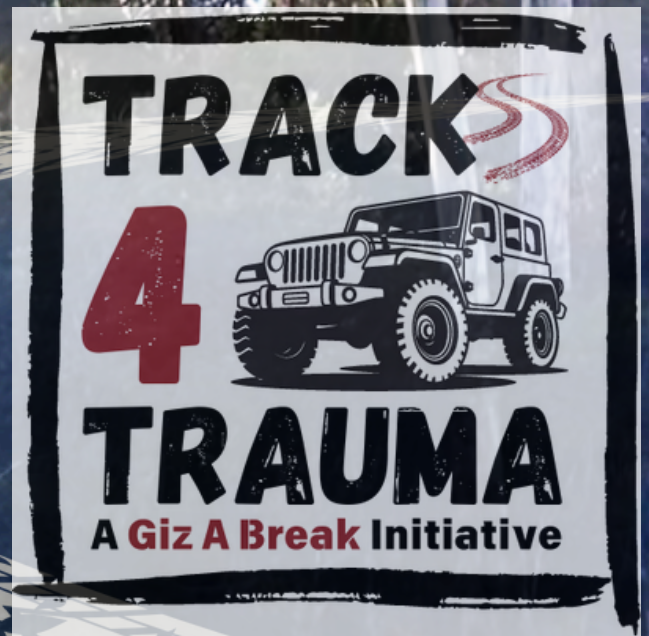




Giz A Break



FUNDRAISER
ADVENTURES

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.



WHAT'S COMPLEX TRAUMA?

You break your leg (complicated fracture) while trail running in the high country. You're eventually found and get air-lifted to the Alfred. You'll be walking very differently (if at all) immediately afterwards and probably forever. You might also stop trail running altogether or choose easier trails closer to civilisation.

Complex trauma is much the same, except that we're talking about emotional and neurological injury caused by exposure to multiple or ongoing traumatic events, particularly during childhood. The most common causes of trauma in the young people we work with are parental neglect (particularly in the first few years of life), sexual, physical and emotional abuse, and family violence.

Childhood trauma changes how the brain develops, with the part of the brain responsible for the fight / flight response being much more active. This also causes kids with complex trauma to produce more stress hormones more often or even constantly. Unlike the broken bone we started off with, you cannot see a physical impact - but you can see the impact in behaviours. Think of the kid who gets angry and lashes out at the drop of a hat. Think of the kid who seems to be on an emotional roller coaster all the time. The kid who trusts nobody, who doesn't turn up for school most days. Think of the kid who gets suspended on a weekly basis for not wearing school uniform, for playing the clown in class, mocking teachers, getting into fights, or smoking in the toilets and being completely reckless. That's who we're there for.

WHAT'S OUR GOAL?



We're planning to schedule an intensive, ongoing program for six young people aged 14-16 who fulfil the criteria for complex trauma.

At the moment, we provide spaces on some of our camps for teenagers with complex trauma and we fund that from donations and retained earnings - but that's not a structured program and somewhat "on/off", dependant on how we're resourced at any given time. So, we're aiming to raise a minimum of \$50,000 each year by running Tracks 4 Trauma fundraising adventures, and we'll be using this to offer young people a program of fortnightly days out plus participation in our multi-day camps. Also, we'll seek to leverage your contribution by approaching larger philanthropic entities to broaden access to the program.

WHAT'S INVOLVED?

Adults who want to help us raise funds can book us for single-day adventures or for 4-7 day tagalong adventures to a variety of amazing destinations in VIC and NSW.

Single-day activities include four-wheel driving in the High Country and Strathbogie Ranges, hiking on Mt Buffalo and the High Country, and canoeing on the Murray or Lake Eildon. We'll charge a participation fee of \$330 (incl GST) per person per day, and we'll ask you to make a donation as well. The participation fee covers our costs, and your donation will fund the program for young people.

Multi-day catered tagalong 4x4 adventures are for a maximum of 9 participating vehicles. We will charge a \$1100 - \$2200 (incl. GST) participation fee per person and ask you to make a donation. We'll show you our itineraries and share some of our outdoorsy and 4x4 tips and tricks. You'll also get to hear from our team and experts about complex trauma and how we work with young people. If you don't have a 4x4, you can hop on board with someone else or in one of ours (very limited spots, so get in early). You'll need to bring your own swag / tent and chair, and we'll have the rest covered.

SINGLE DAY ADVENTURES



MULTI-DAY ADVENTURES

Licensed Tour Operator
2025-26



[CLICK HERE TO DOWNLOAD BROCHURES AND REGISTER](#)

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] 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.