
THEORY DAY AND
PRACTICAL DAY

SPONSORS
HARBOUR SPORT
ACTIVASIAN
HIDDEN TREASURE OF
RODNEY

BENEFITING
YOU WILL LEARN ALL
ABOUT HOW TO ENJOY
SAFELY IN NEW
ZEALAND BUSH AND
OUTDOORS

HOW TO -
알바니 스테디움
옆에 하버 스포트
건물이 있습니다.