

Mastering Mountains Grant Application



MASTERING MOUNTAINS
CHARITABLE TRUST

The grant aims to assist people diagnosed with Multiple Sclerosis (MS) or Functional Neurological Disorder (FND) to overcome a specific obstacle so they can achieve an outdoor pursuit in New Zealand. Successful applicants receive mentoring and are eligible for a financial contribution for up to one year to support their goal.

The amount awarded to a grant recipient will be at the discretion of the Selection Panel. Previous grants have been worth up to \$4000.

Applications are open to New Zealand residents with MS or FND and are offered annually between the 1st of April and the 31st of May.

Please carefully read the instructions found in the sections below. These sections contain crucial information about the application, the process, and what we are looking for.

Please email info@masteringmountains.org.nz if you have any questions.

Instructions

What are we looking for?

When we consider a grant application, we look to fund two areas:

1. Our primary aim is to fund **rehabilitation costs**. This might include the cost of neurophysio consultations, personal or specialist trainers, and gym memberships. The majority of our funding goes toward these costs.
2. Depending on our available funds, we may also make a minor contribution to **equipment costs**. This might include (but is not limited to) technical equipment, walking poles, footwear, clothing, or a contribution toward a new bicycle or kayak. Occasionally, we will also make small contributions toward relevant courses.

We are looking for **determined individuals** based in New Zealand with an **achievable outdoor goal** and the **motivation** to achieve greater mobility through exercise and a healthy lifestyle. When we consider an application, we look at how the grant might positively impact the people or **communities** surrounding the applicant and prefer applications that will benefit both the individual applicant and their community or family.

What to expect in the application form.

There are three main parts to this application form:

Part 1: Your Health Journey - We ask you to tell us about your health journey and where you are currently.

Part 2: Defining Your Outdoor Objective and Needs - You tell us about your adventure dreams and what you want to achieve. We also ask you to specify your needs and how we might help you.

Part 3: Submissions - You'll need to upload three documents. You can find a list of these in the section below. We will also ask you to agree to some terms and conditions.

We recommend downloading [this document \[INSERT LINK\]](#), which contains the questions we will ask in this application form. You may wish to complete your answers offline before pasting them into this online application.

As you fill in the form, you will find detailed instructions and examples to help you along. But please note that this form may take a couple of hours to complete. However, you can save your online application and continue it later.

The documents you need before you apply.

Here are the documents that you will need before submitting your application:

Letter from your Primary Health Professional (e.g. your GP, Neurologist, Neurology Nurse, Physiotherapist, Neurophysiologist, or Occupational Therapist) confirming the following:

- **Your diagnosis** of Multiple Sclerosis or Functional Neurological Disorder.
- **Your current health status** and ability to pursue your outdoor objective. This should include reference to your current level of mobility, pain, fatigue and general health status.

Supporting letter (or email) from a referee that states the following:

- Their **relationship** to you.
- **Why** they think you should receive the grant.
- **How** the grant would benefit you and your community.

Your referee is welcome to submit their letter by emailing nick@masteringmountains.org.nz. Please note that your referee must send this email prior to or within seven days of your submission.

Quote specifying the rehabilitation costs you are applying for.

I have read the instructions above. *

Yes

Contact Details

First Name *

Last Name *

Email Address *

Phone Number *

Please enter a valid phone number.

Address *

Street Address

Street Address Line 2

City

Postal / Zip Code

Part 1: Your Health Journey

Please tell us a bit about your health journey.

We invite you to tell us your story. This information helps us understand your background, goals, and relationship with the outdoors. Here are some prompts to help you structure your response:

Before Diagnosis

- What hobbies and outdoor activities did you enjoy doing prior to your diagnosis?
- What communities were you involved in? How were these activities and communities important to you?
- Next, tell us about the events leading up to your diagnosis.

After Diagnosis

- How did your diagnosis affect your ability to interact with your community and pursue your passions and hobbies?
- What does your life look like now?
- How are you managing your condition, and what medical support do you have?
- How do you currently experience the outdoors?

The Future

- Looking to the future, what are your outdoor goals?
- How will these goals shape the way you manage your illness?

Your Diagnosis:

I have Multiple Sclerosis.

I have Functional Neurological Disorder.

Please tell us about yourself and give a brief outline of your health journey: *

Use the questions above to guide your response.

Part 2: Defining Your Outdoor Objective and Needs

Please tell us about your adventure goals.

In this section, we want to hear about your outdoor goal or adventure. You'll find instructions along the way. Please take your time with these questions, and in all your answers, please be as specific as possible.

First, we want to understand your dreams and ambitions, what they mean to you, and how they will motivate you as you work toward your goal.

Next, we will ask about the steps you're currently taking toward your goal. This question is important because it helps us understand where you are in your journey toward your goal.

Finally, we will ask you to think beyond your goal to the outcome you wish to achieve for yourself and others. We believe life is best shared with others. For this reason, we'd like to know how your goal will positively impact those around you and help strengthen your community.

What is the outdoor objective or goal you want to achieve? *

We are looking for a realistic outdoor goal that you'll need to train for, in order to achieve within the next year. Please be as specific as possible in the details you give. (Examples: "I want to walk to the top of Rangitoto unaided"; "I want to cycle around Lake Taupō with a team of friends"; "I want to climb Mt Aspiring"; "I want to circumnavigate D'Urville Island in a sea kayak with my partner".)

When do you aim to achieve your goal (approximately)? *

Day Month Year

Why did you choose this goal, and what will it mean to you, when you achieve it? *

Tell us the personal significance of this goal for you, and why this goal is important to you. Pause for a bit and imagine yourself achieving your goal. What will it mean to you in that moment? We want to understand how this goal might motivate you as you work toward it.

What steps are you currently taking toward achieving your goal? *

We want to know if you currently follow an exercise programme or are receiving any rehabilitation support. We are also interested to know how often you currently engage in activities (e.g. walking, cycling, etc.) related to your goal. This helps us understand where you are at in your journey toward your goal. (Examples: "I walk every day, and I am slowly increasing my distance every week or two"; "I have signed up to a gym and have found a neurophysio who can provide me with direction"; "I have researched my outdoor objective extensively, so that I know exactly what to expect and what I need to train for".)

Thinking beyond your goal, what do you hope this grant might achieve for you? *

We want to know if you have any larger goals that might motivate you as you train.

How will your community benefit from you achieving your goal? *

We want to understand how this grant might impact those around you and your ability to participate in your communities. Community can be defined as your family, friends, social or faith groups, or sports groups. (Examples: "Training to build a bit more stamina, I might could coach my kid's soccer team"; "Achieving this goal will enable me to join group hikes with my mates at the local tramping club"; "My kids are into mountain biking, and I want to achieve this goal so I can enjoy the sport with them"; etc.)

Part 2: continued

Tell us about your rehabilitation and gear needs.

We'd like to know the rehabilitation support and gear you may need to achieve your goal. Most of our grant will go toward rehabilitation costs; however, at times we may be able to fund some specialist gear. Please prioritise your requests so we can understand what is most important to you.

Please also let us know the costs associated with your outdoor goal or objective. These questions help us understand the resources you might require.

What rehabilitation support do you need in order to achieve your goal? *

Please describe your rehabilitation needs and list any service providers (e.g. neurophysio, personal trainer, gym, etc.) you hope to use and how they will help you achieve your goal. Please include the name of the service provider(s) and remember to upload a quote from them at the end of this form.

What is the total rehabilitation cost associated with your objective? *

At the end of this form, you will need to upload quotes totalling the figure above.

Is there any new gear/equipment you need to accomplish your goal? Please list the items and their costs in order of priority: *

Although we prioritise funding for rehabilitation support, we recognise that sometimes specific equipment may be needed to reach your goal comfortably and safely. This could be clothing, footwear, or equipment. (Examples: a backpack, tent, boots, walking poles, rain jacket, mountain bike, kayak, technical climbing equipment, first-aid kit, PLB, etc.). We ask that you list them in order of priority, with the most important items at the top.

What is the total gear and equipment cost associated with your objective? *

This figure should be the total value of the gear items listed above.

Supplement: Expedition Grant

For bigger trips meeting the following criteria, we can provide additional funding through the supplemental Expedition Grant. **To qualify for the Expedition Grant, your goal must a) be a multi-day adventure with b) at least one other person joining you for the duration of the trip.** We define "multi-day" as at least two days or one night.

Here are some examples of outdoor objectives that would qualify for this grant. Please note that this is not an exhaustive list:

- An overnight hike or tramp with your partner or friend.
- A three-day bike-packing mission with some mates.
- A five-day climbing expedition with your climbing partner.
- An overnight sea-kayaking mission with your family.

Expedition Grant: Is your trip a multi-day adventure AND will others join you on it?

Yes

No

Expedition Grant (Part 2: continued)

Tell us about the costs associated with your multi-day trip.

Trips qualifying for the Expedition Grant will receive up to \$200 additional funding per day for up to five days, depending on the number of people.

This supplemental grant contributes toward food, accommodation, group gear, and access costs. The funds you receive can be applied to the expenses that happen during your adventure (not those that occur before or after the expedition).

We invite you to itemise your expenses below. If you get stuck, look at the descriptions to help you along.

At the bottom, please feel free to include any additional details you believe to be relevant.

What is the duration of your adventure (number of days)? *

How many people will you be accompanying you on your adventure? *

What are your costs?

	Cost	Description
Food		
Access		
Accommodation		

Food

What this covers: This can cover any food costs.

Description: There's no need to give a detailed description in the table below.

Access

What this covers: This could include the price of a shuttle service, water taxi, helicopter, etc., needed to access the start of your adventure. We may only be able to contribute to these costs.

Please note that we are not able to cover the cost of travel to or from the start of your trip. For

example, we can't pay for domestic flights or ferry crossings.

Description: Please briefly describe your access costs. Examples: "Shuttle to the start of the track"; "Water taxi to the beginning of the Queen Charlotte Track"; "Helicopter access to and from Centennial Hut".

Accommodation

What this covers: This could include the cost of staying at huts, campsites, backpackers, etc..

Description: Please briefly describe your accommodation costs. Examples: "Huts on the Routeburn track"; "Backpackers along the Alps to Ocean trail".

Group gear details. Please list in order of priority: *

Please list your group gear costs, with the cost of each item. This could include camping, cooking, first aid, safety gear, and more. We ask that you list them in order of priority, with the most important items at the top. (Examples: "Hire fee for PLB from Bivouac - \$60"; "Emergency shelter - Sea to Summit Escapist Tarp - \$319").

Group Gear (total cost): *

Specify the total cost. This figure should total the items listed above.

Additional Notes (Optional):

Please let us know any addition thoughts or comments you might have in relation to the above.

Part 2: continued

Part 3: Submissions

You're almost finished!

You're almost at the end of the application – well done! The last step is to upload your supporting documents.

We need a **letter** from your Primary Health Professional (e.g. your GP, neurologist, neurology nurse, physiotherapist, neurophysio, occupational therapist, or psychologist).

The letter must confirm the following:

- **Your diagnosis** of Multiple Sclerosis or Functional Neurological Disorder.
- **Your current health status** and ability to pursue your outdoor objective. This should include reference to your current level of mobility, pain and general health status.

We also need a **letter or email** from a referee. A referee could be a friend, co-worker, or member of your community.

Their letter must state the following:

- Their **relationship** to you.
- **Why** they think you should receive the grant.
- How the grant would **benefit** you and your community.

Your referee is welcome to submit their letter by emailing nick@masteringmountains.org.nz. Please note that your referee must send this email prior to or within seven days of your submission.

Alternatively, you are welcome to upload their letter below.

How will the referee's letter be submitted? *

My referee with has already emailed their letter Mastering Mountains.

My referee will email their letter within seven days of this submission.

I will upload my referee's letter below.

Please provide us with a quote for the rehabilitation costs you're applying for. Examples include neurophysio consultations, personal or specialist trainers, and gym memberships.

Please note that you can upload multiple quotes or documents if needed.

Part 3: continued

Terms and Conditions

By submitting an application to Mastering Mountains Charitable Trust (hereafter referred to as "MMCT"), you agree to the following terms and conditions:

1. Truthfulness of Information: You confirm that all information provided in your application is true and correct to the best of your knowledge.
2. Consent for Information Sharing: You consent for basic information from your application, including your story and goal, to be shared confidentially with partner organizations to find additional support or sponsorship for items on your gear/equipment list. You also consent for this information to be used by MMCT and partner organizations for publicity purposes.
3. Health and Safety Responsibility: You acknowledge and agree that you are fully responsible for your health, safety, and well-being during any activity related to the grant provided by MMCT. You agree to take all necessary precautions to ensure your safety and the safety of others around you.
4. Liability: You acknowledge and agree that MMCT and any associated organizations, including their directors, officers, employees, volunteers, and agents, shall not be liable for any injury, death, loss, or damage to you or your property arising from or in connection with your receipt of the grant from MMCT, or any activities related to it.
5. Mentoring: You acknowledge and agree that any mentoring provided by MMCT or associated organizations is in good faith and is not a replacement for clinical advice.
6. Loaned Gear and Equipment: If you are loaned any gear or equipment by MMCT, and it becomes damaged, you agree to replace the damaged property.
7. Fundraising: You agree to fundraise for MMCT to help future grant applicants.
8. Severability: If any provision of these terms and conditions is found to be invalid, illegal, or unenforceable, the validity, legality, and enforceability of the remaining provisions shall not in any way be affected or impaired.

By submitting an application to MMCT, you acknowledge that you have read, understood, and agree to these terms and conditions.

I consent to my information being anonymised and used in research or case studies. I recognise that details may be changed to protect my identity.

I agree to receive emails from Mastering Mountains, keeping me informed of the Trust's activities.