

OUTBACK RIVERS TOUR

ADVENTURE
BROCHURE



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 COUNTRY (LOWER GOULBURN RIVER AND MURRAY RIVER)**
- **TAUNGURUNG & GUNAIKURNAI COUNTRY (ALPINE REGION)**
- **EASTERN MAAR COUNTRY (OTWAYS)**
- **BARENGI GADJIN COUNTRY (VICTORIAN DESERTS)**
- **WIRADJURY, NGIYAMPAA, BARKINDJI AND MUTTHI MUTTHI COUNTRY (NSW OUTBACK)**

WE ARE ACUTELY AWARE OF, AND CELEBRATE, THE FACT THAT ABORIGINAL CULTURES ARE THE OLDEST SURVIVING CULTURES IN THE WORLD, AND WE INCLUDE TRUTH TELLING IN OUR ADVENTURES.

NSW OUTBACK

REGISTRATION INFO

Come along for an unforgettable 7-day discovery tour through the New South Wales Outback. Explore ancient sites, stroll through old shearing sheds, walk on red dirt and experience the wide, open dirt roads of the outback. Starry cold nights and mild days, outback towns full of character, sand dunes and lakes, a toasty fires at night, and stunning outback rivers - this is a breathtaking destination. We'll provide everything - all you need to bring are your clothes and a pillow.

Group size is limited to 6 participants.

We really believe in the value of 1:1 conversations and the dynamics of a small group, and with 2-3 carers (including a female youth worker), you'll be well looked after. 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. This adventure is well suited to people living with autism.

Please note that this adventure is a remote 4x4 touring adventure - we will cover quite some distance most days. We'll make sure that we have breaks built in.



Giz A Break is an award-winning registered charity. We're 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: \$5,000 (EX GST) PP



ITINERARY

GIMME THE DEETS!

DAY 1

Meet at 9:00 am at Shepparton Market Place (110 Benalla Road).

We'll make our way to Hay for brunch and then hit the dirt roads to find camp on an old sheep station close to Hillston. After setting up camp for the night, we'll explore the shearing shed and homestead - and maybe even cast a line for some cod! A decent meal and a fire will keep us warm.

DAY 2 & 3

We'll take the back roads on the dirt to a very large, active sheep station on the Darling River - we stay for two nights, yabbing, fishing, and exploring the vast property by 4x4 - there's loads to discover! One our second night, we'll head into an iconic outback roadhouse for a hearty meal.

DAY 4 & 5

After a decent breakfast, we'll get back into the saddle and make our way to a stunning National Park close to Broken Hill. Staying for two nights gives us the time to experience the magic of the outback: The red earth and rocky outcrops, the starry nights (fingers crossed!) and stunning sunsets. We engage with the culturally significant sites and stories to learn from and about the traditional owners.

DAY 6 & 7

We hit the tracks once more, heading south. We stock up in Broken Hill and stop at Menindee Lakes - it should be carrying plenty of water given the season just behind us, a spectacular sight! - and then find our next camp at a site where modern human history was turned on its head and where significant discoveries are still made, showcasing that Aboriginal people have lived here for more than 70,000 years. Powerful!

We get up early to watch the sun rise, get a warm brekky, pack up and head home along the Murray. **Back in Shepparton around 4pm!**

FAQS

COMMON QUESTIONS

Q: How often do you run group adventures?

A: We run 16-20 multi-day adventures each year. About 12-15 of these are booked by community groups and schools, and the remaining camps 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 6-12) 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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