



# **Camp Selection Booklet**

## **Focus Week 1 2024**

# Aspire9 CAMP Information

**FOCUS WEEK 1- 29<sup>th</sup> April – 3<sup>rd</sup> May**

**Franciscan Community (Anthony, Assisi, Clare & Geoghegan)**

**Modern Church Community (Cardijn, Kolbe, Romero, Teresa)**

The Aspire9 camp program has been developed to provide outcome based experiential education that acknowledges the developmental stage of the students. That is, a program driven by the needs of the students based on a simple philosophy of learning by doing. The 4 day programs outlined in this booklet are unique experiences that differ greatly from the type of camps students have typically experienced in the past. Through our camp programs, students are guided toward self-management and will live under their own shelters, prepare their own food, find their own way, make their own mistakes and learn many of their own lessons in a safe and supportive environment.

Whilst participants learn many aspects of life in the outdoors through a range of adventurous and positive outdoor activities, it is the essence of being in the outdoors which provides the opportunity to create positive learning experiences for individuals and groups. The absence of everyday settings, mobile devices and other distractions, set the foundation for outdoor educators to educate in a unique and alternative setting. The ways in which we communicate, solve problems, make decisions, prepare meals, manage time and explore the unknown are often unique and very different to everyday life. Through this alternative outdoor living, we may address community values, cooperative decision-making, environmental awareness, independent student growth and self-esteem

## Aims of the Aspire9 Camp Program

- Developing essential personal and social capabilities such as communication, resilience, self-confidence, leadership, teamwork, goal setting, personal autonomy and initiative.
- The development of an adventurous spirit.
- To provide adventurous experiences which introduce and promote an appreciation of new activities and our environment.
- To develop skills in journeying, bush craft and manage personal risks.
- To build relationships with peers and staff that will facilitate a smooth transition into the Senior Campus in Year 10.

## Camp Selection Process

Please take the time to read the following pages which outlines the camp options and discuss these with your son/daughter. Students will be asked to nominate preferences for their camp over the coming days via a Google form which will be e-mailed to them.

While every attempt will be made to place students in their preferred camp, it is not always possible as we are already committed to running particular sized groups at each of these venues.

We are committed to providing opportunities for all of our students to be involved with these programs, so if you have any concerns about your son/daughter's ability to participate please do not hesitate to contact the Aspire9 team to discuss further.

# HOWQUA



## Description

The Howqua Valley and the surrounding High Plains is “Man from Snowy River” country. Students choosing the Howqua Camp will experience everything this sensational part of North Eastern Victoria has to offer.

This camp requires students to exhibit and develop a range of skills including initiative and teamwork.

Students will self-cater. Menu Options will be discussed in class.

Students will move from site to site via horseback, mountain biking and walking.

Accommodation will be a combination of bunkhouse and outdoor camping at the following sites:

- ◆ Howqua River Campsite
- ◆ Hideout Hut – on the banks of the Howqua River
- ◆ Howqua Valley Views

All students participating in the Howqua camp will experience a week in the heart of one of the most beautiful areas of the country. Students will come away from this week having been challenged and enriched through their own personal endeavours. They will also have memories of an experience few get to undertake.

## Activities Include

Horse Riding (2 days)

Mountain Biking (2 days)

## Level of Challenge





## MURRAY CANOE



### Description

Students will embark on a 4 day expedition down a stretch of the iconic Murray River. Groups will paddle long stretches of the river by day, camp on the river banks and sleep under tarps. Murray Canoeing will be a genuine minimal gear expedition. The students will be pushed out of their comfort zone and participate in an experience they will never forget. Students will learn; fire building, camp cooking, shelter construction, navigation and minimal impact skills. The expedition will be co-ordinated by Spindrift International Guiding. All food, clothing and equipment will be packed into dry bags and loaded onto the Canoes.

This camp requires students to exhibit and develop a range of skills including initiative and team work.

Students will self-cater. Menu Options will be discussed in class.

We encourage applications from students that are highly motivated, enjoy a challenge and have a genuine appreciation of the outdoors.

### Activities Include

Canoeing  
Swimming

### Level of Challenge



# TAMBORITHA



## Description

Students will be based at Sambain Chalet, located in the heart of the Alpine National Park north of Licola. They will complete a three-day bushwalk, making the most of the early Spring Alpine conditions. Students will carry all of their own food and equipment for the three days and experience working as a small group to navigate, cook, set up camp and live together. The three-day walk will include some breathtaking mountain top scenery, alpine plains and historic cattlemen's huts. Our final night of camp will be spent back at Sambain Chalet, where we will enjoy the luxury of a hot shower, fireplace, full kitchen facilities and a bed on their final night.

This is one of the most challenging of all our camp options in a truly remote part of Victoria and we strongly encourage students that are highly motivated and willing to take responsibility for themselves. The walking will be challenging, though achievable for any student with a moderate level of fitness and a positive mindset.

## Activities Include

Bushwalking

## Level of Challenge



# GOLDFIELDS MOUNTAIN BIKE EXPEDITION



## Description

Upon arrival at Ballarat Train Station, the riders are met by their guides and issued bikes and helmets and overnight bags are put in the support vehicles. After a safety brief, the 125km ride starts via a quiet trail along Yarrowee Creek. Over the next few days, the trail increases in technical difficulty, taking in river trails, country roads, four-wheel drive tracks, double trail, single track, steep descents and very challenging climbs.

Campsites are a combination of caravan parks with all amenities, and bush camps with flat tent sites, a fireplace, and little else. Terrain varies widely from farmland in the south to very rocky, challenging riding north of Daylesford. Highlights are Hepburn Springs, The Chocolate Mill, Dry Diggings single track and the beautiful Vaughan Springs Campsite. Big challenges are the 40km "Queen Stage" on day 4 and Tim Tam Hill, which only a handful of student riders have ever successfully conquered.

Students will self-cater. Menu Options will be discussed in class.

## Activities Include

Mountain Bike Riding, Camping

## Level of Challenge





## GREAT OCEAN ROAD – ADVENTURE CAMP



### Description

Students will travel by bus to Airey's Inlet on the Great Ocean Road where they will be staying at Angahook holiday camp. Over the next few days, students will be exploring the local environment and participating in a range of different water based and land based adventure activities.

Activities will include surfing, stand-up paddleboarding, mountain biking, hiking aswell as camp based activities such as the giant swing, low ropes course and initiative activities. The focus of this camp is on developing confidence, independence and teamwork in a supportive and fun environment.

### Activities Include

Bushwalking, Surfing, Stand Up Paddleboard and Mountain Bike Riding

### Level of Challenge

