

**VIC**

**DESERTS**

ADVENTURE BROCHURE



**Giz A Break**

**MURRAY SUNSET**

**BIG DESERT**

**WYPERFELD**



**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 COUNTRY (LOWER GOULBURN RIVER AND MURRAY RIVER)**
- TAUNGURUNG COUNTRY (ALPINE REGION)**
- 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.**

# BOUNCE BACK

## REGISTRATION INFO

Come along for an unforgettable 5-day off-road adventure through to the Victorian Deserts. Toboggan down white sand-dunes, scale towering dunes in the four-wheel drive, and enjoy the desert spring flowering and sunsets over salt lakes. This is a breathtaking destination, and we bet that you didn't even know we had these gems (almost) on our doorstep. 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 3 carers, 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.



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: \$3,000 (EX GST) PP**





# WAIT - WHAAAT? GIMME THE DEETS!

## DAY 1

**Meet at 8:30am at Shepparton Market Place carpark** (on the Woolworths side). We'll make our way to the Murray Sunset National Park via an old gypsum mine and find camp at Rocket Lake, a dry lake packed with wild flowers. After exploring our surrounds, we'll get stuck into a few camp games and get the fire going.

## DAY 2

Time to hit the tracks! We'll explore a remote hut and make our way through sandy tracks to Lake Crosbie (aka. Pink Lakes) where we'll have lunch - and then we're off to Wyperfield NP,

where we'll toboggan down a big dune called Snow Drift and set up camp for the night.

## DAY 3

Time to go remote! Working our way through dry lakes, we'll hit Milmed Rock Tk - super remote, soft sand dunes, and loads to discover. We'll camp on the track and enjoy the sunset from the top of a lookout dune.

## DAY 4

Rising early, we continue on the track and turn north into Big Desert State Park and find camp close to the aptly named Big Dune (or Big K) - this is a true adventure playground, with monster dunes, views to the horizon, and untouched desert bush land.

## DAY 5

A few more dunes and sandy tracks before we hit the bitumen. Time to air up, fuel up, get a decent feed and relax to some tunes while we make our way back. Expect us back in Shepparton around 4pm.

# MORE 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 25-30 minute video using the footage you collected. This video will be uploaded on social media (our Facebook, Instagram 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](http://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 plan manager / support coordinator** about registering and show them this brochure. If applicable, you will need your legal guardian's consent.

Step 2

**Register by** or hitting the register button on the VIC Deserts Adventure at [www.gizabreak.org.au/register](http://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, the invoice**, 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 15 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 (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?**

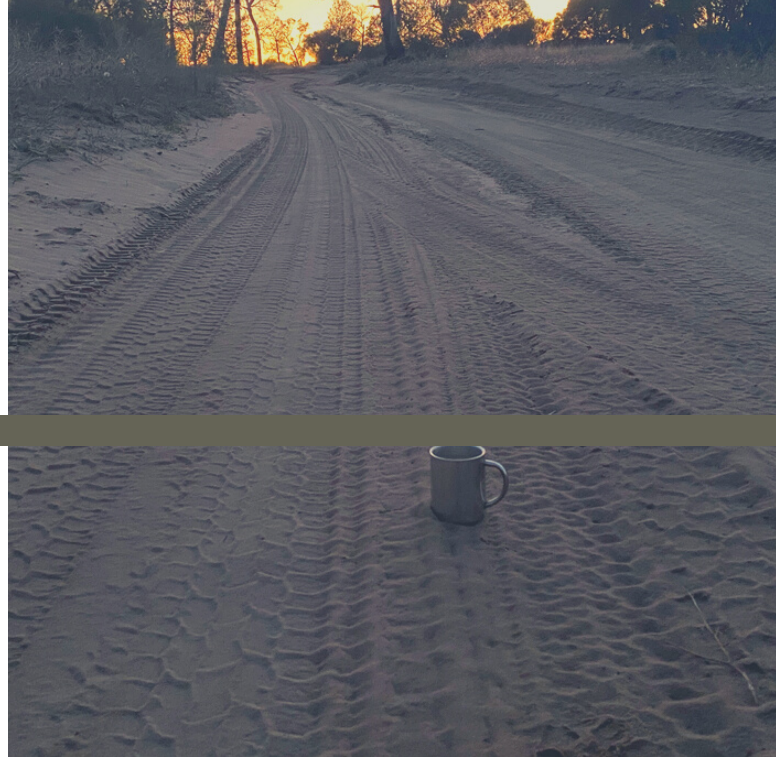
**A:** Because this allows us to give everyone the attention they need and deserve. To achieve this, we have a staff : participation ratio of 1:3 at the minimum (usually 1:2).

### **Q: Do you run 1:1 adventures?**

**A:** Yes, we do. We like to work with individuals over a series (ideally 6) 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](http://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.





# Giz A Break