



# The Importance of Discovering the Adventurer Within

with renowned adventurer

# Ellis Emmett

BY NADIA CRIGHTON

The great outdoors is something many of us love about New Zealand. Someone who understands this better than most is Ellis Emmett. The avid New Zealander adventurer has been to places many of us could only dream of and has lived life in the exciting lane, exploring over 40 counties extensively, for the best part of 20 years.

His love for life and zest for adventure has taken him to the highest peaks, the deepest oceans, and the remotest places on earth. Today, his familiar face graces many television shows including National Geographic and the Travel Channel. Ellis is on a quest to educate, inspire and motivate the next generation (and some of us between) on the joys of getting out and enjoying life to the max.

"It's about getting back to basics," he says. "When you go out into the outdoors it strips away all of the noise and clutter of life and it renews your perspective and reminds you what is truly important."

Ellis is particularly passionate about adventure. But we're not talking about the fly-by-the-seat-of-your-pants adventure, or jumping off bridges. We're talking about the kind of adventure that moves your soul, shifts your spirit and leaves you with a sense of personal gain.

ELLIS IS ALSO AVAILABLE FOR MOTIVATIONAL PUBLIC SPEAKING EVENTS [ADVENTURE LEADERSHIP EXPEDITIONS](#)

"I don't like the term adrenalin rush," he says. "I'm not some adrenalin junkie, I'm not after a cheap fast thrill, it's a bit more deep and personal for me."

## NZ THE PLACE TO LIVE

Ellis is adamant after seeing so much of our planet, the best place in the world to live and explore is New Zealand.

"We are so free in New Zealand," he says. "In so many other countries there is just so much red-tape."

The fact is in many countries you can't even walk freely down the beach, as the person who lives next to it, may actually own it!

"It doesn't matter where you are in NZ, if you throw \$50 gas in the car within an hour you can be doing something adventurous."

That bold spirit is certainly an important trait of being a kiwi. Ellis does fear however, that things could be changing.

"As New Zealanders we have a culture that is recognised as being adventurous," Ellis says with pride. "We certainly have that X-factor in

terms of spirit and getting out there amongst it. Unfortunately with every generation I think it's getting diluted."

Today, it's too easy to have a virtual adventure without ever leaving your couch. This is a concern for the next generation of kiwi explorers.

We're talking about the kind of adventure that moves your soul, shifts your spirit and leaves you with a sense of personal gain.

"We need to get our kids out doing the same things we used to do as kids, exploring, climbing trees and building huts, that sort of thing."

## FINDING YOURSELF

The thought of throwing off the shackles and chucking on a backpack for a bit of adventure seems like a distant thought, when many of us just crave relaxation. However, research suggests that strapping on a backpack and heading out for an adventure, no matter how big or small, is great for your wellbeing.

"If you break it down there is very little that is very important in life," Ellis says. "We need food, we need

water, we need shelter and we need love. That's about it. Everything else just complicates our lives"

Ellis also reminds us of the importance of having passion in our lives. "We also need something to be passionate about, something that motivates us to get out of bed in the mornings," he says.

## UP NEXT?

Because of his vast life experiences and accumulated knowledge, Ellis wants to give back and allow those to learn, be inspired and motivated from his exploration, adventures and life lessons. In light of this he, alongside a small team of successful entrepreneurs and outdoor enthusiasts, have developed a company Adventure Leadership Expeditions where they take business people on expeditions while giving leadership training. "We've also just developed and launched a new arm of this business where we will take secondary school students on a six day adventure and give them personal development and leadership training."

[WWW.GOWILDPRODUCTIONS.CO.NZ](http://WWW.GOWILDPRODUCTIONS.CO.NZ) [WWW.ADVENTURELEADERSHIPEXPEDITIONS.CO.NZ](http://WWW.ADVENTURELEADERSHIPEXPEDITIONS.CO.NZ)