

COMMUNITY CAPACITY BUILDING

6-9 JUNE 2023

HAY NSW COMMUNITY
(23-50 YEARS OLD)



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, 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.

HOP ON BOARD

ADVENTURE INFO

We've worked with the Hay Community since October 2019 and are keen to develop a sustainable, long-term delivery of the Giz A Break program for young people from Hay and surrounding communities. This adventure is designed to develop capacity within the community to become part of delivering the program. Six community members are invited to come along. The ideal candidates will:

- Be aged between 23 and 50
- Fit enough to go for hikes up and down a mountain while carrying a backpack
- Have an unrestricted drivers licence
- Have experience in supporting young people (14-25 yo) in tricky situations
- Understand (implicitly or explicitly) the determinants of health, social, educational, and economic outcomes for young people in Hay,
- Have engaged with Giz A Break previously, or have good awareness of who we are and what we do
- Be excited about learning how to do new things and stepping out of their comfort zone



We've booked a cosy house in the High Country with the upper Goulburn River in our backyard. From there, we'll set out to learn about how we operate and govern Giz A Break, how we engage with young people, and how to use a 4x4 in off-road conditions (including basic 4x4 recovery operations). Our youth worker Dallas and founder Sonke will be joined by a young person happy to share their story. You get the chance to ask all sorts of questions you might not usually get to ask. Together, we'll guide you on how to engage effectively and with kindness.



WAIT... WHAAAT?

GIMME THE DEETS!

ourselves an early dinner at the Jamieson Brewery before we head back to base. Throughout the day, a young person will rotate through the cars. How will you engage?

DAY 3 - THU 8 JUNE

Question time! We're curious to find out what you learnt about the young person before they share their story with us. We'll also ask them to share how they felt in your cars and why, and make recommendation on how we can improve. Ask all sorts of questions about their life, about how they turned things around, and where they're heading now. Back on the tracks, we'll cover river crossings and 4x4 recovery techniques. We make our way back for a BBQ back at the ranch.

DAY 4 - FRI 9 JUNE

Time to tidy up, pack our gear and head to Jamieson for brunch. We'll be back at the warehouse by 3pm and close off with revisiting our learning objectives - did we cover everything or do we need to go another time?

DAY 1 - TUE 6 JUNE

Please work with other attendees to organise transport to

Shepparton. We'll meet you at our warehouse (62A Benalla Rd, off Watson Street), where we'll go through an outline of our days together and (VERY) basic operation of a 4x4. We'll head off to our base on the upper Goulburn River and start learning about how we work with young people.

DAY 2 - WED 7 JUNE

A decent brekky and we're off to hit the tracks! Mt Terrible is calling... Maybe we even get to play in the snow! Once you've got the hang of using a 4x4 on the tracks, we'll get



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:

