



Giz A Break



Licensed Tour
Operator
2025-26



Supporting
Nature's
Future



SCHEDULE OF ACTIVITIES 2026

WWW.GIZABREAK.ORG.AU

Giz A Break is a registered health promotion charity that wraps youth and social work into an adventure touring format. We work with individuals and small groups, from single-day to 7-day overnight activities. Our team consists of skilled and experienced youth and social workers and outdoor educators.



SO... YOU RUN CAMPS?

Actually, not really. It's more than that. We run a program that makes youth and social work acceptable and accessible for young people with complex needs and challenging behaviours. Yes, we use the great outdoors as the space we engage in, and yes, we use activities such as canoeing, fishing, hiking, and four-wheel driving as the engagement mechanisms, but that is where the similarities between what we do and classic "respite" camps and outdoor education programs stop.

Our programs focus on social skills and connection, cognitive skills, and mental health. We employ both social workers and outdoor educators to harness the strengths of both and address the risks we encounter when working with vulnerable youth in remote areas. Our board of directors includes people with lived experience as well as mental health professionals. We have regular clinical supervision sessions with an accredited mental health social worker, and of course we have policies and procedures that safeguard young people in our care as well as our staff and volunteers. So, yes, you can send a young person with us for respite if that's your goal - and we'll provide that as well as all of the above.

CAN YOU CUSTOMISE PROGRAMS?

Yes - in fact, we do that all the time. From 1:1 programs to groups of up to 24 participants, we tailor initiatives to deliver for a specific purpose. For example, last year we ran a really successful program to reduce young men's risk of getting in trouble with the police. This year, we're developing a program specifically for 15-16 year olds with complex trauma and no or low school attendance. And we can now also offer an outdoor ed program for specialist schools. And in between, we love working with small groups and individuals achieve their goals.

So, let us know what you're after and we'll co-design it!



Sönke Tremper
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Giz A Break

FOR 14-16 YEAR OLDS



High Country 4x4, 16-19 Dec 2025

Travel along on challenging four-wheel drive tracks, explore famous high country log huts, stand under waterfalls and hike up to the top of a mountain. We'll show you some of the best swimming holes in the high country as we tour through the mountains. Here's what it looks and feels like - [check out the video](#). Departure is from Shepparton, and we can pick up in Benalla, Wangaratta, Seymour, Yea and Mansfield.



Otway Magic 4x4, 13-16 Jan 2026

We're off to the Otway National Park, where the rainforest meets the beaches along the Great Ocean Road. You get to four-wheel drive on slippery rain forest tracks in the steep hills close to Cape Otway, travel a rugged track along the cliffs overlooking the ocean, and get close and personal with koalas - oh, and did we mention fishing and a night-walk in the rain forest? Yes, you'll get to do that, too. Departure is from Shepparton and we can pick you up along the way in Seymour, Wallan, Waurin Ponds, Ballarat, and Colac.



Grampians 4x4, 14-17 Apr 2026

We bring together a mix of thrilling climbs to the tops of the Grampian's jagged mountains, fun four-wheel drive tracks, waterfalls, and rock art. We'll be travelling through the Grampians and show you some of the hard-to-reach spots and challenging 4x4 tracks we've discovered in years of travelling through these remarkable mountain ranges. Departure is from Shepparton, and we can pick up in Elmore, Bendigo, Ballarat, and Stawell.



Murray Canoe Journey, 5-8 May 2026

We'll be rolling out with our 4x4s loaded with our four canoes and hit the shores of the Murray downstream from Yarrawonga. After an intro to canoeing session, we'll hit the water and travel downstream, finding camp on beaches along the way. We'll have lures and bait for Murray cod and yellowbelly with us, so let's see if we can catch a feed for ourselves. Pick up locations include Echuca, Shepparton, Benalla and Wangaratta.

FOR 14-16 YEAR OLDS (CONTINUED)



Wonnangatta 4x4, 2-5 Jun 2026

We go right into the remote and wild heart of the Victorian high country. Rugged 4x4 tracks, river crossings, and relics of mining towns and cattle stations long gone. There's a good chance that we'll get the season's first snow (fingers crossed!), too. Together, we'll conquer iconic tracks like Blue Rag, Herne Spur, and King Billy, and hike out to Mt Howitt, too. Departure is from Shepparton, and we can pick up in Benalla and Wangaratta.



NSW Outback Tour, 27 Jun - 3 Jul 2026

Ever dreamt of exploring the Outback? This 7-day all inclusive tour will take you to breathtaking sites along remote outback tracks. Explore the Darling River, hike through the red mountains of Mutawintji National Park, stay on a remote station and fossick for opals. All food and equipment are included and you'll be travelling in one of our awesome 4x4s with enough space to be comfy. Departure is from Shepparton (VIC), and we can pick-up along the way in Echuca, Barmah, Mathoura, Deniliquin, and Hay.



VIC Deserts 4x4, 22-25 Sep 2026

Discover Big Desert, Wyperfeld and Murray-Sunset National Parks. Travel on remote sandy 4x4 tracks, send the four-wheel drives up the biggest sand dunes you've ever seen (and probably didn't even know we had in Victoria!), and camp on red sand in mallee bushland. If you'd like to know what it looks and feels like, have a look at [this short video](#). Departure is from Shepparton, and we can pick up in Bendigo, Echuca, Swan Hill, Kerang, and Ouyen.



High Country 4x4, 8-11 Dec 2026

A ripper itinerary through the more remote parts of the high country. We'll head into the Wonnangatta Valley for the first nights and explore the Butcher Country on the second day. We'll then explore some high country cattleman's huts on day three and a short (but steep!) hike up to the summit of a tall mountain for 360 degree views, and find camp on a crystal clear river - finishing the day with a swim - and maybe catch that elusive trout.

FOR 17-25 YEAR OLDS



Otway Magic 4x4, 6-9 Jan 2026

We're off to the Otway National Park, where the rainforest meets the beaches along the Great Ocean Road. You get to four-wheel drive on slippery rain forest tracks in the steep hills close to Cape Otway, travel a rugged track along the cliffs overlooking the ocean, and get close and personal with koalas - oh, and did we mention fishing and a night-walk in the rain forest? Yes, you'll get to do that, too. Departure is from Shepparton and we can pick you up along the way in Nagambie, Seymour, Wallan, Waurin Ponds, and Colac.



Murray Canoe Journey, 12-15 May 2026

We'll be rolling out with our 4x4s loaded with our four canoes and hit the shores of the Murray downstream from Yarrawonga. After an intro to canoeing session, we'll hit the water and travel downstream, finding camp on beaches along the way. We'll have lures and bait for Murray cod and yellowbelly with us, so let's see if we can catch a feed for ourselves. Pick up locations include Echuca, Shepparton, Benalla and Wangaratta.



NSW Outback Tour, 15-21 August 2026

Ever dreamt of exploring the Outback? This 7-day all inclusive tour will take you to breathtaking sites along remote outback tracks. Explore the Darling River, hike through the red mountains of Mutawintji National Park, stay on a remote station and fossick for opals. All food and equipment are included and you'll be travelling in one of our awesome 4x4s with enough space to be comfy. Departure is from Shepparton (VIC), and we can pick-up along the way in Echuca, Barmah, Mathoura, Deniliquin, and Hay.



High Country Hike, 24-27 Nov 2026

We'll be heading to the upper reaches of the Howqua River in the Victorian High Country, where we leave the 4x4 behind and slip that backpack over our shoulders. We'll each be carrying our own tent, cooker, and all the other gear we need (all provided by us). We'll also bring along fishing rods to see if we can land a couple trout, too. Departure is from Shepparton, pick-up from Benalla, Wangaratta, and Yarrawonga can be arranged.

1:1 MENTORING SERIES



Our goal is to improve young people's health and wellbeing with a particular focus on mental health. We use off-road adventures as the vehicle to connect with young people (10-25 years old) who would like to develop their independence. Our 1:1 Mentoring Program is delivered in a series of monthly 1:1, full-day adventures - usually to the High Country or other state and national parks in the region. We can also offer overnight adventures (great for hikes, developing skills, and respite).

FORMAT

Over the course of the program (and during each adventure), we work through three phases: **Regulate emotions, establish a relationship, and then reasoning**. As we get to know each other, these phases are worked through much faster and the focus shifts from regulating emotions and relationship establishment to reasoning - the identification of goals, review of progress, and problem solving.

Our 1:1 Mentors are experienced and qualified 4x4 operators who also have experience and / or qualifications in working with young people.

Our program is semi-structured, allowing participants to engage in decision-making. Supported by theories validated in young people with trauma, our facilitators assist participants develop social and cognitive capacities that strengthen their resilience.

Working to develop participants' independence, we pay attention to emotional, physical, and social aspects of their health.

SETTING

Our 1:1 destinations include the Alpine National Park, Strathbogie Ranges, the Goulburn, Murray, and Broken Rivers, and the Beechworth area.. We consciously choose semi-remote natural settings because they free the young person from their usual, often stressor-laden contexts and foster an attitude of openness to new impressions, ways of perceiving, and ways of doing. These environments also offer a multitude of sensory experiences.

INCLUSIONS

Depending on season, destination, and weather, our adventures include four-wheel driving, fishing, hiking, canoeing, and gold panning.

We provide a light lunch and all equipment - all participants need to bring are basic clothes, and a drink bottle.

TIMING

Pick up is at 9am (depending on where you live, we're happy to pick up and drop off at home) and drop off is around 5pm. For overnight 1:1 adventures, pick up is at 10am and drop off 3pm the following day.

PRICING

Please contact us to discuss pricing based on needs and days of the week.

For more information, please contact us on engage@gizabreak.org.au or 0401 833 110 (Sönke Tremper).

THE TEAM



Sönke Tremper [aka "Zonk", he/him] is the founder of Giz A Break and manages the organisation. He leads most camps and also provides 1:1 support for individual participants. He does all the background work (bookkeeping, admin, website, socials, etc) and is the go-to person for organisations thinking about partnering with us. If you'd like to contact us, give Zonk a buzz on 0401 833 110 or email zonk@gizabreak.org.au.



Dallas Piggott [she/her] first came along as one of our volunteers and decided that Zonk needed help (he does), and came on board in early 2021. Dallas is an accredited social worker and also holds a diploma in youth work. She is an experienced youth and disability worker and holds certificates in four-wheel driving and wilderness first aid. Quick witted and fun, Dallas is also known as The Real CHO (chief of happiness) at Giz A Break. Dallas comes on our camps,



Lauren Barker [aka Loz, she/her] is an accredited social worker and, like Jas and Dallas, started out by volunteering with us and is now a casual member of staff. Loz also works as a social worker at Headspace Shepparton and teaches at Latrobe University in Shepparton. Loz is an uncompromising optimist who always makes sure that the young person is at the centre of our thinking - and always takes a strength based approach. Love ya work, Lizzie!



Jasmin Mortelman [aka Jas, they/them] started out as a volunteer with us and decided that Giz A Break brings together the best of the outdoor and youth work principles, and just like that, they became an employee! Jas is a young person, a qualified Outdoor Educator, and a seriously good human.

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PROUDLY BASED IN SHEPPARTON

www.gizabreak.org.au - engage@gizabreak.org.au



What about under 14 and over 25 year olds?

We're more than happy to discuss how we can help - whether that's for small groups or 1:1 support. We understand that our younger participants need a higher level of support, and often requests for services have been for urgent respite. Our style of engagement will be tailored to the developmental age of the young person - more outdoor adventure play based for the younger ones, and more therapeutic for the older ones. Please reach out to us - we're looking forward to hearing from you.

Are your staff experienced?

They're experienced, qualified and well supported so that they can deliver on our purpose to support young people in tricky situations grow and fulfil their potential. Three of our staff are university qualified social workers, two are certified outdoor educators. We have regular clinical supervision from an external mental health social worker and also a backup consult service with our Child and Adolescent Mental Health Service. We also hold certificates in Wilderness 1st Aid Advanced Four-Wheel Drive Operation and Recovery.

How big are the groups?

We know from study and experience that connection and feeling safe are prerequisites for learning and personal growth. That's why we keep the group sizes small (3-8, depending on activity and demand) - it allows us to connect more meaningfully with each other and to tailor our approach to you individually and the group. Our support ratio is between 1:2 and 1:3, and we can enhance support upon request.

Where will we be staying?

Our activities are set outdoors in National and State Parks. Have a look at our destinations [in this video](#) :) On our 4x4 and touring based overnight activities, you'll be sleeping in high quality single-person swag that we provide. For hiking and canoe-based journeys, you'll be sleeping in single-person tents.

What do I need to bring?

Just your clothes, a pillow, and a drink bottle. We'll provide everything else. We'll send you a packing list after we confirm your registration so that you have the right clothes with you for the expected conditions.

For more details and to register,
head to www.gizabreak.org.au

Registration Form



Website

