

## Overview

QCCC and Vertec Adventure have partnered to deliver programs at QCCC campsites. The following document has individual activity descriptions that can be combined and tailored to your school and students needs and outcomes.

To plan your program and find out what each activity is and what it involves, read this document

## Objectives

The mission of Vertec Adventure is to “Encourage Change and Purpose through Adventure”.

The objectives of our programs are to challenge people with outdoor recreation while influencing and encouraging them to change into better individuals and acquire life skills and live with a sense of purpose.

Vertec Adventure works hard to ensure every activity session is delivered with intentionality and purpose in mind. Our instructors not only focus on running fun and safe activities but are always mindful of specific group and individual character traits that can be de-briefed and discussed at the end of each session. This is always done in a positive and motivational way. Upon request, we also work with teachers and HOD's to deliver curriculum based activities with outdoor and academic educational outcomes.

Participants will be encouraged to pursue healthy recreational activities and will learn new skills for the activities they engage themselves in. The activities will be physical in nature and will have varying levels of physical challenge. We believe that a challenging, guided activity in a controlled environment is beneficial in the development of a young person. Coping mechanisms and reactions brought about by these challenges give great material for de-briefing individuals and the group. The activities can also be mentally challenging. Students will encounter new experiences that may invoke feelings of perceived risk, fear and move comfort thresholds.

Social interaction and team work is also a large part of these activities. For a student, teamwork is important at school, in sporting teams and at home. The teamwork and leadership skills they learn now will be a great asset in their career and adult life.



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Key:

↕ Activity suitable for all ages 9 and up.

↓ Activity suitable for ages 9-12.

↑ Activity Suitable for 12 and up.

## Session Descriptions

↑ Activity suitable for all ages 9 and up.

↓ Activity suitable for ages 9-12.

↑ Activity Suitable for 12 and up.

### Team Focused Activities

#### Big Group games ↓

Big group games are great if you have a varying amount of time to fill with group sizing ranging from 30 to 100 people. This is an activity that has lasting effects whether at the start or end of a camp, as it encourages mateship and requires the participants to work together as a team, leaving no one out. Big Group Games incorporate fast moving activities to raise the excitement, flowing into an initiative style game that with get your group talking and working together, breaking down any social barriers, getting their creativeness flowing and allowing, sometimes unlikely, leaders to shine during the activities.

#### Survivor challenge ↓

These specialised team building and initiative races are a good way to develop a team using varied skill sets which involve all team members throughout the challenges. These activities can involve about 8 stations within 2 sessions or 4 rotations in just 1 session. Because this sequence of activities is so multi-faceted, it is rare that any team member has not been a significant contributor. The activities range from social interaction to hands on construction. So all team members, whatever their talent has the opportunity to express those talents in front of the rest of their team.

#### Team Initiatives ↓

These general team building and initiative activity sessions are a good way to develop a team and get them ready for bigger activities. Team initiative sessions are as close to classroom as outdoor recreation gets. It can be used to show up behavioural patterns and highlight and practice ways to influence behaviour. A series of activities can be customized to achieve the desired outcomes and debriefing between sessions can be used to move the group forward to more trusting and challenging activities.

#### Climbing Wall ↓

See High ropes section

#### Giants Ladder ↑

See High ropes section

### Skills Focused Activities

#### Archery ↓

At Vertec Adventure, we teach target archery with a similar system to the National Archery in Schools Program (NASP). Archery is one of the most popular activities among the students, and teachers, as it is a fun exciting way to learn hand/eye coordination, it draws on the students imagination as they learn about the history of archery and encourages them to persevere with their technique until they hit the bullseye. It is an activity where students can develop a new skill in a fun, safe and encouraging environment.

#### Bush Skills ↓

Bush skills involve a practical, skill based session where your group will learn basic camp cooking, fire safety and camp hygiene.

First participants are briefed on camp fire etiquette, construction and fire safety. They are then responsible for collecting fuel, constructing and lighting their fire. By the end of the session participants will know the correct way to start a fire, keep it going and put it out safely. Younger ones have the opportunity of cooking and eating some damper, which is always a highlight. The older ones can do more of a campfire Master Chef competition where they select from a range of ingredients. This session is a great way to introduce an essential camping skill in a comfortable, fun, environment.

### Circus Skills ↓

This activity incorporates a variety of skills and tricks, tailored to your groups age and capabilities. We realise that everyones intrests and abilities are different, in this session we play to the participants strengths while slowly incorporating new skills to give them a sense of achievement. In this relaxed playful environment we encourage them to take up new challenges, set themselves goals and perservere until they achieve them. With a variety of activities to choose from there is something to excite everyone.

### GPS Challenge ↑

After learning about the GPS and how it gets its position teams use these handheld GPS units to race to find objects hidden in locations around the property. Upon finding the locations they then have to solve a mystery using the clues they've found. This is a great way to use up any spare energy.

### Mountain Bike Session ↑

Mountain biking is a great way to develop an appreciation of the outdoor environment in a fun and exhilarating way. Mountain biking is a very physical activity and in most cases the intensity can be adjusted throughout the trip to suit the individuals and group. One of the benefits of this activity is that all participants are engaged most of the time which leaves no room for concentration loss and behavioural slide. The session starts by completing a safety check on a bike, adjusting seat, learning about riding in a variety of conditions and learning Mountain bike skill sets. We use a skills course around the QCCC centre to train students in bike riding then ride the mountain bike single track which is like a roller coaster ride through the bush. Mountain biking teaches quick decision making, determination, concentration and self motivation and overcoming fear.

### Orienteering ↕

Orienteering is a fun session where all team members are occupied at the same time. The session involves learning to orient a map, use a compass, read legends, and understand plan views, scale and contours. The small teams then seek out the control points they are looking for.

### Tamborine Bike ride ↑<sup>14+</sup>

There are several options for offsite bike riding from QCCC Tamborine; our most popular is a 13 km ride through North Tamborine. We ride through rainforest, past a historical village and several wineries, spectacular lookouts, parks and the town centre. Please talk to the Vertec Program co-ordinator for this session if suitable.

### Climbing Wall ↕

See high ropes section

### Survivor challenge ↕

See team focused section

## High Ropes Activities

High ropes are often not about physical strength but rather emotional strength. The sincere support and encouragement of the team can help an individual achieve success through the exhilarating high ropes elements. Often these experiences are peak experiences for individuals on the camp, raising feelings they have never felt before. High Ropes activities can invoke an instant perceived risk as the participant approaches the peak of the activity. For them to successfully complete the task they must deal with this emotion. There are many ways youth deal with fear and this can be a debrief topic expanding to the realm of real fears in their lives and how they deal with these fears. If they overcome this fear invoked by a perceived risk, it brings rewards and an overwhelming sense of relief accomplishment and success. This can be paralleled to real life scenarios where we overcome a fear and we are rewarded in different ways.

### Climbing Wall ↕

Experience the adventure of climbing activities in a safe, fun environment. The thrill of climbing can expose you to challenge, fear and excitement. Vertec Adventure has the tallest portable climbing wall in the world at 11m. The climbing wall has natural shaped features and has 8 climbs with varying difficulty. As seen several times on the TV series 'Australia's Greatest Athlete' this is an impressive activity that will add excitement to your camp. Team members are trained to belay as a team to keep their buddies safe.

### Glider Possum ↕

This activity requires a team effort to pull the participant up 14m vertically into the treetops. The participants chosen moves are amplified as the participant accelerates skywards for an experience like flying!

### Leap of Faith ↑

This is possibly the activity which requires the most courage at Tamborine. Climbing a tree to 14 m then jumping into nothing but thin air to try and touch a hanging ball. The climb, the anticipation, the jump, the swing and the descent to the ground; fun is only the beginning. A great way to overcome your fear of heights

### Tree Climb ↓

Take the challenge and see how high you can climb on our massive 16meter Flooded Gum. An imposing climb with a great reward, views over the escarpment of Moreton Bay and Stradbroke Island are waiting for those willing to complete the challenge.

### Flying Fox ↕

Climb up to the platform and step off for a fantastic ride 150m long then abseil down to the ground! With your teammates cheering you on it is sure to make a memorable experience

### Giant swing ↕

The giant swing is 18m high and will take your breath away as you swing through the tall trees of Mt Tamborine. Your team will pull you up to your desired height and the ride begins! An unforgettable experience!

### Giants Ladder ↑

Want to get your group working as one? Giants Ladder is an activity that takes your whole group and turns them into a team. Small groups of participants keep the climber's safe as they ascend the giants ladder. The only way to conquer this challenge is to use each other as stepping stones! The whole group is needed to complete this challenge as participants take turns climbing the ladder and keeping each other safe, provoking encouragement, teamwork, mateship and perseverance.

## Nature Focused Activities

### Bushwalking ↑

There's something about going for a walk in the rainforest that makes you feel great, whether it is the exercise, or the fresh ionised air made from the cascading water, or the cool breeze, or perhaps the relaxing visual and audible stimulants? Whatever does it, you always feel good after a walk in the bush. An added bonus for the walks around Tamborine is that you have the opportunity to learn a whole heap of interesting facts about the environment. A popular walk from the Tamborine centre is the Witches Chase track. The start of the track is just over 1 km from QCCC so a walk along the street or a short ride in a bus is an option to the start of this track. Once in the rainforest there are environmental topics to talk about everywhere you look. And this National Park is historically significant in that it was the first in Queensland! The distance to the falls from the centre is about 2.3 km so that makes it a 4.6km return walk. If a bus trip is possible it allows for a walk deeper into the rainforest. The environmental education aspect of this activity is fascinating and can have the same impact as a day excursion to a rainforest. You can talk to the Vertec Instructors about what topics you would like covered to suit your curriculum or leave it to the Vertec staff to talk about their favourite topics. This is an activity that even the teachers will find educational.

### Nature Workshop ↓

The Nature Workshop is a hands-on observation session where students identify birds, insects, trees and talk about the amazing animals on the charts. They talk about the interesting specimens in the lucky dip activity and learn many facts about native flora and fauna. With QCCC Tamborine backing on to National Park, there are always lots of things to see and learn about the world around us.

## Fun focused Activities

### Inflatable obstacle course ↑

At Vertec Adventure, we believe that all activities should be beneficial and stimulating. Our land infatable equipment is exactly that, - thought provoking, highly energetic and a development tool for co-ordination. The inflatable obstacle course is a fast, highly energetic activity which promotes quick thinking and coordination. Each second presents a new challenge as you go through loops, over mounds, under bars, through tubes, over climbing walls, and down slides. The dimensions are 15m x 5m and 4m high. A small secondary activity such as articulating bikes or crate tug of war is usually used to fill the time during the activity session for those that tire easily!

### Water Slide ↑

Another fun and wet activity session is the Water slide; we set up a 50m plastic mat, add some detergent and water and let the fun begin. There is also a water war that is stealthily integrated into the session just in case there's more excitement to be had. Perfect for any age group you just need to add a hot summer's day.

### Big Group games ↑

See Team focused section

### Circus Skills ↓

See skills focused section

## Offsite Activities

### Cedar Creek Falls ↑↓

During this session we lead the group on a short bushwalk in Tamborine National Park on the Cedar Creek Falls trail with a swim in one of the waterholes beneath a waterfall. While walking along this trail keep your eyes out for colourful birds, goanna's and wallabies. In the water hole it is common to see turtles and small freshwater crayfish.

This is an easy/moderate walk, with a low level of fitness required. Swimming ability essential for the main swimming hole, there is an option of shallower pools for non swimmers.

### Gold Coast Esplanade bike cruise and swim ↑ 14+ (Minimum 1/2 day activity)

Pack your day pack and come for a cruise along the esplanade for some Gold Coast sightseeing. We ride on Concrete and gravel bike paths beside the beach through parklands, urban areas and bushland. The ride includes an optional walk on the beach and/or swim.

### Coombaba Wetlands Mountain bike tour ↑ (Minimum 1/2 day activity)

Ride through Coombabah Lakelands Conservation Area which protects more than 1200 hectares of wetland, Eucalypt forest, salt marsh and mangrove swamp habitat. Lake Coombabah and its estuarine system are important coastal wetlands and migratory water bird habitats. This is an easy ride with no hills and you would never guess you were so close to civilisation. You will see many kangaroos and plenty of other wildlife.

### Fishing Session ↑↓

In this session we teach the group how to fish effectively. Participants will learn to choose the correct bait, rig lines, cast effectively and release their catch. Fishing in the Upper Coomera River, is well known to fishermen for being a place where you can catch salt and freshwater species, anglers often target Bass, Carp, Golden Perch as well as Flathead, Bream, Whiting and the occasional mud crab. Fishing teaches the participant to be environmentally conscious and patient!

Remember to bring a camera to capture the excitement when participants catch their first fish, as we release all fish caught on the day.

### Flatwater Kayaking ↑↓ (1/2 day activity)

This session can be run as an environmental activity, kayak games, kayak fishing or just a paddling adventure!

Kayaking in the Upper Coomera River, we guide the group in double kayaks into the freshwater section of the river. As we paddle upstream the river narrows into an interesting creek system with turtles, fish, eagles and kingfishers there is always something to catch your eye. With wide areas of the river to utilise during games and swimming or narrower sections to explore the delicate ecosystem of the native flora and fauna.

All sessions incorporate paddling skills and water safety.

### Coastal kayaking / Sea Kayak session ↑ (3/4 day activity)

Kayaking in the Gold Coast Broadwater is a perfect location to offer protection from the ocean while still encountering some small swell and wind to give a taste of sea kayaking. After leaving the mainland, South Stradbroke Island is our first stop for morning tea or lunch. While there we look out for the native endemic Golden Wallaby as we walk to the surf beach to see the most untouched white beaches of the Gold Coast. From South Stradbroke we paddle to Wavebreak Island for some optional snorkelling with thousands of fish. We then have lunch or afternoon tea then paddle south toward civilisation and back to the mainland.

## Leadership Camps

### Overview:

Leadership is an essential skill for succeeding in every area of life. The core foundation of our programs are the use of fun, hands on, adventurous activities to develop the disciplines to lead yourself. The students will learn through our unique challenges, that once you can lead yourself, you will naturally lead others. Our specialized Leadership Programs are designed to include all types of learning styles. Every participant is actively involved in their own learning. Through facilitated sessions, students will learn to debrief challenging situations, equipping them to apply the new skills to everyday circumstances. Each individual will have their existing mindsets challenged in order to facilitate the necessary change for growth.

### Yr 7 Leadership Camp↑:

#### **Elevate Program: Raising Up Young Leaders**

The Yr 7 Elevate Program equips students with confidence and tools to be able to lead themselves and others into their high school years. Through adventure based learning, students explore the fundamentals of leadership and how they can be used to maximise their high school experience. Activities are designed to highlight leadership principles and place students in positions where they can realise their leadership potential. All our activities within the Elevate Program are facilitated and debriefed within a leadership and character building context. We encourage students to step out of their comfort zone, face and overcome any fears and challenges they may have in their own life. This enables them to become a more confident and well-adjusted individual and positive influence amongst their peers.

### Yr 11 leadership camp↑:

#### **i Lead program: Students Today... Leaders Forever**

The Yr 11 i Lead Program equips students with confidence and tools to be able to lead themselves and others in their school and social circles. Through adventure based learning, students explore the fundamentals of leadership and how they can be used to maximise their senior years and beyond. Activities are designed to highlight leadership principles and place students in positions where they can develop their leadership potential. All our activities within the i Lead program are facilitated and debriefed within a leadership and character building context. We encourage students to step out of their comfort zone, face and overcome any fears and challenges they may have in their own life. This enables them to become a more confident and well-adjusted individual and positive influence amongst their peers.

Contact us for a program outline including topics and activities