

HIGH COUNTRY

ADVENTURE BROCHURE

21-24 FEBRUARY 2023

PER INVITE ONLY



Giz A Break

This adventure is by invite only. It is a training and capacity building initiative for people who volunteered and collaborated during the GV floods to support Greater Shepparton's multicultural community.

We gratefully acknowledge the support from the Victorian Department of Families, Fairness and Housing which enables this initiative.



**RIVER
JOURNEY**

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 & GUNAI KURNAI (ALPINE REGION)**
- **EASTERN MAAR (OTWAYS)**
- **JARDWARDJALI & DJAB WURRUNG (GARIWERD / GRAMPIANS)**
- **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.

We are incredibly grateful for the grant from the **Victorian Department of Families, Fairness and Housing** that supports this initiative, as well as the support from our friends at **Point of Difference Studio, Goulburn Broken Catchment Management Authority, Ethnic Council of Greater Shepparton, and Greater Shepparton City Council**. We'd also like to acknowledge **Greater Shepparton Foundation** for the emergency grant that helped us cover our outgoings while we volunteered our time and equipment delivering people, sandbags, food, medication, and other essentials during the flood event in Shepparton, Mooroopna, Murchison, Undera, and Barmah. It made a big difference.

RIVER JOURNEY

ADVENTURE INFO

We'll be running four off-road adventures for 14-17 year old residents of Greater Shepparton who have been impacted by the 2022 floods. The first two adventures were delivered in December and January, and the third (28-31 March - boys) and fourth (2-5 May - girls) are coming up. These two adventures are reserved for Greater Shepparton's multicultural community, including First Nations persons (14-17 year olds) and are completely free and all inclusive: Halal food, camping gear, etc..

The River Journey adventure is different yet related - it is designed as a training and capacity building initiative for people who collaborated during the floods to support Greater Shepparton's multicultural communities. We integrate training for Mental Health First Aid, the Giz A Break method, "4x4 basics", and the river system (including floods). Some participants will accompany the upcoming camps, so this is a great opportunity to prepare. Importantly, it also provides participants with a chance to take a breath and review our collaboration during the floods - a bit of closure!

Together, we'll be travelling on off-road tracks through the mountains and crystal clear rivers. We'll journey along the



Broken and Goulburn Rivers, check out key factors affecting water dynamics, and learn how to better respond collaboratively during future natural disasters. Inside this booklet, you'll find more info about the adventure program and a step-by-step guide on how you sign up.

We are fully insured, hold working with children checks and police checks, four-wheel driving certificates, and qualifications in health, youth, and social work fields. This ensures that our initiatives are fun, safe, and healthy. We will provide 4x4s and all camping equipment and food for the group - there's no cost to you.



ITINERARY

GIMME THE DEETS!

DAY 1 (21 FEBRUARY)

Departure is at 8:30am from 62A Benalla Road, Shepparton. We'll travel along the Broken River and make our way to Mansfield (brunch!), from where we'll head along Lake Eildon to Jamieson. We'll hit the 4x4 tracks to Mt Terrible summit, a great spot to view the valleys through which the Goulburn and its tributaries flow. We then head down to Woods Point to find camp on the Goulburn close to its source. First dose of Mental Health First Aid begins!

DAY 2 (22 FEBRUARY)

We'll resume MH 1st Aid and then hit the tracks - expect river crossings,

rocky, wonky, and steep tracks, views and deep valleys. Make sure you have your swimmers packed - great water holes ahead! Back at camp, MH 1st Aid continues :)

DAY 3 (23 FEBRUARY)

We pack up and travel to Eildon to check out the Goulburn's exit from the lake, and then travel via Yea and Seymour to Nagambie and Goulburn Weir. We find camp along the river. IMH 1st Aid concludes.

DAY 4 (24 FEBRUARY)

We'll head along the river via Murchison, Toolamba and Mooroopna, checking out the flood levels along the way. We'll learn about disaster management and water borne diseases (and their prevention) as we go.

Expect to be back at 62A Benalla Rd by 4pm.



Giz A Break

