

INDIVIDUALISED

1:1 SERIES



Giz A Break

2021



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.

ON AND UP!

OUR FOCUS

We believe in a society in which everyone has a right to happiness and the chance to fulfil their potential. We know that some people face bigger barriers than others - and we want to be part of the solution that helps them take these hurdles in their stride.

We started developing our 1:1 adventures upon the request of a participant who had come along on one of our group adventures and wanted to continue working with us to build on the positive impact he felt his participation had had.

While we can offer stand-alone 1:1 adventures for respite purposes or as a circuit breaker, we think that connecting a series of six 1:1 one-day adventures with a goal setting and attainment tracking approach is more impactful. We invite you to seek a discussion with us before you decide what you'd like to do, but read on first if you like.

Zonk (Sönke Tremper), co-founder.

WE'LL TAKE CARE.

We are an award-winning registered charity that wraps health promotion into an off-road touring format. While we four-wheel drive, fish, hike, and camp, we engage participants in conversations about things that matter to them, foster their participation in resilience-building activities, and follow up with each individual and their families.



We use proven theoretical frameworks to design our initiatives and can demonstrate that participants have an enduring benefit that extends well beyond their own personal sphere. We are fully insured, hold working with children checks and police checks, four-wheel driving certificates, postgraduate degrees in health and social work fields. This ensures that our initiatives are fun, safe, healthy, and impactful. And it also means that we are well prepared for young people who face challenges in their lives. Our equipment is of high quality and we provide everything - from tents and swags to head torches and kayaks.

ONE-DAY

1:1 ADVENTURES

DESTINATIONS

- High Country
- Strathbogie Ranges
- Murray River

GOALS & OBJECTIVES

- Before our first trip, we will formulate your personal goals and objectives. They need to be SMART: Specific, measurable, realistic, time-bound
- Goals are your higher level aspirations. Objectives are more granular and lead towards achieving your goal.
- During each adventure, we evaluate how you went with achieving your objectives - what worked, what didn't, why, and what could make it work better.

ACTIVITIES

- We will design our adventures so that they help you achieve your objectives - For example, we can include progressively harder hikes to build your fitness, and we can provide you with opportunities to marvel at the world around you (gratefulness, optimism).



- We may also set some pre-disposing activities: For example, we may introduce you to a series of stimulating books that can help you reduce screen time. We'll have read them too, so we can discuss the chapters we read in between during our trips.
- We will also set goals and objectives that you will need to work towards in between our adventures. Examples are screen time and school attendance,

COST - PLEASE ENQUIRE

- Depends on duration and destination;
- Additional cost for pick-ups more than 35km from our base in Dookie VIC 3646.



HUNGRY FOR MORE?

GROUP ADVENTURES

Where we go depends on the season. In November, December, March and April, we love the Victorian High Country. In January, February, and March, the Great Otway National Park is spectacular. In September and October, the Victorian Deserts are an amazing destination. And between May and September, the NSW Outback is wonderful. Each of these destination has their own unique features, and we tailor our activities accordingly. Costs are GST inclusive.

HIGH COUNTRY (4 DAYS)

Once the seasonal closures are lifted in November, we're good to hit the tracks! Waterfalls and crystal clear rivers full of trout await. Stand atop some of Victoria's highest mountains, experience the thrill of scrambling up rocky tracks, explore different alpine huts, and soak in the views. **\$2,640 pp**

THE DESERTS (5 DAYS)

Toboggan down dunes in Wyperfeld NP, walk on salt lakes in Murray Sunset, scrambles up dunes in Big Desert, and deflate the fourbies' tires to make it through the soft sand. And the wildflowers! - next level. **\$3,300 pp**

OTWAY MAGIC (4 DAYS)

The Great Ocean Road like you've never seen it. Check out waterfalls in the morning and the ocean in the afternoon, fish for trout or bream and explore amazing hidden gems on rainforest tracks and ocean cliffs. **\$2,640 pp**

NSW OUTBACK (5-8 DAYS)

Once you turn off the bitumen onto the red dirt, you'll be hooked. Wide horizons, rocky escarpments and spine-tingling rock art - you can feel the presence of the First People, juxtaposed with abandoned stations along the way. **\$3,300-5,500 pp**