



**GIZ A BREAK
NUMURKAH SC
2026**



**14-17 YEAR OLD STUDENTS AT
NUMURKAH SECONDARY COLLEGE**

NUMURKAH

WHY?



In late 2025, Numurkah Secondary College invited us to come in to talk about our program's suitability for a small group of young men the school felt would really benefit from additional support. The reasoning was two-fold: Teachers felt that these students had potential they'd love to see fulfilled, and they were also concerned about the potential outcomes if nothing was done. In response, we designed a one off, 10-month program supported by an experienced team including an accredited social worker. It includes quarterly 4-day camps to remote areas, and fortnightly single day adventures to state and national parks surrounding the Goulburn Valley.



IT'S NICE TO SEE YOU'RE CURIOUS.

Chances are that you're reading this because a teacher encouraged you to participate. Maybe you're about to make a decision to try something new. Maybe you'll eventually decide to share your story with people you'll meet on this program, and maybe you'll feel stronger after completing this program. Of course, there are no guarantees for that, but if you decide to participate, we'll do our best to make it useful for you - and we're sure you will, too. This program is about finding trust in yourself and others, and we know that can be really difficult at first. We've been in that position ourselves before, and we know most of you feel like that at the start, too. We won't presume that we know what's happening inside you. You're you, and if you participate, we promise that we'll meet you where you're at.

WHAT'S INVOLVED?

Ok, elevator brief: There are only six spots in this 10-months program, and it's totally free. It kicks off in term 1 with a 4-day camp (17-20 February). There are three more 4-day camps in April, August, and November. In between these, we'll organise fortnightly 1:1 adventures. They last about eight hours and go to places with awesome 4x4 tracks like the Strathbogies, Beechworth area, Alpine National Park, and Lake Eildon. On the camps, we'll be travelling to magical destinations across Victoria such as the high country, the rainforest and beaches of the Otway National Park, and the jagged mountains of the Grampians. We provide absolutely everything - you just need basic clothes, a pillow, and a drink bottle. We pick you up from Numurkah in our 4x4s and drop you back, too.

WHAT ARE THE DATES?

START

Registration opens	Registrations are open from 2 February 2026. Teachers can make referrals using the link on our website .
17-20 Feb	First 4-day camp (Otway National Park)
Mar - Apr	4 x full day adventures. Destination: state and national parks in the region (eg Alpine National Park, Strathbogie Ranges)
28 Apr - 1 May	Second 4-day camp (Grampians National Park)
May, Jun, Jul	4 x full day adventures. Destination: state and national parks in the region (eg Alpine National Park, Strathbogie Ranges)
7-10 Aug	Third camp (Woods Point)
Aug, Sep, Oct	4 x full day adventures. Destination: state and national parks in the region (eg Alpine National Park, Strathbogie Ranges)
10-13 Nov	Fourth camp (Wonnangatta)



WAIT – WHERE WE GOING?

Yup, your hunch that this isn't like a school camp or similar is right. It's also not a boot camp either (far from it). The camps are heaps of fun, and you'll have a lot of freedom. You'll sleep in one of our high quality swags and we'll provide you with a warm sleeping bag, too. The itineraries are remote 4x4 off-road adventure based, with plenty of opportunity for activities along the way - maybe a shower under a waterfall, a jump from a rock into a crystal clear creek, fishing for trout, checking out amazing rock art, or climbing up steep rocky outcrops. And there might just be a bit of karaoke around the campfire... One thing is for sure - a decent campfire is a must at night! We'll pick you up from Numurkah with our 4x4s, all the food and camping gear is provided (all you need are basic clothes, a pillow, and a drink bottle).



Otway National Park *17-20 February 2026*

We kick off with this off-road journey through the Otway National Park and along the Great Ocean Road. There will be koalas at camp, swims in the ocean, an awesome 4x4 track leading us to a beach with relics from ships that sank more than 150s ago, and more 4x4 tracks in the rainforest behind the coast.



Grampians *28 Apr-1 May 2026*

Gariwerd (Grampians) has some of the best short and fun hikes on offer anywhere in Australia. There are some intense 4x4 tracks, too. About 80% of Victoria's Aboriginal rock art is found here. This place is just breathtaking!



Woods Point *4-7 August 2026*

This itinerary is one for those who love steep tracks and lots of river crossings. We will also be having plenty of big camp fires. There's a very good chance that we'll find some snow on the mountain tops, too - and that's a special experience.



Wonnangatta *10-13 November 2026*

Mountain peaks with magical views and swims in crystal clear creeks are in store. The 4x4 tracks are heaps of fun - steep mountains, secluded gullies, and river crossings. You'll be doing a couple of the iconic 4x4 tracks, including Blue Rag, Butcher Country and Dingo Hill.

WHO ARE GIZ A BREAK?

Dallas

If she was an animal: Parrot.



She knows a bit, Dallas does. She's survived significant anxiety in her teens, overcame bullying, and came back from essentially dropping out of the education system. Fast forward a decade, and at just 30 years old, Dallas is an accredited social worker, diploma Youth Worker, holds advanced four wheel-drive operator qualifications, and is also a qualified wilderness first aider. Her brain has a fascinating capacity to absorb irrelevant facts, and her trademark laugh is contagious.

Zonk

If he was an animal: Meerkat.



Used to work in the healthcare industry but after a bout with anxiety decided to do what he loves and set up Giz A Break in 2019. He loves off-road touring with his family and riding his DRZ400 through the high country. We reckon that if Zonk was an animal, he'd be a meerkat - always on the lookout for shiny new things, maintains complex social networks, and struggles to sit still. If you have any questions about the program, give him a buzz or text on 0401 833 110, or email him on zonk@gizabreak.org.au.

Way may be supported by one of our amazing volunteers - all of who have experience working in the mental health and youth space as well as have experienced their own mental health challenges. We believe that it's essential to have both lived experience and formal skills, and our volunteer legends complete us.



Website



We gratefully acknowledge Numurkah Secondary College's support to make this program happen.