

# 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 & BANGERANG COUNTRY (LOWER GOULBURN RIVER AND MURRAY RIVER)**
- TAUNGURUNG COUNTRY (ALPINE REGION)**
- EASTERN MAAR COUNTRY (OTWAYS)**
- BARENGI GADJIN COUNTRY (VICTORIAN DESERTS)**
- DJAB WURRUNG & JARDWARDJALI COUNTRY (GARIWERD / GRAMPIANS)**

**WE ARE ACUTELY AWARE OF, AND CELEBRATE, THE FACT THAT ABORIGINAL CULTURES ARE THE OLDEST SURVIVING CULTURES IN THE WORLD, AND WE INCLUDE HISTORICAL FACTS 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 aged 14-17.** Together, we'll be crossing through rivers in the 4x4s, explore famous high country huts, and stand atop some of our highest mountains. 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.

If this sounds like the break you've been dreaming of, read on!

### 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

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

(additional pick up locations can be arranged). 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 video we'll put together for you. More detail on this on page 5.

### DAY 2

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

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

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 swim in the Howqua River. After a well earned lunch in Mansfield, we head home.

**Back in Shepparton 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](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 High Country adventure 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.



# Giz A Break

