

Homebush Boys H.S

"CHALLENGE & GROWTH" ADVENTURE CAMP

Introduction to Outdoor Education Orientation Camp

YEAR 7 - 2017

Venue; Fitzroy Falls Conference & Adventure Centre

No. of Students; based on 170 students & 20 Prefects

Date; 15th – 17th Feb 2017



- Incl.*
- Site fees and accommodation (**Cabins 1 night / Tents 1 night**)
 - All Food (except morning tea on Day 1)
 - Activity instruction with experienced Outdoor Educators and Teachers that are appropriately trained with Remote area/Wilderness 1st Aid and follow the guidelines of AAS.
 - All equipment including Activity Equipment i.e. Canoe equip, PFD's Helmets, Roping equip, Mtn Bikes etc.....
 - School visit; Re - program and activity briefing, Experiential Learning in the Outdoors & Leadership
 - Teacher resource material, medical and information forms Equipment lists, risk assessments etc....

AIMS; Through the processes of Experiential Learning and using the Outdoors as a catalyst we aim to promote personal growth and group development through the use of carefully controlled, challenging experiences. The program is designed to develop a growing sense of competence in dealing with the natural environment with a strong emphasis on safety. The program is challenging, combining physical and developmental activities with the overall aim of enhancing the student's self-reliance, increasing their confidence in their own abilities and assisting them in learning to cooperate and work with others through controlled experiences.

Optimum Experiences aims to promote the following Yr 7 themes;
"Experiential Learning" "Friendship" "Living with Others"
"Cooperation" "Trust and Support"- Introduction to Outdoor Education Program



Using the outdoors creates a great learning environment with this in perspective we deliver our programs based on the following priorities;-

- SAFETY being aware of one's own safety and the safety of other members in the group.
- To offer an ENJOYABLE experience, to feel really good about "oneself" and being with "others" in the group.
- NEW EXPERIENCES, which in turn lead in to Learning Experiences
- TRANSFERRING the experience, APPLYING to everyday life



Based on the above criteria the learning processes we use are "vehicles" that promote group development and the learning of new personal skills that can be applied and used in real life situations.

The learning goals we aim to achieve are to -



- # increase the participants sense of personal confidence
- # increase mutual support within a group
- # develop abilities that contribute to group decision making and leadership.
- # To develop an increased joy in one's physical self, being with others and their environment.
- # Safety in the Outdoors
- # Skills acquisition and development in Outdoor Pursuits

Activities; The program is designed from the following;-

- # Teambuilding and Challenge Initiatives
(Problem solving - individual and group tasks)
- # Bush Discovery – Bushcraft - Campfire
- # Trust and awareness activities
- # Roping Activities/challenges
(including, Low wires, giant swing, Tree climbs, Transporter etc.....)
- # Archery
- # Mountain Biking

and the following themes;-

- # Teamwork and Team Cohesion
- # Problem solving - (individual and group tasks)
- # Commitment # Trust
- # Interpersonal Skills - Communication # Leadership Opportunities
- # Innovation # Negotiation

PERSONAL EQUIPMENT / CLOTHING CHECKLIST

Recommended personal equipment for a THREE day Camp at FITZROY FALLS

- Morning Tea for Day 1
- Sleeping Bag and Pillow
- Sleeping Mat (students sleep in Tents 1 night and cabin the other night)
- 1 pair of sturdy shoes for activities
- Rain coat that is water resistant is essential**
- Sun hat, broad brim or peak cap
- Sun screen

- Warm Jumper and/or polar fleece
(IT IS COLD ON THE SOUTHERN HIGHLANDS)
- 2 pairs of Shorts and 2 pair of long pants/tracksuit pants
- 3 T-shirt's that provide sun protection
- 1 set of clothes for dinner / after activities
- Socks and underwear for three days
- Pyjamas or light track suit

- Swim wear/ Board shorts /Rash Vest
- Towel, Toilet bag & any medications

***** **ESSENTIAL** *****

Two garbage bags for wet/dirty clothes and separating gear

- 1 litre drink Bottle
- Small Day pack

You can bring Musical instruments

Please come with an open mind!

Remember;

“The mind is like a parachute – it will only function when it is open”

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Dear Parents,

Optimum Experiences Outdoor Adventures is a mobile operator that offers various Outdoor Education Programs with a high reputation in *quality, and with a* team that boasts a strong background of experience and expertise in the Outdoor Education field. The Year 7 program is based at Fitzroy Falls Conference & Adventure Centre located in the Southern Highlands. Through the processes of "Experiential Learning" - Optimum Experiences aims to promote personal growth and group development through the use of carefully controlled challenging experiences. Using the outdoors creates a great learning environment with this in perspective we deliver our programs based on the following priorities;-

- SAFETY
- To offer an ENJOYABLE experience, to feel really good about "oneself" and being with "others" in the group.
- NEW EXPERIENCES, which in turn lead in to Learning Experiences
- TRANSFERRING the experience, APPLYING to everyday life

Based on the above criteria the learning processes and activities we use are "vehicles" that promote group development and the learning of new personal skills that can be applied and used in real life situations.

Optimum Experiences aims to promote the following Yr 7 themes;

"Experiential Learning" "Friendship" "Living with Others"

"Cooperation" "Trust and Support"- Introduction to Outdoor Education Program

This is an "Experienced Based Program" with the overall aim of enhancing the student's self reliance, increasing their confidence in their own abilities, and assisting them in learning to cooperate and work with others through controlled experiences. The program is designed to develop a growing sense of competence in dealing with the natural environment with a strong emphasis on safety.

Activities: The program is designed from the following activities and themes;-

- # Teambuilding and Challenge Initiatives
- # Bushwalking/Environmental Awareness
- # Navigation - Intro # Bush Discovery – Bushcraft - Campfire
- # Trust and awareness activities
- # Roping activities (Low & High Elements)
- # Mountain Bikes # Evening Activities & Entertainment