
From 'Space' to 'Place'

The magic that happens when we design
for repeated connection

Erin Porteous



Youth wellbeing

High or Very High
psychological distress rates in
youth is at 23%

Another 11% are considered
languishing

The Big Disconnect



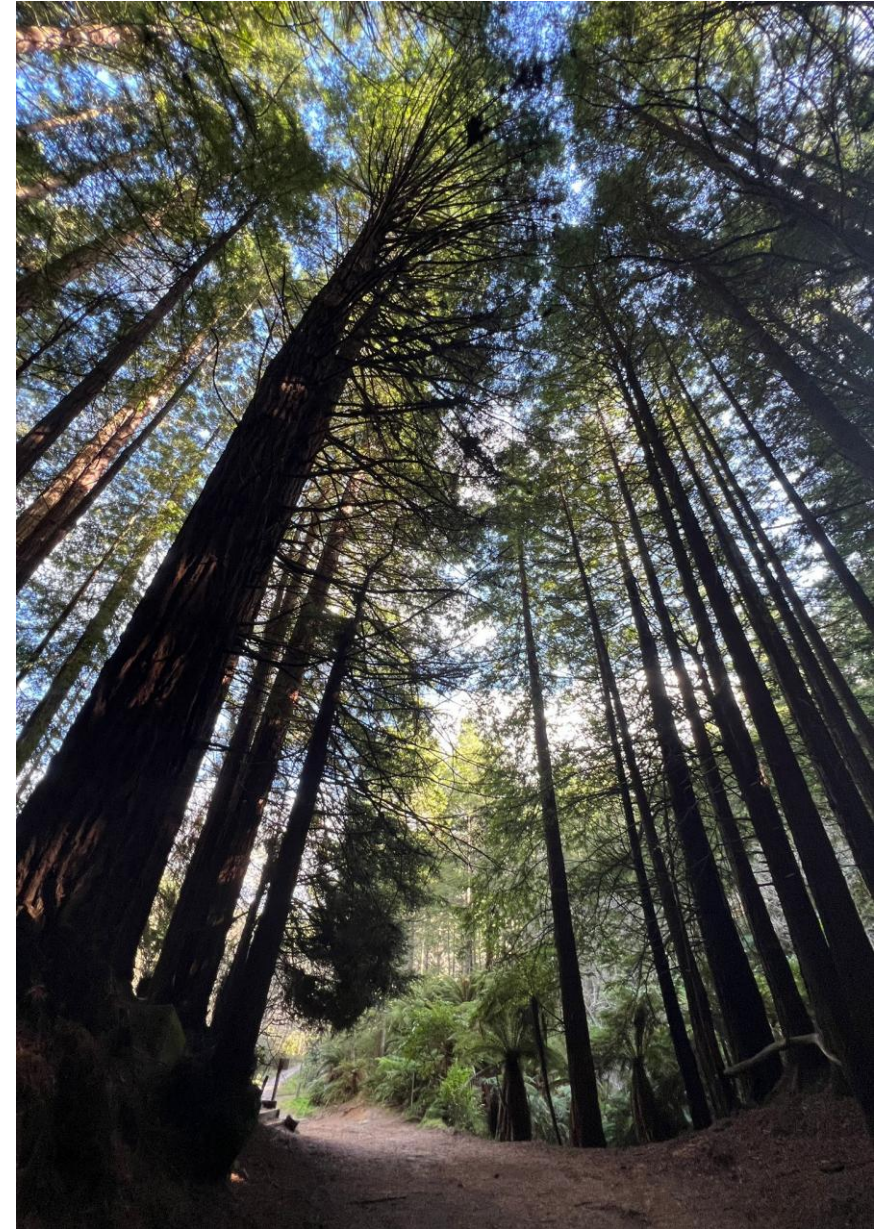
***FROM
PEOPLE***



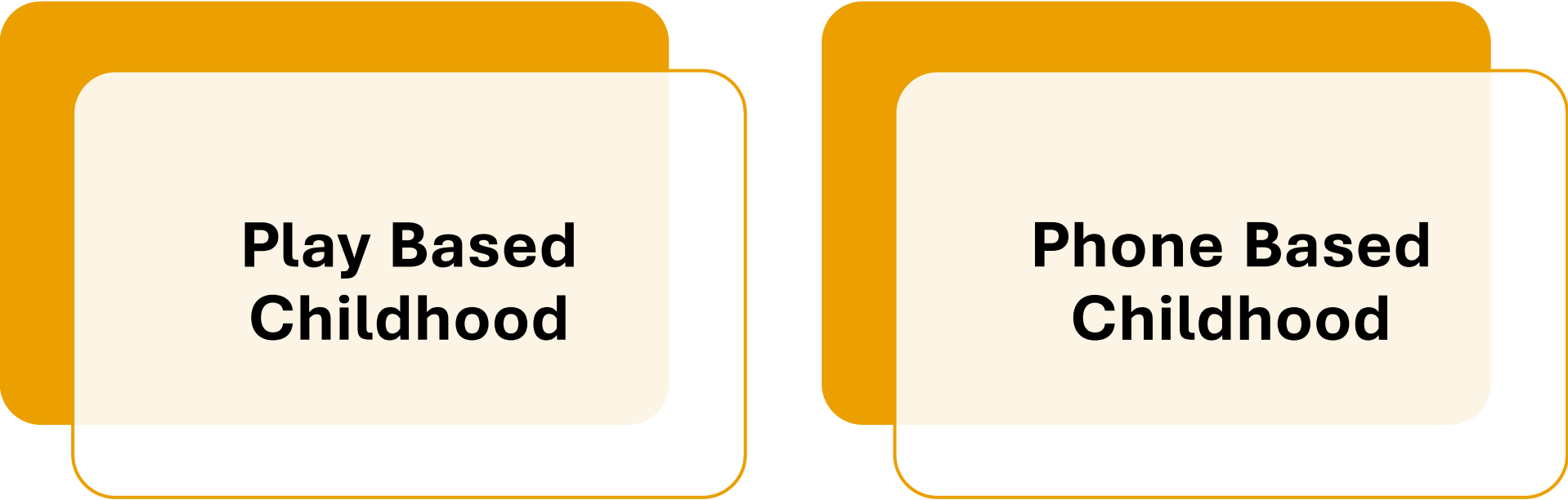
***FROM
NATURE***



***FROM
PLACE***



So What Changed?



The diagram consists of two identical graphic elements side-by-side. Each element features a solid orange rounded rectangle in the background. Overlaid on the bottom-right portion of this orange rectangle is a white rounded rectangle with a thin orange border. The text is centered within the white rectangle. The left element is labeled 'Play Based Childhood' and the right element is labeled 'Phone Based Childhood'.

**Play Based
Childhood**

**Phone Based
Childhood**

Outdoor Education as an antidote to modern stressors



Nature

+

**Physical
Activity**

=

‘The Magic’



Case Study : Surfing Programme





From discomfort to growth

I'm getting better and better every week. And I now know how to get through the whitewash and out to the back.

”

I think it like made a lot of us more excited for like next time being able to do better and looking forward to have that feeling of catching a wave again.

When you just like stay in, stay in the moment- stay present- it's like really nice. And each wave that goes past that you try and catch you like progress more and more.

”





Presence and connection

It was still like a sport, but, like, there was a quietness to it... It just got everything to sync, sort of.

Being out in nature with the ocean definitely calms you down. So even if you don't catch a good wave or something goes wrong, you know, you can get back up and do it again.

You feel good and whole just being on the water - after the surfing -it kind of helps me to clear your mind.




When you're just sitting there, I feel like that's the most peaceful part. I find it really peaceful, like my mind just like stops, like thinking about everything I have to do at school or I have to do at home, it's just like peaceful.



Connecting to place

You just pay attention to your environment you're in.

I think it's very like peaceful to like connect with like the land like, you really get a feel of what it's true meaning is kind of to you – like this where we were born, this we were raised, and it's really good to connect with that.

I love the feeling of just being able to sit at the end, just like breathing fresh air, and just like look around. And it's like, you know, not very noisy, there's no distractions.

I feel like if you're outside in the air, it's kind of just like, refreshing yourself. I mean, as the waves go out, your thoughts go out.

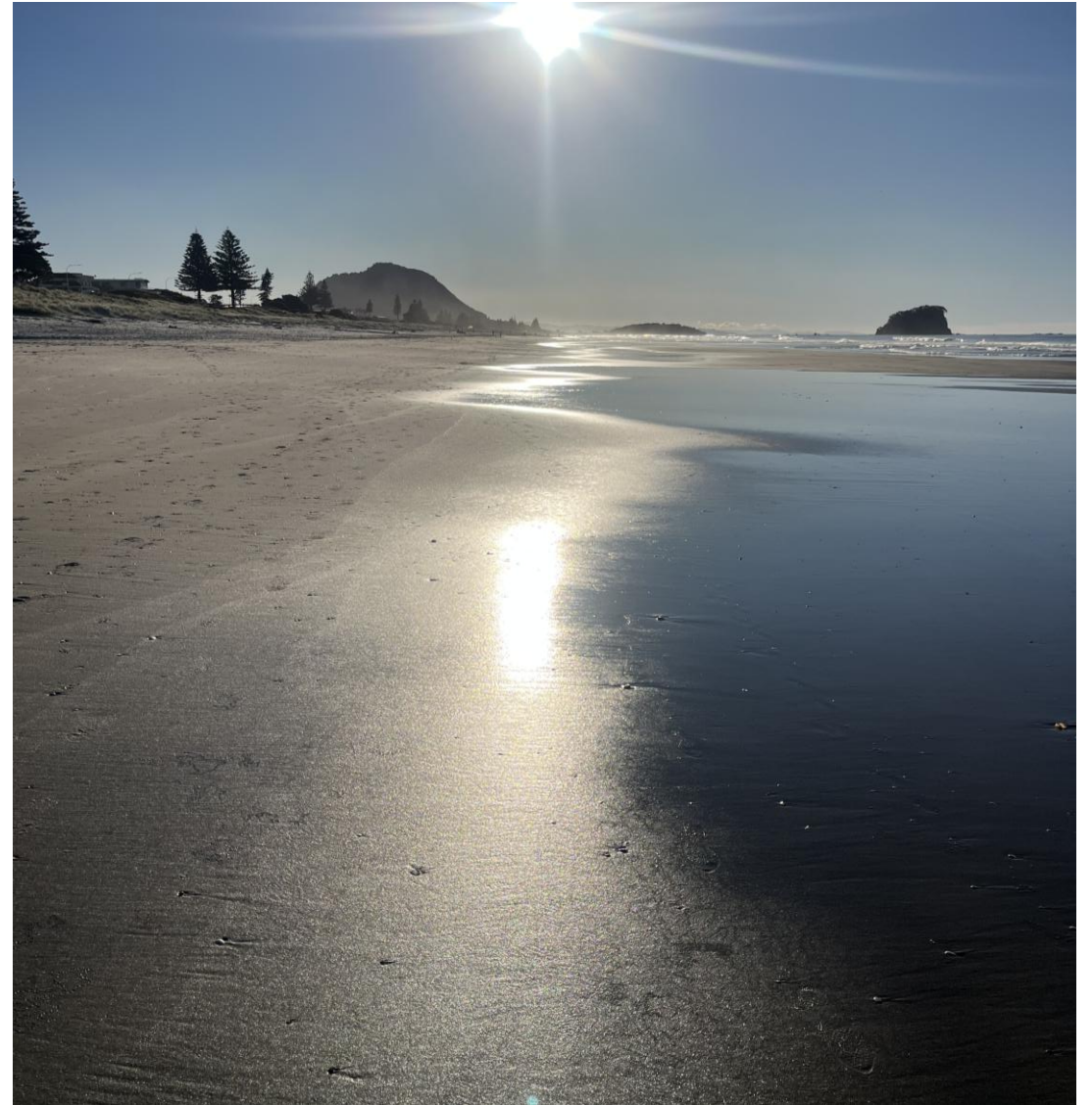
When things happened in the past, I feel like doing this and just coming out of the ocean kind of just like brought me to myself, like connected to myself in a way I didn't think would have happened because, you know, the surfing would, you know. But I feel like the ocean kind of helped me to find myself in a way.



Kaitiakitanga

Like, actually, I do have a, like, a responsibility, New Zealander, like, taking care of certain things, because I always see posters around school, like, overfishing and stuff and, like, pollution...But, like, this thing about being responsible, like, with, like, not overdoing it.

I am keen to just get out into the nature and just, like, enjoy it for what it is before, like, climate change, whatever the world, like, ruins it.





Like, I was ready to accept and be grateful for that I, like, I live here in the Mount, and that I live next to this awesome beach where I have the opportunity to go out to the ocean.

”



Case Study: Level One Mountain Biking

Visiting local places

Developing place literacy

Skill learning







Place Responsive Outdoor Education



Place responsive Outdoor Education programme development



***Consider programme
purpose***



Consider place



Consider people



***Consider a physical
activity***



PERMA domain	Te Whare Tapa Whā domain	Are there opportunities for participants to:
Positive Emotion	Taha Hinenegaro	Experience joy, fun and anticipation
Engagement	Taha Wairua	Engage in a challenging experience and experience focussed participation
Relationships	Taha Whānau	Meet and interact with peers, develop mentorship opportunities, experience social connections
Meaning	Taha Wairua	Connect with values and beliefs, place, and people
Accomplishment	Taha Tinana	Learn a new skill, explore agency through physical challenge, experience full absorption

A FRAMEWORK FOR FLOURISHING

A Place Responsive Guide to Youth Wellbeing



Erin Porteous 2026

The moments between the waves



Pātai?

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