

**“AT LSV I LEARNT  
MORE IN 6 WEEKS  
THAN IN 18 YEARS”**

**“IT’S AN  
EXPERIENCE I’LL  
NEVER FORGET...”**

**LINE  
UP  
TO  
CHANGE  
YOUR  
LIFE**

## LEARN TO CHANGE

**/// You’ll find out how to get the job you really want and how to get ahead by learning vital skills, such as:**

- communication and personal presentation skills
- group dynamics and leadership skills
- basic financial and budgeting skills
- safety and health instruction

## TAKE THE CHALLENGE!

**/// To join LSV, you need to be:**

- aged between 18 and 25 (Note: 17 year olds can be considered on a case-by-case basis)
- registered as unemployed
- reasonably fit

**/// While on an LSV course, you’ll still get paid your usual benefit and the course itself is absolutely FREE! We’ll provide your travel to and from the camp.**

**LIMITED  
SERVICE  
VOLUNTEER**

**/// TO APPLY FOR LSV,  
CONTACT YOUR CASE MANAGER,  
CALL US ON 0800 559 009  
OR LOG ON TO  
[WWW.WORKANDINCOME.GOV.T.NZ](http://WWW.WORKANDINCOME.GOV.T.NZ)  
FOR MORE INFORMATION.**



**“IT’S THE MOST AWESOME, ULTIMATE EXPERIENCE”**

**“IT TESTED MY FEARS AND CAPABILITIES”**

**“IT’S AN EXPERIENCE I’LL NEVER FORGET...”**

### **STEP UP TO THE CHALLENGE**

**//// Limited Service Volunteers (LSV) is a FREE six week hands-on training course, held at Burnham, Trentham and Hobsonville Military Camps, where you’ll learn amazing new life skills to get ahead and turn your life around.**

**//// You’ll gain awesome new skills to improve your job prospects, increase your confidence, meet people, and make new friends as you complete challenging physical activities - and have fun!**

**//// You’ll also receive certificates and references outlining your new skills.**

### **GET OUT THERE!**

**//// From white water rafting to high ropes courses, bush craft to river crossings, you’ll rock climb, abseil, tramp, and run across tough terrain during the course.**

**//// Over the six weeks, you’ll complete these exciting activities:**

- white water rafting
- high ropes course
- bush craft
- river crossing
- camping and tramping
- rock climbing/abseiling
- confidence course
- fitness training

**//// And that’s just the start!**

### **STRIVING FOR A NEW YOU...**

**//// Not only will your fitness improve, with LSV you’ll also:**

- make connections to employment opportunities
- enjoy a safe and secure environment
- complete a Certificate in first Aid
- have opportunities to develop self esteem, discipline and teamwork
- receive references and certificates outlining the skills and activities completed