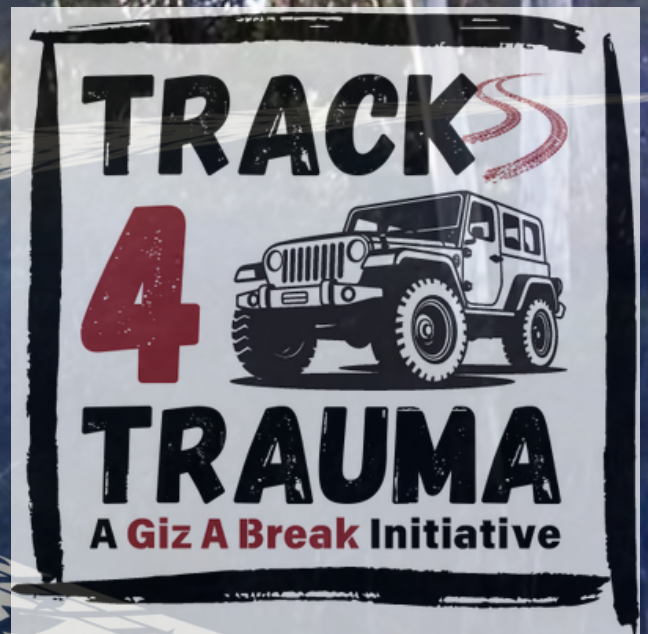




Giz A Break



FUNDRAISER
ADVENTURE
14-17 MAR '25

WHY?

There's no structured support system for young people with complex trauma. They are at much higher risk of developing serious mental illness, substance use, and suicide. Young people with complex trauma are less likely to access the healthcare system when needed, are overrepresented in the child protection and justice system, and are more likely to die early from suicide and chronic diseases (yep, it's a risk factor for diabetes and heart disease). Kids with complex trauma have lower educational attainment also. So, you can see that the odds are stacked against these kids, and through no fault of their own. To find out more about Tracks 4 Trauma and complex trauma, head to <https://www.gizabreak.org.au/tracks4trauma>



WHAT'S OUR GOAL?

\$50K+

Tracks 4 Trauma is a fundraiser initiative by Giz A Break. We're aiming to raise at least \$50,000 annually to offer a structured support program for young people with complex trauma from the Shepparton region.

WHAT'S EXPECTED OF ME?

Participants in our Tracks 4 Trauma multi-day camps must be over 18 years old and commit to raising (or donating themselves) \$2,500 per person and \$5,000 per tagalong vehicle. When you register, we'll ask you to make a donation of \$1,000 towards your targets and commit to either raising or donating the remaining funds to reach or exceed your target before the adventure's departure date.

WHERE ARE WE OFF TO?

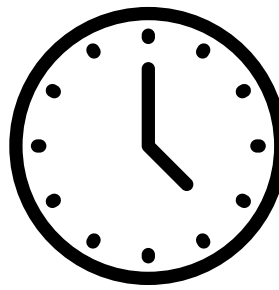
High Country Extravaganza!

A 4-day off-road adventure through the Victorian High Country awaits. We'll meet at Giz A Break's warehouse at 9am on Friday 14 March and head off to Mansfield (we can also meet you there at 10:30am), where we'll get a coffee and a bite before we fuel up and hit the tracks. We'll pop out of the mountains on Monday afternoon. While away, you'll be experiencing thrilling 4x4 tracks, waterfalls, a hike to the peak of one of the region's tallest mountains, the famous high country huts, and of course swimming holes and trout fishing in the crystal clear streams. Giz A Break's founder Sonke Tremper will be your guide and he'll share some 4x4 tips and tricks and of course how we support young people with complex trauma. Your dinners are provided for you by Elsewhere @ SAM - so all you need to look after is your brekky and lunch. Once you register, we'll send you more detail on the itinerary, packing list, etc.

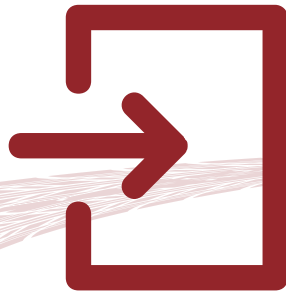
HOW DOES IT WORK?

- First things first - Tracks 4 Trauma is a fundraising initiative. It is for adults who understand what we do and want to financially support us.
- Participants will tagalong in their own 4x4s or hitch a ride with another participant.
- Participants commit to donating \$1,000 upon registration and donate or raise a further \$1,500 (personal target of \$2,500). The target per vehicle is \$5,000.
- Registrations are open now and close on 31 December 2024.
- When you register, we ask you to commit to your fundraising target of \$2500 (personal) and \$5,000 per vehicle. Targets need to be met by 28 February.
- Once you register, we send you an email with detailed information and a link to make your first donation. We also provide you with materials that assist you in your fundraising effort.

TIMELINE



NOW!



open
REGO

31 DEC



REGISTRATIONS
CLOSE

28 FEB

raise
\$5000



14-17 MAR



ACTION!

TAKE ACTION – NOW

Step 1



Register

We can only accommodate 10 vehicles, so please get this done pronto :)

Step 2

Donate \$1,000

We'll send you a link to donate. This will go towards your targets of \$2,500 (personal) and \$5,000 (vehicle).

Step 3

Engage your networks

Talk to colleagues and other contacts to support your fundraising effort to get to your target by 28 Feb. We'll send you materials you can use.

Step 4

Get your 4x4 loaded!

See you on 14 March for your 4-day adventure - all details in the email we sent when we confirmed your registration.

CONTACT: Sonke Tremper, engage@gizabreak.org.au
0401 833 110, www.gizabreak.org.au

I'm doing really good actually I think the camp helped a lot with my view on everything would you guys ever do a camp for yr 10 I think it would help a lot of kids in my grade 😊

Hello Zonk, I just wanted to convey my sincere thanks and delight for having [REDACTED] along on your trip. We are so proud of [REDACTED] and we're thrilled to hear the reports from camp. Thank you again so much, you have given this boy (and his family) an amazing gift. Sent from my iPhone



[REDACTED]
[REDACTED] Your work makes a difference—from one who has seen just how much! May you keep on doing what you do. Gratitude and thanks sent to the Giz A Break team.



I just wanted to thank you for being there for me and putting up with the shit that I say/do, I went to 1 camp thinking it'd be shit but you really opened my eyes on self strengths and I'm grateful for that, you showed me that no matter what comes

In life the motivation from yourself and the people around you can U through stuff, this is mostly directed at you because no matter what I say to U, you always believe in me saying "you got this [REDACTED] and that really makes me think differently

About life and my thoughts on s*icide and shit like that, your really understanding and such a good listener no wonder people keep coming back to giz a break, I genuinely appreciate your appearance in my life you are one very nice person and honestly

Your all the world needs like seriously keep going your doing an absolutely amazing job and the fact U maintain your mental health is crazy, so thank you once again zinc stick can't wait to see U again. Tell the others I miss them too.