

RIVERINA

ADVENTURE BROCHURE

25-27 JULY 2022

24-26 AUG 2022

13-15 SEP 2022



Giz A Break



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

- **YORTA YORTA & BANGERANG (LOWER GOULBURN RIVER AND MURRAY RIVER)**
- **TAUNGURUNG (ALPINE REGION)**
- **EASTERN MAAR (OTWAYS)**
- **WIRADJURI & NARI NARI (RIVERINA)**
- **DJAB WURRUNG & JARDWARDJALI (GRAMPIANS)**
- **BARENGI GADJIN (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.

RIVERINA

REGISTRATION INFO

Come along for an unforgettable 3-day adventure in the NSW Riverina. Together, we set our destination within the region and explore the national parks and rivers. From Mungo to Cocopara and the mighty Murray to the Lachlan, we bet that you didn't even know we had these gems (almost) on your doorstep. We'll provide everything - all you need to bring are your clothes and a pillow.

Group size is limited to 3-6 participants.

We really believe in the value of 1:1 conversations and the dynamics of a small group, and with experienced carers, you'll be well looked after. While we're away, we'll be working with you to build your community participation capacity through strengthening independence, self-esteem and resilience. Key aspects include social skills, life skills, planning & prioritising skills, and goal efficacy.

ELIGIBILITY & COST

This adventure is open to anyone aged 14-17. It is very well suited to young people living with autism. If you are on an NDIS plan (self-managed or plan-managed), you may be able to claim the cost of participation. Please check with your plan manager and support coordinator before registering.



The cost per person varies depending on how many participants register:

- 1 participant (1 carer): \$3,600
- 2 participants (1 carer): \$2,250
- 3 participants (1 carer): \$1,500
- 4 participants (2 carers): \$2,250
- 5 participants (2 carers): \$1,800
- 6 participants (2 carers): \$1,500

The NDIS codes we invoice under are either 09_008_0116_6_3 or 09_011_0125_6_3.

Our terms & conditions, including cancellations and refund policy, are available on our website:

<https://www.gizabreak.org.au/terms-conditions>



WAIT - WHAAAT? GIMME THE DEETS!

FIRST PRINCIPLES...

What's important to us is that we work as a group to decide how we'd like to spend our time together: We select our destination and activity together, ensure that all the camp activities like set-up and pack-up, cooking, and cleaning are taken care of, and whether we'd like to explore by vehicle or on foot - it's up to us! Of course we'll come prepared with a few ideas that ensure we have some great things lined up, and of course we'll have some outdoor games and activities ready for you - but the key is that we make a plan and execute it together.

DAY 3

Time to pack down camp and make our way back - we'll take the most fun route back, and depending on how far we have to go, may explore some more along the way. We'll drop you off in Hay just after lunch before we make our way back to our base in northern VIC.

DAY 1

Pick up in Hay (NSW) at 12pm, or along our route to Hay (e.g. Shepparton, Tocumwal, Deniliquin). Together, we decide what we'd like to eat during our trip, make a meal plan and go shopping together. We then head to our destination, which will be within 1-3 hours drive from Hay - depending on weather and access to national parks.

DAY 2

We explore our surrounds - this can include fishing, hiking, and four-wheel driving. We are fully equipped and will provide all camping, fishing, and hiking gear.

MORE DEETS

YOUR ADVENTURE RECORD

We'll be making pictures and videos during our adventure. After the trip, we put together a short video using the footage we collected. This video will be uploaded on social media (our Facebook, Instagram 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 to our Instagram (@giz_a_break) and/or Facebook (@gizabreak) accounts, or check out 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 plan manager / support coordinator about registering and show them this brochure. If applicable, you will need your legal guardian's consent.

Step 2

Register by hitting the register button on the corresponding adventure on our website 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 15 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" link in the menu) to see all our scheduled adventures.

Q: Why are the group sizes so small?

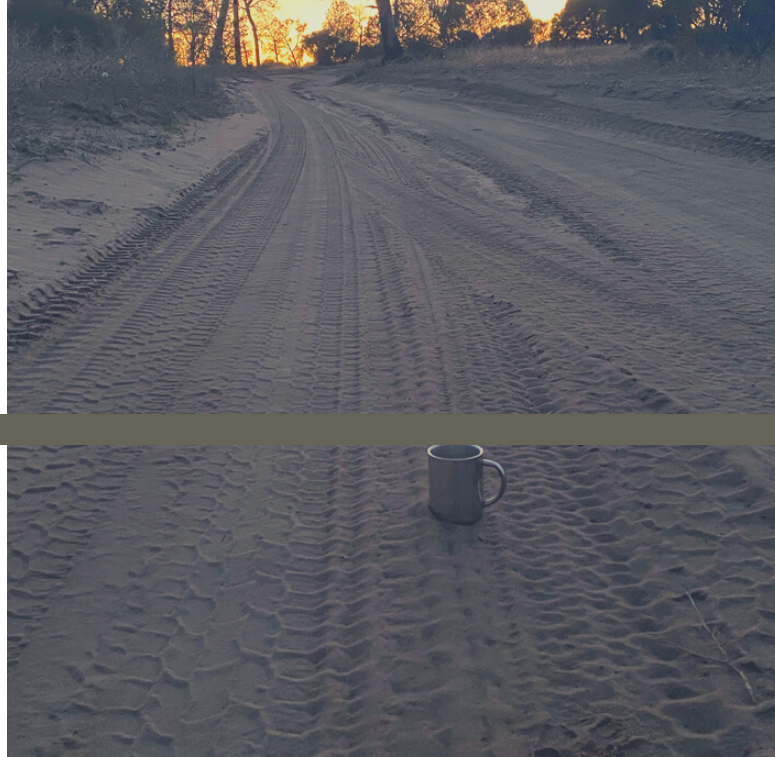
A: Because this allows us to give everyone the attention they need and deserve. To achieve this, we have a staff : participation ratio of 1:3 at the minimum (usually 1:2).

Q: Do you run 1:1 adventures?

A: Yes, we do. We like to work with individuals over a series (ideally 6) of 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 domains 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 www.gizabreak.org.au/programs.

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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