

**D**YNAMIC

**A**CTIVITIES WITH

**R**EAL

**E**XPERIENCES

Here at Wedderburn Christian Campsite, we are able to provide an exciting set of life skills based programs that encourage community participation and various outcomes based on our extensive experience in outdoor adventure activity programs.

In light of the mental and physical health problems that have surged recently, we believe that our **DARE** life skills programs are an invaluable resource that promotes and supports well-being, community participation and vital life skills. Research<sup>1</sup> shows that, for young people, outdoor education programs help to decrease anxiety, increase efficacy and improve connection with peers - all valuable outcomes.

Choose from our most popular programs or get in touch to customise your own. Our diligent and enthusiastic staff are looking forward to providing you with a day to remember.

We look forward to hearing from you!

<sup>1</sup>Outdoor Youth Programs Research Alliance - [www.oypra.org.au](http://www.oypra.org.au)

**WEDDERBURN CHRISTIAN CAMPSITE WILL PROVIDE:**

TRAINED AND ENTHUSIASTIC STAFF AS PROGRAM FACILITATORS

ALL EQUIPMENT

RISK ASSESTMENT DOCUMENTATION

SENIOR FIRST AID

**THREE SIMPLE STEPS**

**1 FREQUENCY**

1 ONE OFF

2 ON GOING WEEKLY

3 ON GOING MONTHLY

4 CUSTOM

**2 TIME FRAME**

PART DAY

FULL DAY

CUSTOM



**3 PROGRAM**

CHOOSE FROM OUR MOST POPULAR PROGRAMS:

1 SERENE

FEET ON THE GROUND AND NOT TOO MUCH PHYSICAL ACTIVITY

2 EXPLORE

A MIX OF EXCITEMENT AND ADRENALIN

3 THRILL

ADRENALIN FILLED AND PLENTY OF PHYSICAL ACTIVITY

4 CUSTOM

CREATE YOUR OWN PROGRAM

**We can build a custom program to suit you, whether it is a one off day program, or an ongoing weekly program... or even just one session!**

GROUP SIZES

UP TO 20 PER GROUP

SESSION \$

\$160\* PER GROUP

SESSION ⌚

1.5 - 2 HOURS

LUNCH

CAN BE PROVIDED (\$14 PP)

**Or our BUSH2U program, where we can bring some of the activities to you, starting at \$240 per session**

\*Laser Tag, Abseiling, Mountain Biking and Giant Swing are \$300 per group

## ACTIVITIES INCLUDE:



### GIANT SWING

Our 15m swing will really test your screaming levels, swinging you out over a cliff and enjoying the view of the Georges River, the escarpment and the valley way down below you. How will your nerves cope?

### INITIATIVE GAMES

Fun, yet challenging, scenarios where campers learn teamwork, problem solving, communication & leadership. After each game our insightful staff will analyse their performance & debrief each activity.



### ULTIMATE SKIRMISH

Using our skirmish equipment, campers partake in fun games like capture the flag, last man standing and save the maiden.

### ECO ADVENTURE

Our Eco Adventure is devoted to uncovering the beauty of our wonderful natural Australian landscape. We explore Koala's and creepy crawlies, flora and fauna, habitats and survival awareness, and more!



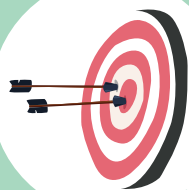
### ROCK CLIMBING

Our purpose built wall is run by trained instructors; you will climb to the top of our 6m walls using a safety harness, 11mm static rope and 3 other people as your belay team. A great activity to promote teamwork.



### BMX RIDING

Campers take turns riding, jumping, spinning and sliding their way through tracks. Our staff will organise time trials and races in order to suit the age and agility of campers.



### ARCHERY

Our archery setup includes modern bows, quality arrows and large targets. Our instructors will promote a safe environment and provide multiple turns and ensure that each campers attempt at aiming will be a real hit.

SEE WEBSITE FOR FULL ACTIVITY LIST AND OUTCOMES.

## GET IN TOUCH

You will receive a customised package consisting of:

- Price Guide
- Risk Assessment Documentation
- Skill Outcome Documentation

- ☎ (02) 4634 1265
- ✉ [office@wedderburn.org.au](mailto:office@wedderburn.org.au)
- @ [www.wedderburn.org.au](http://www.wedderburn.org.au)
- f Wedderburn Christian Campsite
- 📷 @wedderburnchristiancampsite

## PROGRAM EXAMPLE

### FULL-DAY

09:00AM Introduction

09:30AM **Flying Fox**  
Activity 1  
Zip down our 50m flying fox, travelling through the tree tops and over our green gully (max weight 120kg).

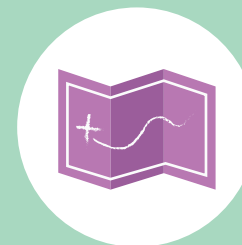
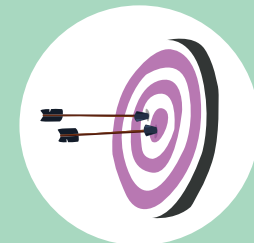
11:30AM **Crate Climb**  
Activity 2  
Test your balance, co-ordination and agility by building a tower of crates, climbing as high as you dare.

01:30PM **Glider Possum**  
Activity 3  
With a rope attached to your back and in a full body harness, you are hauled up into the air by your friends, giving you a great flying sensation with nothing to hang on to.

03:00PM Departure

# DARE

## LIFE SKILLS PROGRAM



A FUN-FILLED CAMP EXPERIENCE DESIGNED  
TO ACHIEVE YOUR LIFE SKILL OUTCOMES

BROUGHT TO YOU BY:

Wedderburn  
Christian Campsite

I  
ndis REGISTERED  
NDIS  
PROVIDER