

GARIWERD (GRAMPIANS) 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)**
- **DJAB WURRUNG & JADWARDJALI COUNTRY (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 HISTORY AND TRUTH TELLING IN OUR ADVENTURES.

BOUNCE BACK

REGISTRATION INFO

Come along for an unforgettable 4-day off-road adventure through Gariwerd National Park (Grampians). Four-wheel driving, camping, hiking - we'll provide all the equipment needed. All you need to bring are your clothes and a pillow.

Each group is limited to nine participants.

Together, we'll be travelling on steep off-road tracks along the sharp ridges, break for lunch at amazing lookouts, explore waterfalls, and climb up rugged boulders to find 360 degree views on the summit. 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.

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: \$2,750

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.

SOME 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 short 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 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 Otway Magic adventures at 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** as well as a couple of tasks for you to complete beforehand.

FAQS

COMMON QUESTIONS

Q: How often do you run group adventures?

A: We run 16 multi-day adventures each year. About 12 of these are booked by community groups and schools, and the other 4 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](#)" tab) 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 work with individuals over a series (ideally 6) 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 domain 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 our website and click the [programs](#) tab.

We follow up with participants, families and support workers (where applicable) to discuss our observations and find solutions for continued strengthening.



Giz A Break