

HIGH COUNTRY

HAY SHIRE ADVENTURE

14-17 MARCH 2023

HAY SHIRE GIRLS



Giz A Break



**14-17 YEAR OLD GIRLS
LIVING IN HAY SHIRE**

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, BORKEN, AND MURRAY RIVERS)**
- **TAUNGURUNG & GUNAIKURNAI 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

If you're 14-17 years old girl and live in Hay Shire, you could be coming 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.

Together, we'll be crossing through rivers in the 4x4s, check out high country huts, and stand atop towering mountains. Pick-up and drop-off is at Hay War Memorial High School at 7am on 14 March.

If this sounds like the break you've been dreaming of, check out the program inside and get your parents across the information and registration forms.

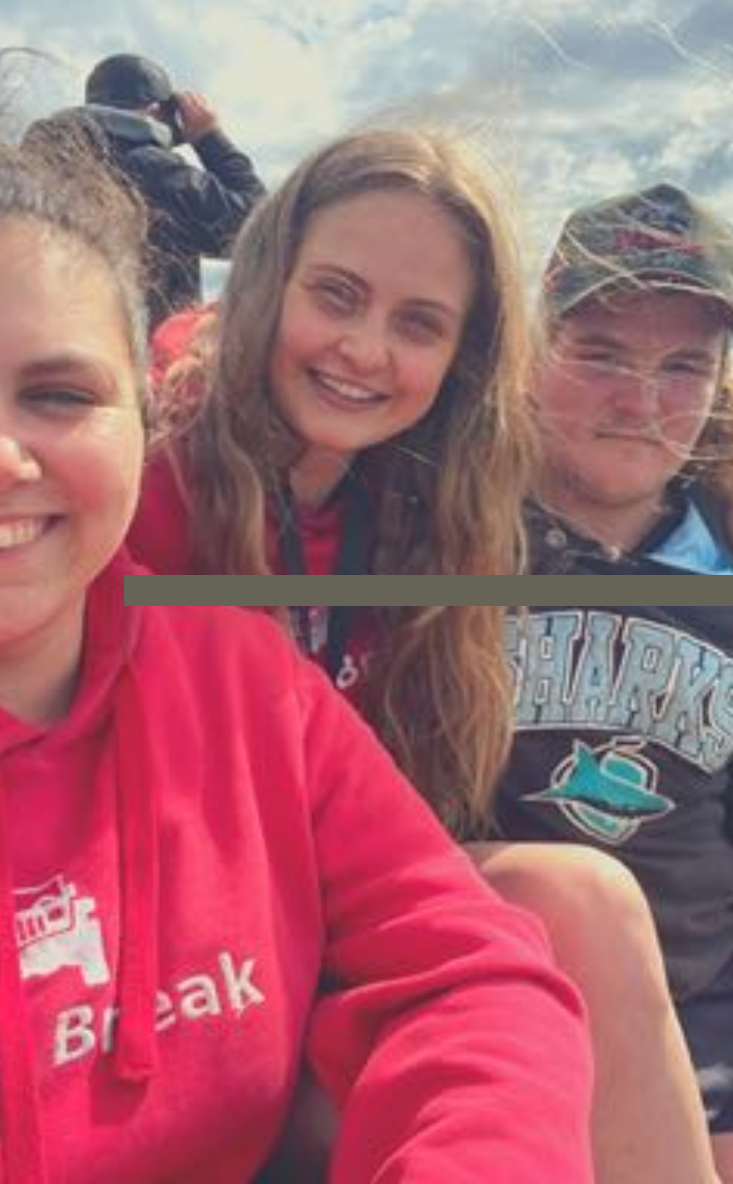
REGISTRATION PACK

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 and your parents might be keen to know more about who we are and how it's all made possible - 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.

We gratefully acknowledge the support from Transgrid, Hay Shire, NSW Government, and Hay War Memorial High School P&S which made this adventure possible.



WAIT... WHAAAT?

GIMME THE DEETS!

DAY 1 - TUE 14 MARCH

Meet at 7 am at Hay WM High School. We'll make our way to Cheshunt (VIC) where we'll get lunch. We'll check out an awesome waterfall and then hit the 4x4 tracks. Not long after, we'll find camp on the Upper King River. After setting up camp, it's time for a swim and / or a fish! We'll equip you with 3 GoPros so you can take footage, which we'll turn into a short movie to be uploaded on our social media accounts later.

DAY 2 - WED 15 MARCH

A big day on the tracks! We'll be climbing some steep ridge tracks and then drop back down to the river, crossing it about 6 times before we get to King Hut and make camp. We'll have some games and fishing rods lined up for ya!

DAY 3 - THU 16 MARCH

BIG DAY! After a hearty breakfast, we'll head out to Lake Cobbler where our hike up to the summit starts. You'll be rewarded with breathtaking 360° views. Once back down, we'll head to Craig's Hut (seen "Man from Snowy River"?) and then get up the rocky track to Mt Stirling summit - followed by a waterfall and camp on the Howqua River at Bindaree.

DAY 4 - FRI 17 MARCH

An early start will see us back on the tracks and ready for a swim at a water hole by about 10am. We wind our way out to Mansfield for lunch before we track back to Hay. You'll be **back in Hay around 7pm.**

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 10 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

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 and teacher about registering and show them this brochure. You need your legal guardian's consent to participate and they need to fill in the registration form with you.

Step 2

Register by hitting the register button on the adventure at www.gizabreak.org.au/register.

Step 3

We'll send you a confirmation email and follow up with a phone call.

Step 4

We then send you a **detailed email including a packing list**, as well as a couple of tasks we need you to tick off.



Giz A Break

Giz A Break is proud of our partnership with the Hay community and we're looking forward to sharing this (and hopefully many more!) adventures with you.

THIS INITIATIVE IS PROUDLY SUPPORTED BY:



**Hay War Memorial High School
Parents & Citizens Association**

