



# The Wilderness Program

## School Programs

The Wilderness Program conducts journeys in Tasmania's remote, natural environments to bring personal growth through challenge and adventure and is operated by Sport and Recreation Tasmania. Participants are offered a suite of adventure activities that may include kayaking, caving, abseiling and bushwalking. All activities are carried out under the professional guidance of two experienced facilitators. Each course receives:

- qualified instruction for all adventure and outdoor activities
- experienced facilitation of group discussions
- proven and documented program plans
- wilderness and adventure activity risk-management, including remote area first-aid.

Each school program is a tent-based series of outdoor adventure activities with a small student group (eight) and two Wilderness Program (WiP) Facilitators. During the program participants focus on setting a goal of personal relevance to work on during the five day journey into the wilderness.

Facilitators encourage personal growth by guiding participants to face challenges within the natural environment, through activities such as abseiling, kayaking, bushwalking, caving and group initiative exercises.

Activities require teamwork, experimentation with new behaviours and the development of positive group dynamics that help improve participant's self-esteem, confidence, communication skills and emotional development.

Before each program, an information session will give students the chance to meet the facilitators, talk about what the program involves and answer any questions.

School programs run Monday to Friday, departure occurs during the first lesson on Monday morning at 9.30 am and students are returned back to school on the Friday evening at 5.00 pm.

The items participants are required to provide are limited to personal clothing, footwear, personal hygiene products and medications. The nature of The Wilderness Program is such that there is no access to shower facilities and the camping style is lightweight, with minimal impact. Participants are asked not to bring mobile phones or personal electronic devices.

The Wilderness Program provides all specialist instruction and equipment for outdoor activities, including camping equipment. All the necessary food, stoves and eating utensils are included, along with a supply of warm clothing and walking boots. Sleeping bags, mats and tents are of high quality and appropriate for use in Tasmania's climate.

An application form for each student needs to be filled out and returned to the school before the program begins. The Wilderness Program requires medical and personal information be detailed, as this is essential to implement effective risk management strategies. All information disclosed is managed according to the Tasmanian *Personal Information Protection Act (2004)*. A parent or guardian must read and sign the application form on behalf of minors.

## Example Itinerary

### Monday

- 9.30 am arrive at school with Landcruiser troop carrier and all equipment.
- Pack trailer and depart school grounds.
- Adventure activity, paddling on flat water in kayaks or abseiling into a cave.
- Travel to campsite, set up, cooking and setting individual goals for the week.

### Tuesday

- Abseiling into a cave or paddling on flat water in kayaks.
- Camp, campfire, cooking and group discussions.

### Wednesday

- Packing and departing on the bushwalk.
- Group taking on leadership responsibilities.
- Navigating and walking to the first campsite.
- Set up remote overnight camp.

### Thursday

- Continue bushwalking.
- Work on individual goals.
- Return to vehicle-based camp, cooking and group discussions.

### Friday

- Pack up and final activity.
- Depart campsite and return to school by 5.00 pm.

Activities are selected according to group and individual needs, with regard to prevailing weather conditions and relevant personal growth opportunities.

All activities are carried out under a challenge-by-choice ethos, which respects the rights of every individual involved on the program.

Should you have any questions or would like further information about the program, please contact us.

### Contact Details:

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