

COUNSELLING · ADVENTURE THERAPY · MENTORING

GOTYA

GIPPSLAND OUTDOOR THERAPY & YOUTH ADVENTURES

2024 ADVENTURE RESPITE CAMPS



An adventure-based, community-focused respite program

[GOTYA.COM.AU/ARC](https://gotya.com.au/arc) | [ADMIN@GOTYA.COM.AU](mailto:admin@gotya.com.au)

Adventure Respite Camps | ARC

Our Vision

GOTYA strive to create a safe, trauma-informed, person-centred approach to all programs.

Program Aims

To achieve our vision in supporting all young people in our care, our adventure-based, trauma-informed approach, supports young people to:

- Discover potential
- Build resilience and confidence
- Promote team work
- Build healthy relationships
- Develop helpful behaviours
- Promote protective life skills

Benefits

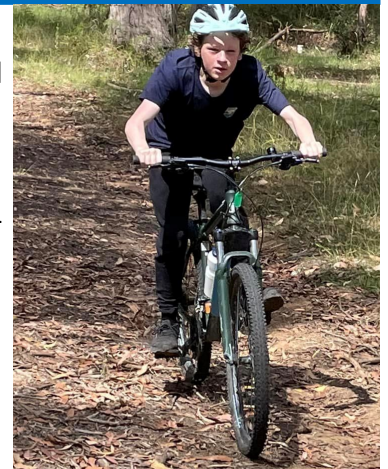
Engaging in GOTYA respite camps, has shown young people to:

- Develop stronger, more effective social skills
- Feel more contained & safe
- Genuinely engage in meaningful respite
- Learn new skills

Young people we work with

Programs are designed to support young people aged 8—17:

- Disengaged or at-risk of disengaging from school
- Diagnosed *or* undiagnosed mental health issues
 - Low self-esteem, poor self-image
 - Anxiety disorders
 - Depressive disorders
 - Suicide ideation
 - Self-harming behaviours
 - ODD, ADHD, ADD, CD
- Poor social and/or emotional skills
- Trauma backgrounds
- Aggressive behaviour/s
- Substance and polysubstance use
- Young people engaged in criminal activity or offending
- Young people in Foster Care or OOHC



What's Included

***GOTYA is a fee inclusive service.
No hidden or extra costs. Ever.***

Young people that attend GOTYA respite programs,
only need to bring their own clothing

Equipment

All specialised equipment is supplied for our adventure activities. GOTYA maintain industry-standard fleets of mountain bikes, kayaks, fishing rods/tackle, PFDs, helmets and sandboards.

Protective Gear

In the event of inclement weather, young people are issued GOTYA-branded Gore-Tex Jackets and Polar Fleece pullovers for use on program.

Camping Gear

GOTYA maintains a large fleet of appropriate tents, swags, thermals, shelters, sleeping bags, cookers, and sleeping mats for use on our programs.

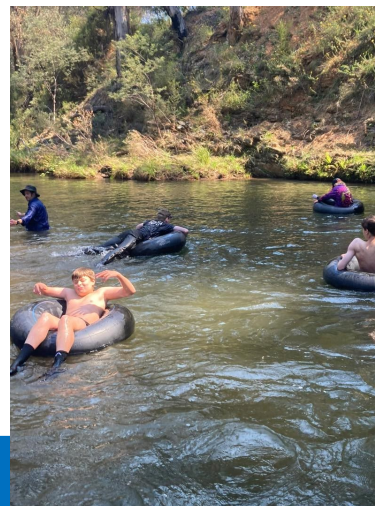
Catering

All our programs are fully catered from the moment a young person is in our care.

Camp Information Pack

GOTYA send families, carers and/or Agencies an Information Pack 2 weeks prior to the program. This contains all the relevant information, including:

- Gear list
- Program overview
- Staff contact details
- Risk management & emergency response
- Camp itinerary
- Planned menu
- Pick-up and drop-off times and locations



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Structured/Supported Program

Location: Gilwell Adventure Centre, Gembrook

Accommodation	Bunkhouse
Style	Structured activities, hardtop camp
Suits	Clients requiring a more structured program
Activities	Low & high ropes course, bouldering park, MTB, commando course, zip line, hut building, fishing, campcraft, trampolines, swimming
Focus	Team building and activity engagement
Departs From	Drouin, Pakenham and Gembrook
Duration	2 and 3 day camps
Staffing	3 staff
Ratio	3 young people to 1 Leader
Fees	\$700/day

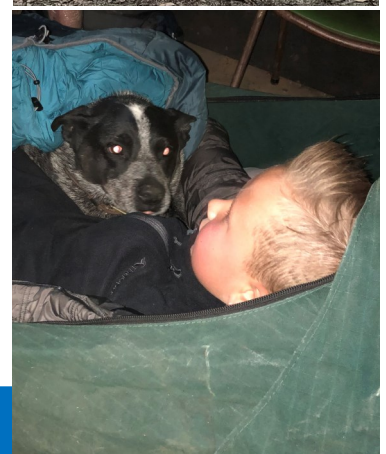
Camp Notes

Young people are accommodated in a bunkhouse. Two staff reside in an adjacent, separate room to facilitate supported overnight supervision.

This program is a good option for a young person requiring a more structured, activity-based program. This camp caters well to first-time, anxious campers.

A campfire each night provides young people with a 'camp-style' experience. We have access to a large hall with wood heater, which provides an indoor space in the event of inclement weather and to host our GOTYA movie night!

"Best camp ever. 10 out of 10. I was worried at first...but I had a blast! The staff are awesome and so was the food!" (Young person, 12)



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Semi-Remote Program

Location: Caringal Camp, Tyers Junction

Accommodation	Bunkhouse and/or swags/tents
Style	Private camp— <i>several options</i>
Suits	Clients wanting a semi-remote experience
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play, kayaking
Focus	Building resilience, independence & life skills
Departs From	Drouin & Moe
Duration	3 and 4 day camps
Staffing	4 staff
Ratio	2 young people to 1 Leader
Cost	\$800/day

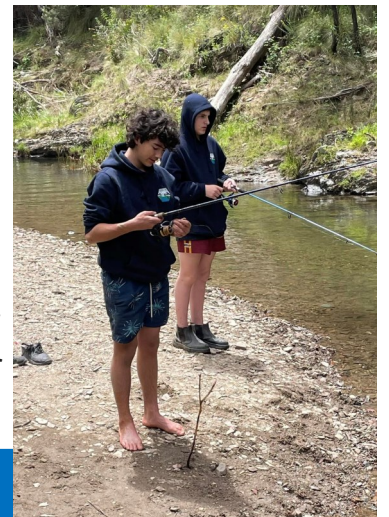
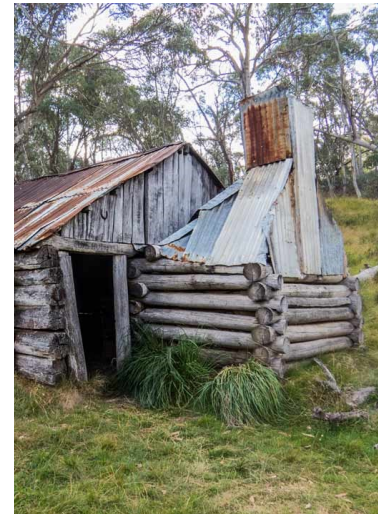
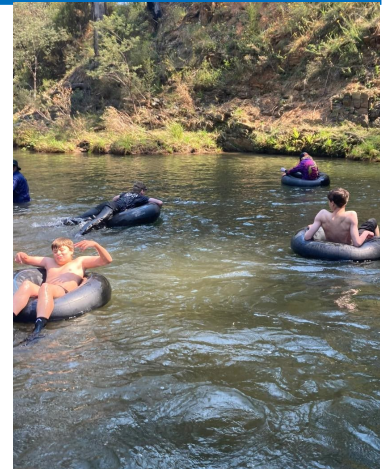
Camp Notes

Young people have option around accommodations—swags, tents or bunkhouse, depending on the weather.

Set alongside the Tyers River, the fishing and freshwater crays are right alongside the campground! With day trips close-by such as, Coopers Creek, Walhalla, Mt St Gwinear, Baw Baw NP and many others, this is an ideal location for adventure.

Suits a young person wanting adventure, but not in a remote, forested location. Caringal is set on 100 private acres, so there is still a 'feeling' of being in the bush!

"To find a respite option that allows him not only to have a break, but do things he that both he loves and challenges him has been great for him. Thank-you" (Foster Carer)



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Remote Area Program

Location: GOTYA High Country Camp, Aberfeldy

Accommodation	Bunkhouse and/or swags/tents
Style	Private bush camp
Suits	Clients wanting a remote camp experience, with some comforts (hot showers/toilets)
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, campcraft, creeking, snow play
Focus	Building community, resilience & confidence
Departs From	Drouin & Moe
Duration	4 to 5 day camps
Staffing	4 staff
Ratio	2 young people to 1 Leader
Cost	\$800/day

Camp Notes

This program is based at our remote Base in Aberfeldy, which is 30km north of the Thomson Dam. The camp is fenced, secure and offers a terrific base from which to run our multi-day programs.

Young people have the option of sleeping outside in a swag or tent on the flat, grassy campsites or in the heated bunkhouse. Or a combination of both!

This is a great option for a young person's initial experience in a remote area, as it is safe and contained.

"Our son had such a good time on the camp he hasn't stopped talking about it. He tried new food, made new friends. He loved the whole experience." (Parent)



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Camp Overview | 1:2/2:2 Program

High Ratio Camp | Any Location

GOTYA can provide a custom program for young people that requires 2:1 or 2:2 support

Accommodation	Bunkhouse, swags or tents
Style	Hardtop or remote/forest area camp
Activities	River tubing, fishing, MTB, 4WDing, exploring, swimming, geocaching, hut building, campcraft
Focus	Based on the young person's requirements
Departs From	Can transport from young person's home
Length	Custom—any
Staffing	2 staff
Ratio	1 young person to 2 Leaders 2 young person to 2 Leaders
Cost	\$700—1000/day

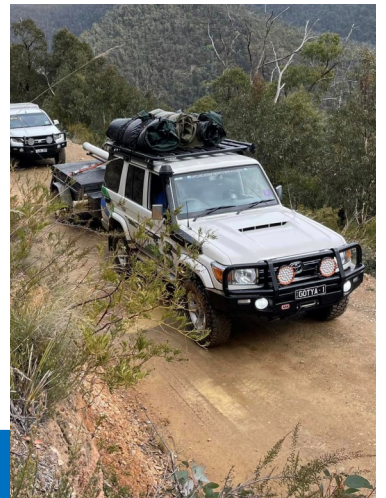
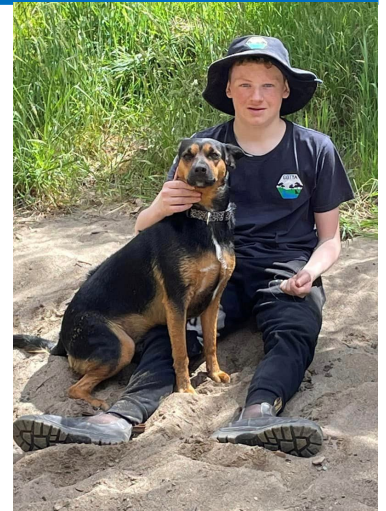
Camp Notes

Where a young person is not suited to a group-based program, this is the perfect option. Camps can be fully customised suited to the young person in terms of:

- Location
- Duration
- Activities
- Focus
- Staff

Contact us to discuss the possibility of utilising this option.

"I had the best time on camp. The leaders were awesome. I had lots of fun. I learnt I have more in me than I thought" (Young person, 16)



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How to Register

Child Safety

GOTYA is committed to conducting programs that are safe for all young people, where child abuse and harm are not tolerated. Child safety is a priority for GOTYA and the prevention and reporting of abuse is supported and encouraged.

All staff, volunteers and contractors are responsible for promoting the safety, wellbeing and empowerment of young people. GOTYA recognises that discrimination can harm young people and we treat all young people with dignity and respect.

Please contact our Child Safety Officer for a copy of our Policies.

Referrals

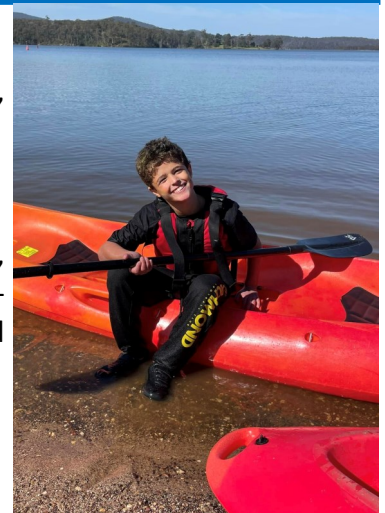
Prior to attending any program, young people must have a current referral with GOTYA.

We accept referrals from:

- NDIS Support Coordinators
- DFFH/CP Child Protection Officers
- DOJCS Youth Justice Worker
- Victoria Police Youth Resource Officers
- Community Youth Workers
- Psychiatrists
- GPs
- Paediatricians
- Psychologists & Counsellors
- Social Workers
- Allied Health Workers
- Parents
- Authorised School staff (*DP – Wellbeing, Principals*)

Booking Process

Referrals can be requested at <https://www.gotya.com.au/referrals>
They are completed solely on-line through our secure, on-line portal.



2024 Adventure Respite Camp Dates

Term 1

Dates	Days	Location	Ratio	Fees
17—19 Jan	3	Gilwell Adventure Centre, Gembrook	1:3	\$2,100
10—13 Apr	4	Caringal Scout Camp, Tyers	1:2	\$3,200

Term 2

Dates	Days	Location	Ratio	Fees
22—25 May	4	GOTYA High Country Camp, Aberfeldy	1:2	\$3,200
13—15 June	3	Gilwell Adventure Centre, Gembrook	1:3	\$2,100

Term 3

Dates	Days	Location	Ratio	Fees
21—24 Aug	4	GOTYA High Country Camp, Aberfeldy	1:2	\$3,200
23—25 Sept	3	Gilwell Adventure Centre, Gembrook	1:3	\$2,100

Term 4

Dates	Days	Location	Ratio	Fees
27—30 Nov	4	Caringal Scout Camp, Tyers	1:2	\$3,200
16—19 Dec	4	GOTYA High Country Camp, Aberfeldy	1:2	\$3,200

Custom Respite Programs

Please contact us to discuss options for young people that require 2:1 or 2:2 respite program support. These can run during Terms 1 –4.

Enquiries & Bookings | admin@gotya.com.au

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