

HIGH COUNTRY

ADVENTURE BROCHURE

SUMMER (DECEMBER)
LATE AUTUMN (MAY/JUN)

14-17 YEAR OLDS
18-24 YEAR OLDS



Giz A Break



Licensed Tour
Operator
2023-24



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 & GUNAIKURNAI (ALPINE REGION)**
- **DJAB WURRUNG & JARDARDJALI (GRAMPIANS)**
- **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.

HIGH COUNTRY

REGISTRATION INFO



Come 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 hitting the 4x4 tracks in high country, stand atop some of our tallest mountains and camp beside high country streams, and explore water falls. 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.

We'll run this adventure in two different seasons, giving you completely different experiences: Summer - swimming, fishing, and summits; late autumn - slippery 4x4, fishing, and maybe even the first snow!

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 a fully insured Licensed Tour Operator with Parks Victoria, hold working with children and disability worker screening checks, four-wheel driving certificates, and qualifications in outdoor education, health, youth, 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: \$2,500 PP (EX. GST)

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.

ITINERARIES

WHAT WILL YOU EXPERIENCE?

We'll be running two adventures in summer and two camps in May/June one each for 14-17 year olds, and the other for 18-24 year olds.

The summer and winter itineraries are different so that we can make the most out of each season - swimming in crystal clear creeks and scrambling up rocky ridge tracks is characteristic of the adventure in summer, while in late autumn we'll chase the first snow (fingers crossed!), explore old stockmen's huts on the high plains, and experience slippery 4x4 tracks. Trout fishing is fine in both season, and rest assured - we'll have a few rods and decent lures on board!

Our summer itinerary focuses on the north-west of the high country between Whitfield and Mansfield, while in late autumn we'll head deep into the heart of the high country and through the Wonnangatta Valley.

Activities will include four-wheel driving (of course!), fishing, hiking, swimming, and abseiling (summer, if dry) - and most importantly, talking, singing with your fav tunes, and taking in the pristine scenery,



FAQS

COMMON QUESTIONS

Q: How often do you run group adventures?

A: We run 20+ multi-day adventures each year. About half of these are booked by community groups and schools, and the other half are accessible to people with all abilities, with particular focus on young people living with a disability (mostly autism). 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 6-12) full day 1:1 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 "[programs](#)" tabs.

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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 Parks VICTORIA
 Supporting Nature's Future
 VICTORIA State Government