



St Leonard's College

An education for life.

Year 9 Outdoor Education Gunditjmara country

July, 2024



Acknowledgement of Country

We acknowledge the Boonwurrung people who are the Traditional Custodians of the land on which we meet.

We pay our respects to their Elders past, present and emerging, and to all Aboriginal people and Torres Strait Islanders who are present with us.

We would also like to acknowledge the Gunditjmara people, whose country will we journey through on this program.

Plan for this presentation:

- What are we doing?
- Why are we doing it?
- Where are we going?
- Am I going to survive?

This powerpoint is available on STL Link to refer back to at any time.

Program Aims and Objectives- CUE

To develop an understanding of environmental sustainability in the field through investigation of

- Healthy Water Ways
- Personal Waste Management
- Ecotourism
- Conservation and Protection

Students will take time to consider and reflect on the pristine environment they are travelling through.

Think Global – Act Local

- During the program students will investigate and discuss the positive and negative impacts they are having on the environment, locally and globally.

Program OUTLINE

- The next step in your Outdoor Education development at St Leonard's College.
- A progression from the challenges and skills learnt in previous years on previous camps.

Program OUTLINE

- Self sufficient journey based program
- Everything students need for the week will be carried in a backpack with the advantage of 1 food drop throughout the week for each group
- All rubbish is carried out
- Different campsite each night

Program OUTLINE

- Water is available at every campsite, for safety we treat water by boiling and / or water purification tablets.
- Half bushwalking, half canoeing for most groups. Some groups at the South-Eastern section will only hike.
- Food preparation and planning sessions in the weeks leading up to camp.

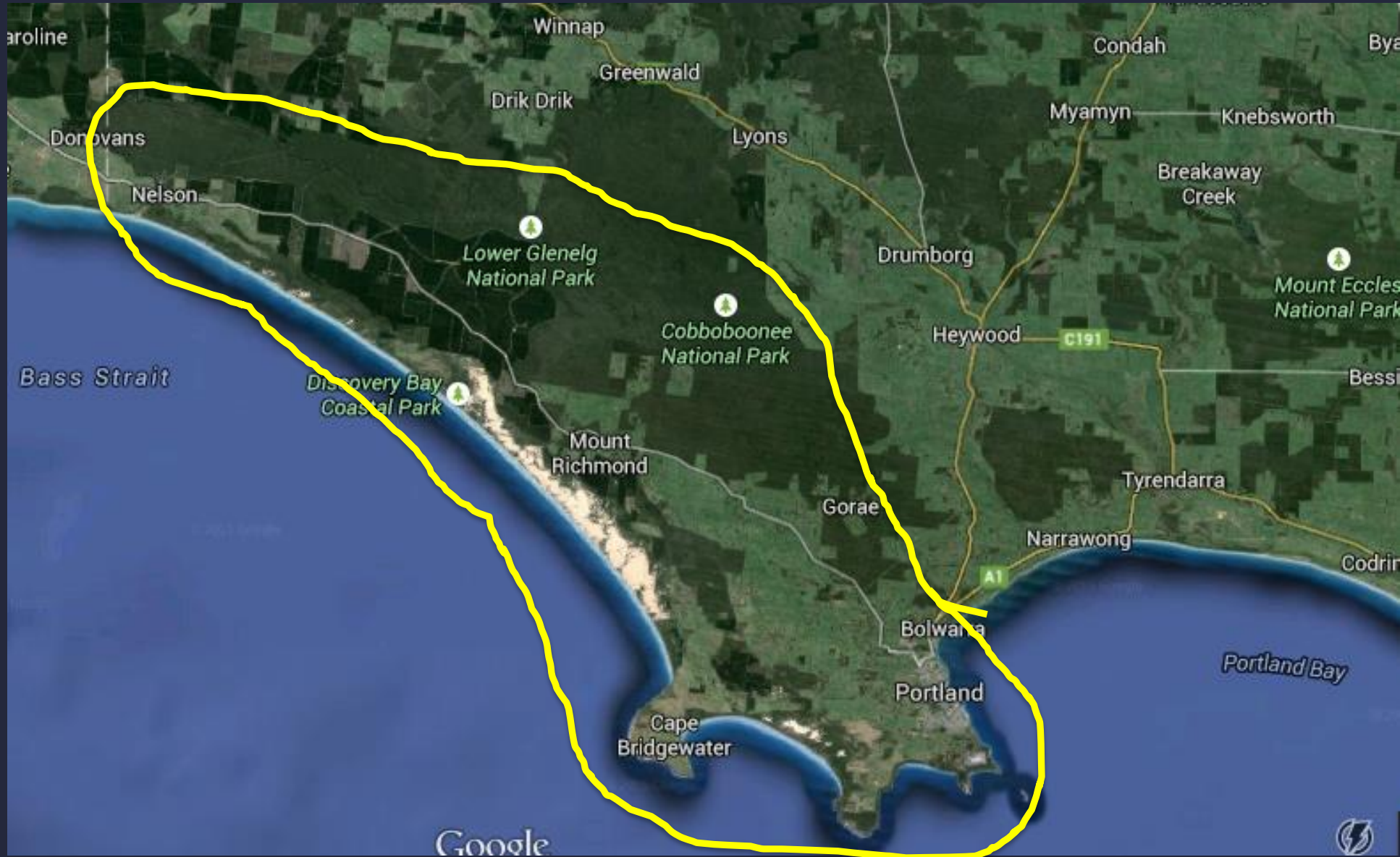
Program OUTLINE

- Packing day Sunday 8 September 10am - 3:00pm. (BYO snacks and lunch)
- Monday 9 September meet in HSC at 7:00am for a 7.15am departure.
- Monday afternoon-Friday morning you will journey over rocky outcrops, sandy beaches; through hidden rainforests, pine plantations and rolling hill sides; each night camping in tents. There is a canoe paddle section en-route for groups hiking inland routes.
- Friday -Lunch will be provided during transit and students will be dismissed at 4.00pm.

Groups

- Group size of 12 students
- Two staff: One outdoor leader and one teacher or assistant leader
- Students cooking in groups of 4 on Trangia





Caroline

Winnap

Condah

Bya

Greenwald

Drik Drik

Lyons

Myamyn

Knebsworth

Donovans

Nelson

Breakaway
Creek

Lower Glenelg
National Park

Drumborg

Mount Eccles
National Park

Bass Strait

Discovery Bay
Coastal Park

Cobboboonee
National Park

Heywood

C191

Bessi

Mount
Richmond

Gorae

Tyrendarra

Narrawong

Codrin

Portland Bay

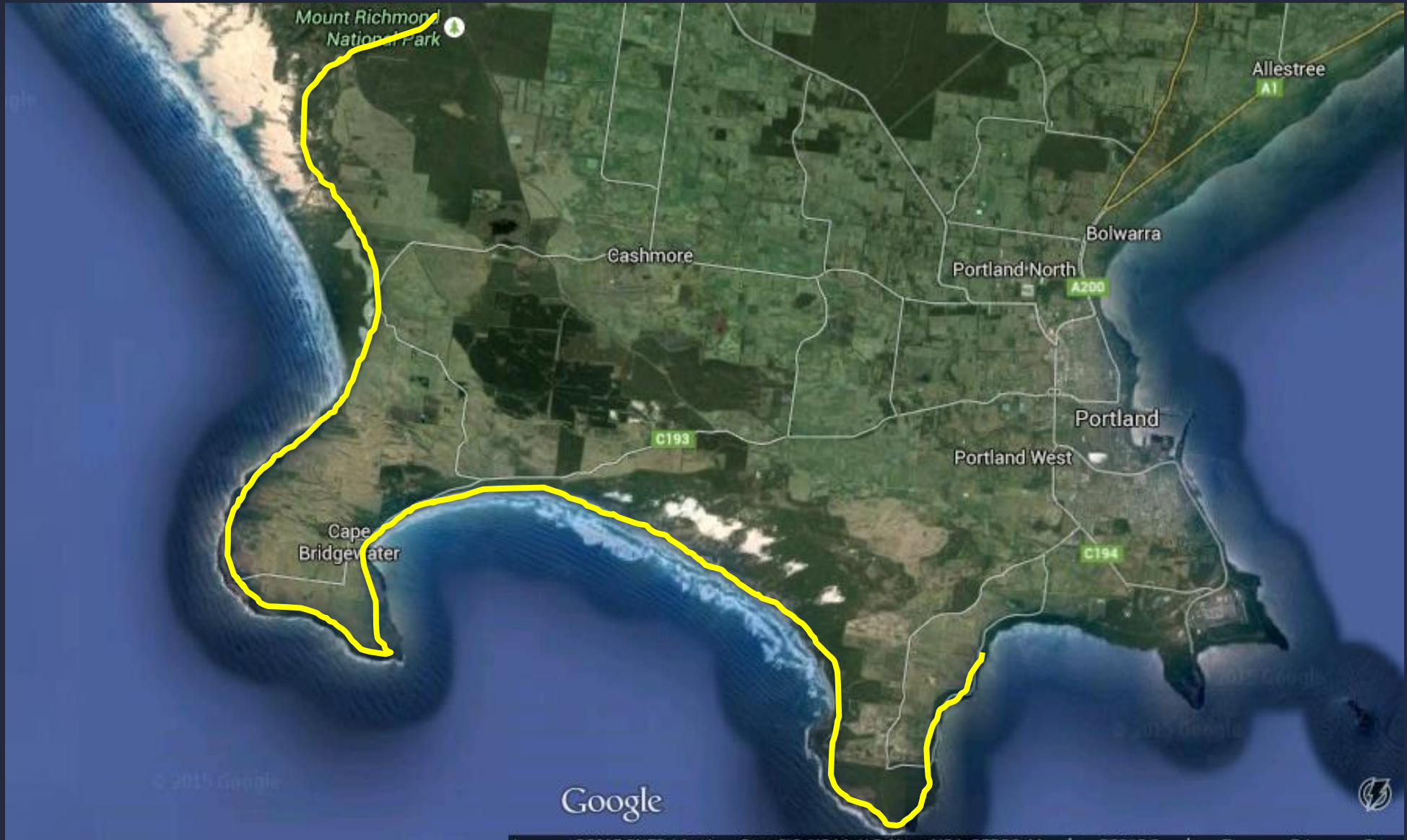
Bolwana

Portland

Cape
Bridgewater

Google





























Aims and Objectives of the Program:

- Year 9 Camp is part of the sequential Outdoor Education Program
- Builds on skills and challenges learnt at Camp Ibis in Years 5 - 8

Program aims and objectives- Self

- To face challenges
- Go beyond your comfort zone
- Develop coping strategies
- Embrace change
- Encourage good decision making
- Encourage students to assess risk
- Leadership
- Develop resilience



Program Aims and Objectives- Others

- For students to demonstrate empathy, understanding and compassion towards each other and the environment
- Demonstrate understanding and reflective action in relation to the complexities of interpersonal relationships
- For students to explore the challenges associated with living in a small community and develop skills linked to sociocultural sustainability



Program Aims and Objectives- Environment

- To Immerse students of an urban background in the outdoors.
- For students to embrace being outdoors.
- Compel students to engage with, understand and protect our natural environments.
- Demonstrate complex understandings about outdoor living and travel skills.



Safety



- Each group will be lead by a qualified Outdoor Educator.
- Each outdoor educator holds a current Leaders Advanced Wilderness First Aid, CPR and Anaphylaxis certification, as well as a Degree or Diploma in Outdoor Education.
- Each group will carry a satellite phone (along with their expedition first aid kit) and contact the program co-ordinators in the morning and evening.
- Program Co-ordinators are on call and available 24 hours a day.

Severe Weather Management

Continual monitoring of weather and fire danger via:

- Websites
- Radio
- BOM (Bureau of Meteorology)
- CFA (Country Fire Authority)
- Local Parks
- Local Police
- VicRoads

Severe Weather Management

Depending on prevailing conditions and advice from the above authorities, the following actions may take place:

- Modified program – change of hike route
- Evacuation of high-risk areas
- Abortion / Cancellation of program

- Individual incident scenarios
- Advise you check your ambulance cover

Injury Management

- Scenario 1 – still able to hike
- Scenario 2 – unable to continue hiking
- Scenario 3 – urgent evacuation

Before purchasing new equipment

Please visit our buying guide, for advice on choosing the right gear and clothing.

<http://learn.stleonards.vic.edu.au/outdoored/outdoor-education-buying-guide/>

Frequently Asked Questions



FAQ's

Can I bring my phone?

NO

Can I bring my Ipod?

NO

Not even for the bus trip?

NO

Only piece of electrical equipment allowed is a camera.

We aim to have a technology free week, socializing face to face instead of electronically. It is a rare opportunity to connect with nature. It is a chance to step away from the everyday luxuries you take for granted, so that you may appreciate them all the more on your return.

FAQ's

Are there toilets?

Not flushing ones. But each campsite has a composting long drop.

So what if I get my period?

- Change and look after yourself as per normal, with emphasis on hygiene.
- Every female provided with sanitary bags to help dispose of waste
- Possible to wash in river / creek / water bottle or even sponge bath.
- Always carry pads/ tampons – even if you're not expecting it.
- If you usually take pain relief, bring some in your First aid kit.
- Be honest with leader / friends
- Use support of friends and staff

FAQ's

Can we have camp fires?

Possibly – depending on campsite, available fuel, current weather.

Are there Showers?

NO, but beautiful rivers and creeks to wash in, sometimes.

FAQ's

Which one is the easy hike?

There is no easy hike, they are all challenging and of similar difficulty.

So who are our leaders / staff?

You will find out in the coming weeks.

What was all that again?

Please go to STL Link, Outdoor Education / Year 9 hike to download a copy of this presentation and access all information relating to this program.

Friendly Competitions

Prizes awarded for:

- Best landscape photo
- Best people photo
- Best movie
- Best written piece

Submitted to Ben Woolhouse by OCT 7.

Outdoor Education Awards

Nominated by OED leaders

for any student who:

Goes above and beyond

Motivates their group

Looks after the environment

Embraces the challenges

Clothing and Equipment



School Provided Clothing and Equipment

- Hiking Pack
- Waterproof Jacket
- Waterproof Pants
- Trangia Stove
- Tent



Equipment - Students to Supply

Toiletries



Water

- Carrying capacity of 2 litres in 2 separate containers.



Headtorch

- Small and lightweight
- Bring spare batteries (in a zip lock/watertight bag)





- Insect Repellent
- Hand sanitiser
- Sun Screen 30+
- Personal First Aid

Eating and Cleaning



Bedding



○ Sleeping Bags

- Must have a hood and a draw string
- Be rated to at least -2°C
- Weigh less than 2kg
- Pack to less than 14lt with a compression sack



Hire

Available for hire from One planet and Vast are high quality sleeping bags, sleeping mats and gaitors.

Clothing- “function not fashion”



- Hat
- Beanie
- Sun glasses

Shirts

- 3 collared shirts



Jumpers

- 1 must be fleece or wool
- 2nd can be wool, polar fleece or down



- Quick drying hiking pants

Or

- Shorts and Gaiters



- 2 sets of Thermals (wool or polypropylene)
- Long sleeve and long leg.
- Base layer of warmth, also excellent as Pj's



- Hiking Boots (or Cross Trainers) – must be strong, supportive shoes.
- *Note – for the year 10 hike you must have hiking boots, so we recommend you get them now.*
- 3 x Socks. We recommend merino wool hiking socks.



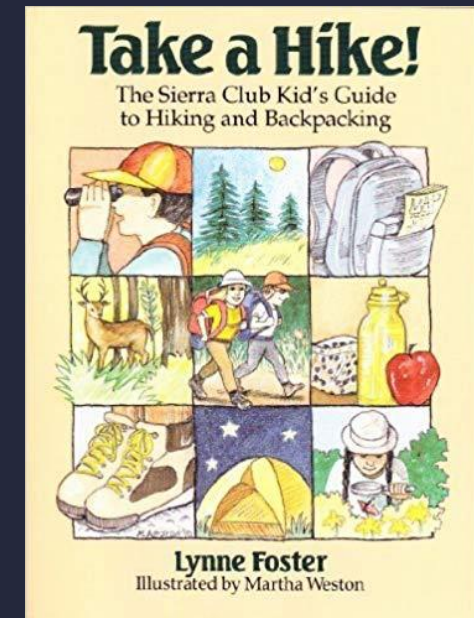
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Optional Extras

- Bathers and small towel
- Second pair of warmer pants for evenings
- Wet shoes. light weight with enclosed toes. Eg. Crocs or lightweight aqua shoes
- Specialised full length hiking / sports leggings
- Camera
- Frisbee
- Playing cards
- Hacky sack
- Book





Further queries

Any further enquires please contact:

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