

HIGH COUNTRY

ADVENTURE BROCHURE



Giz A Break



WE LIVE AND WORK ON ABORIGINAL LAND. WE ACKNOWLEDGE THE REGISTERED ABORIGINAL PARTIES AS THE TRADITIONAL OWNERS OF THE LANDS OUR ADVENTURES TAKE PLACE ON.

- YORTA YORTA COUNTRY (LOWER GOULBURN RIVER AND MURRAY RIVER)**
- TAUNGURUNG COUNTRY (ALPINE REGION)**
- EASTERN MAAR COUNTRY (OTWAYS)**
- BARENGI GADJIN COUNTRY (VICTORIAN DESERTS)**

WE ARE ACUTELY AWARE OF, AND CELEBRATE, THE FACT THAT ABORIGINAL CULTURES ARE THE OLDEST SURVIVING CULTURES IN THE WORLD, AND WE INCLUDE PRE-COLONIAL HISTORY AND TRUTH TELLING IN OUR ADVENTURES.

BOUNCE BACK

REGISTRATION INFO

Come along for an unforgettable 4-day off-road adventure through to the High Country. Four-wheel driving, camping, fishing, hiking - we'll provide all the equipment needed. All you need to bring are your clothes and a pillow.

The group is limited to six participants. the adventure leaves on 18 December and returns on 21 December. It is accessible to 14-17 year olds.

Together, we'll be hitting the 4x4 tracks in high country, stand atop some of our tallest mountains and camp beside high country streams, and explore water falls. While we're away, we'll be working with you to build your community participation capacity through strengthening self-esteem and resilience. Key aspects include social skills, social supports, planning & prioritising skills, and goal efficacy.

REGISTRATION PACK

Inside this booklet, you'll find more info about the adventure program and a step-by-step guide on how you sign up. Also, you might be keen to know more about who we are and what we do - it's all included in this booklet.



We are fully insured, hold working with children checks and police checks, four-wheel driving certificates, and qualifications in health and social work fields. This ensures that our initiatives are fun, safe, and healthy. Our equipment is of high quality and we provide everything - from food, tents and swags to head torches. And this means that anyone can come along - nobody needs to buy equipment.

COST: \$2,400 (EX. GST)

You may be able to claim your participation if you are on a self-managed or provider-managed NDIS plan. Of course, we welcome non-NDIS participants also.



WAIT - WHAAAT? GIMME THE DEETS!

DAY 1 - SAT 18 DEC 2021

Meet at 8:30am at Shepparton Market Place carpark (on the Woolworths side). From there, we'll make our way to Cheshunt, VIC, from where we'll head into the Alpine National Park. While on the road, we'll equip each truck with a GoPro and you'll start making a plan on how you will be recording the trip to tell your story in a social media campaign. Check page 5 for more details on this aspect.

DAY 2 - SUN 19 DEC 2021

After spending the night at Sandy Flat, we'll head down to Pineapple Flat on the upper King River where we'll have

lunch. We'll then cross the King River and work our way across to King Hut. It's a stunning drive with six river crossings through crystal-clear water.

DAY 3 - MON 20 DEC 2021

We'll leave camp set up and take the staircase track up to Lake Cobbler, from where our hike to Mt Cobbler Summit starts. You wouldn't believe the views - incredible and so rewarding! Once back down, we'll pack up and drive across to Craig's Hut on Mt Stirling, check out the summit and drop down to Bindaree Falls and Hut relaxing by a camp fire.

DAY 4 - TUE 21 DEC

We'll take the scenic route back to Mansfield - creek crossings and steep 4x4 climbs will reward you with stunning views of Buller and The Bluff before we finish with a last break on the Howqua River. After a well earned lunch in Mansfield, we head home.

Back around 4pm.

MORE DEETS

YOUR ADVENTURE VIDEO

We'll give you 3 GoPros so that you can document your own adventure - in your own words. After the trip, we put together a 25-30 minute video using the footage you collected. This video will be uploaded on social media (our Facebook and YouTube accounts) so you can share it with your family and friends. If you do not want to appear in any images, that's fine - you can indicate this in the registration form. If you'd like to see what these videos look like, head here: www.gizabreak.org.au/programs

TUNES! (PLAY LIST)

Once you register, we'll be asking you for your favourite 5-10 songs (including artist names). We'll put these together into a play list that will play while we drive and at camp.

RESILIENCE SURVEY

We'll also send you an online survey that everybody coming along has to complete before we head off. It really helps us figure out where you're at and how we can help you build on your strengths.



WHAT HAPPENS NEXT?

Step 1

Talk to your parents/carer about registering and show them this brochure. You need your legal guardian's consent to participate.

Step 2

Register by or hitting the register button on the 18-21 Dec High Country adventure at www.gizabreak.org.au/register,

Step 3

We'll send you a confirmation email and we'll follow up with a phone call, too.

Step 4

We then send you a **detailed itinerary and a packing list, the invoice**, as well as a couple of tasks for you to complete beforehand.

FAQS

COMMON QUESTIONS



Q: How often do you run group adventures?

A: We run 10-12 multi-day adventures each year. About half of these are booked by community groups and schools, and the other half are accessible to people with all abilities, with particular focus on young people living with a disability (autism specifically). Head to our website (click on the "[register](#)" tab) to see all our scheduled adventures.

Q: Why are the group sizes so small?

A: Because this allows us to give everyone the attention they need and deserve. To achieve this, we have a staff : participation ratio of 1:3 at the minimum (usually 1:2).

Q: Do you run 1:1 adventures?

A: Yes, we do. We like work with individuals over a series (ideally 6) 1:1 one-day adventures. Before we start, we sit down together to find out what your personal goals and objectives are and track achievement along the way. You can book them on our website (head to "[register](#)" or "[programs](#)").

Q: How do you build community participation capacity?

A: We design our adventures based on a validated resilience framework called the "Scale of Protective Factors".

It combines 24 social and cognitive elements. The domains under which these elements can be grouped are **social skills, social support, planning & prioritising, and goal setting**. Leading up to the adventure, we engage with participants and social environment (families, carer, support coordinator) to find out as much as we can. Our intake questionnaire gives us a good idea of their needs, and this is complemented by their completion of the Scale of Protective Factors survey, too.

Our approach is strength-based. Each day, we work on the four resilience domain and tailor our approach to the group and each individual. You can see what this looks like by watching our trip report videos: Head to our website and click "[programs](#)" tabs.

We follow up with participants, families and support workers (where applicable) to discuss our observations and find solutions for continued strengthening.



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