

# OTWAY MAGIC

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 Great Otways. Four-wheel driving, camping, fishing, hiking - we'll provide all the equipment needed. All you need to bring are your clothes and a pillow.

**Each group is limited to six participants.** We're running two adventures in January 2021: **14-17 year olds from 17-20 Jan, and 18+ year olds from 27-30 Jan.**

Together, we'll be travelling on off-road tracks in the rainforest and along the ocean cliffs, explore ship wrecks and swim in waterfalls. 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: \$2,640 (INC. 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!

remnants of ships that stranded here more than 150 years ago. During the afternoon, we'll be going for swims and try out kayaking, stand-up paddle boarding and fishing.

### DAY 3

Rainforests, steep and muddy 4x4 tracks, and waterfalls - you're in for a magical experience. We'll be spending the day on the tracks, broken up by short hikes to stunning locations. At the end of the day, we'll cool off with a swim in Apollo Bay and then make our way back to camp to relax. And once it gets dark, we have a very special magical surprise for you!

### DAY 4

We'll be packing up and then head back home - but not before we have paid a visit to a bakery and another waterfall along the way. We aim to be back in Shepparton around 4pm and will let carers know a more exact time of arrival once we have left Melbourne behind us.

### DAY 1

#### **Meet at 8:30am in Shepparton**

(additional pick up locations can be arranged). From there, we'll make our way to the Aire River, where we'll set up base camp. 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 video we'll put together for you. More detail on this on page 5.

### DAY 2

We'll be heading down the Great Ocean Rd to explore the 12 Apostles and then take a stunning 4x4 track that hugs the coast, exploring beaches and

## 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](http://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 Otway Magic adventures at [www.gizabreak.org.au/register](http://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 the [programs](#) tab.

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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