

# HUNTER VALLEY GRAMMAR SCHOOL

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**DRAFT**



APRIL 2024



- Strengthen bonds
- Promote resilience
- Explore the Alpine region

# PROGRAM AIMS

- Provide Year 11 students and staff an opportunity to strengthen bonds and develop cohesion amongst their cohort, in alignment with the school's commitment of inclusion.
- Facilitate the building of a supportive group dynamic in a natural environment, with the reduction of external influences.
- Provide students with challenge and growth experiences, both physically and mentally, to build resilience and foster learning around working together.
- Provide students the opportunity to experience firsthand the diversity of the Kosciuszko National Park and uniqueness of the Alpine region.

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- 05. Program Outline & Team Lists

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# PROGRAM MATRIX

2024 PROGRAM		Team 1	Team 2	Team 3	Team 4
<b>Day 1</b> <b>Monday</b> <b>8 Apr</b>	AM	7.30am Depart school for Jindabyne (with packed lunch & snacks to have on the way)			
	PM	Arrival at Bungarra Alpine Centre (BAC) in Jindabyne for a welcome & initiatives session			
	Overnight	Lodge Accommodation at BAC			
<b>Day 2</b> <b>Tuesday</b> <b>9 Apr</b>	AM	Mountain Biking	Mountain Biking	Alpine Hiking	Alpine Hiking
	PM				
	Overnight	Camping in Kosciuszko National Park		Lodge Accommodation at BAC	
<b>Day 3</b> <b>Wednesday</b> <b>10 Apr</b>	AM	Abseiling & Rock Climbing	River Sledding	Mountain Biking	Mountain Biking
	PM	River Sledding	Abseiling & Rock Climbing		
	Overnight	Lodge Accommodation at BAC		Camping in Kosciuszko National Park	
<b>Day 4</b> <b>Thursday</b> <b>11 Apr</b>	AM	Alpine Hiking	Alpine Hiking	Abseiling & Rock Climbing	River Sledding
	PM			River Sledding	Abseiling & Rock Climbing
	Overnight	Lodge Accommodation at BAC			
<b>Day 5</b> <b>Friday</b> <b>12 Apr</b>	AM	Depart Jindabyne and return to school by 3.30pm			
	PM				

# ESSENTIAL ITEMS

All items to be labelled with the student's name and brought in a suitable bag that they can carry. The weather in the Snowy Mountains can change very rapidly, it may be very cold or it may be very warm. Bring suitable clothing for the activities outlined. Footwear to be worn at all times.

- Packed lunch & snacks for Day 1

## GENERAL CAMP ITEMS

- Day backpack – medium to large  
*Students will be required to carry a rain jacket, water, hat & lunch on all activities*
- Water bottle/s – 2 litre capacity
- Torch with a spare set of batteries
- Mess kit – plate, bowl, mug, knife, fork, spoon & tea towel (best in a drawstring cloth bag)
- 2 x large plastic garbage bags or dry bags

## LINEN – fitted sheets & pillows supplied whilst in lodge accommodation

- Sleeping bag
- Pillowcase
- Towel

## PERSONAL ITEMS

- Toiletries
- Medication (if required)

## WEATHER PROTECTION

- Hat, beanie & sunnies (can be purchased at ALI)
- Sunscreen & lip balm
- Rain jacket – waterproof & windproof (can be borrowed whilst here)
- Gloves

## CLOTHING – enough for amount of program days

- Track pants / shorts – long pants for hiking (not jeans)
- T-shirts / warm tops (fleece or wool tops are best)
- Thermals – top & bottom (polypropylene or wool are best)
- Socks / underwear
- PJs
- Swimmers, board shorts & rashie (for water activities)

## SHOES – 3 pairs

- Shoes for hiking – comfortable/adequate foot & ankle support
- Shoes for bike riding & general camp wear – runners or similar
- Shoes for water activities – old pair of runners or water booties

Mobile phones brought on camp will be collected & stored for the duration of program

# TEAM 1

## PROGRAM OUTLINE

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### Day 1 Monday 8 April

7:00 AM Meet at school & load coaches  
7:30 AM Depart school for Jindabyne, with a stop for packed lunch on the way  
4:30 PM Arrive at Bungarra Alpine Centre (BAC) for a welcome by ALI staff  
5:00 PM **Initiatives** session  
6:30 PM Dinner in Firmin Lodge dining room  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 2 Tuesday 9 April

Rise & shine, get ready for the day's activities & pack overnight bag  
7:45 AM Make packed lunches, then have breakfast in Firmin  
8:15 AM **Mountain biking** all day session with a stop for lunch  
4:00 PM Finish session  
4:15 PM Load coach & depart for Thredbo campsites  
Food box for dinner, **campfire & stargazing** evening (ALI run)  
Overnight Ngarigo campground

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### Day 3 Wednesday 10 April

Rise & shine, get ready for the day's activities  
Breakfast & make packed lunch  
8:00 AM Load coach & depart for Jindabyne Dam  
9:00 AM **Abseiling & rock climbing** session  
12:00 PM Finish session  
12:15 PM Load coach & depart for Gaden Trout Hatchery  
12:30 PM Lunch on arrival  
1:00 PM **River sledding** session  
4:30 PM Finish session  
4:45 PM Load coach & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 4 Thursday 11 April

Rise & shine, get ready for the day's activities  
7:00 AM Make packed lunches, then have breakfast in Firmin  
7:45 AM Load coach & depart for Charlotte Pass  
8:45 AM **Alpine hiking** session  
4:30 PM Meet coach at Thredbo & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 5 Friday 12 April

Rise & shine  
6:00 AM Firmin Lodge – make packed lunches, then have breakfast in Firmin  
6:20 AM Alpha Lodge – make packed lunches, then have breakfast in Firmin  
6:45 AM Program debrief & farewell  
7:00 AM Load coaches & depart for school with picnic lunch on the way back  
3:30 PM Arrive at school

# TEAM 2

## PROGRAM OUTLINE

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### Day 1 Monday 8 April

- 7:00 AM Meet at school & load coaches
  - 7:30 AM Depart school for Jindabyne, with a stop for packed lunch on the way
  - 4:30 PM Arrive at Bungarra Alpine Centre (BAC) for a welcome by ALI staff
  - 5:00 PM **Initiatives** session
  - 6:30 PM Dinner in Firmin Lodge dining room
  - 7:30 PM Evening activity (school run)
  - Overnight In lodge at BAC
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### Day 2 Tuesday 9 April

- Rise & shine, get ready for the day's activities & pack overnight bag
  - 7:45 AM Make packed lunches, then have breakfast in Firmin
  - 8:15 AM **Mountain biking** all day session with a stop for lunch
  - 4:00 PM Finish session
  - 4:15 PM Load coach & depart for Thredbo campsites
  - Food box for dinner, **campfire & stargazing** evening (ALI run)
  - Overnight Thredbo Diggings campground
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### Day 3 Wednesday 10 April

- Rise & shine, get ready for the day's activities
  - Breakfast & make packed lunch
  - 8:15 AM Load coach & depart for Gaden Trout Hatchery
  - 8:45 AM **River sledding** session
  - 12:15 PM Finish session & have lunch
  - 12:45 PM Load coach & depart for Jindabyne Dam
  - 1:00 PM **Abseiling & rock climbing** session
  - 4:15 PM Finish session
  - 4:30 PM Load coach & return to BAC
  - 6:30 PM Dinner in Firmin
  - 7:30 PM Evening activity (school run)
  - Overnight In lodge at BAC
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### Day 4 Thursday 11 April

- Rise & shine, get ready for the day's activities
  - 7:00 AM Make packed lunches, then have breakfast in Firmin
  - 7:45 AM Load coach & depart for Charlotte Pass
  - 8:45 AM **Alpine hiking** session
  - 4:30 PM Meet coach at Thredbo & return to BAC
  - 6:30 PM Dinner in Firmin
  - 7:30 PM Evening activity (school run)
  - Overnight In lodge at BAC
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### Day 5 Friday 12 April

- Rise & shine
- 6:00 AM Firmin Lodge – make packed lunches, then have breakfast in Firmin
- 6:20 AM Alpha Lodge – make packed lunches, then have breakfast in Firmin
- 6:45 AM Program debrief & farewell
- 7:00 AM Load coaches & depart for school with picnic lunch on the way back
- 3:30 PM Arrive at school



# TEAM 3

## PROGRAM OUTLINE

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### Day 1 Monday 8 April

7:00 AM Meet at school & load coaches  
7:30 AM Depart school for Jindabyne, with a stop for packed lunch on the way  
4:30 PM Arrive at Bungarra Alpine Centre (BAC) for a welcome by ALI staff  
5:00 PM **Initiatives** session  
6:30 PM Dinner in Firmin Lodge dining room  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 2 Tuesday 9 April

Rise & shine, get ready for the day's activities  
7:00 AM Make packed lunches, then have breakfast in Firmin  
7:45 AM Load coach & depart for Charlotte Pass  
8:45 AM **Alpine hiking** session  
4:30 PM Meet coach at Thredbo & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 3 Wednesday 10 April

Rise & shine, get ready for the day's activities & pack overnight bag  
7:30 AM Make packed lunches, then have breakfast in Firmin  
8:15 AM **Mountain biking** all day session with a stop for lunch  
4:00 PM Finish session  
4:15 PM Load coach & depart for Thredbo campsites  
Food box for dinner, **campfire & stargazing** evening (ALI run)  
Overnight Ngarigo campground

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### Day 4 Thursday 11 April

Rise & shine, get ready for the day's activities & pack up campsite  
Breakfast & make packed lunch  
8:00 AM Load coach & depart for Jindabyne Dam  
9:00 AM **Abseiling & rock climbing** session  
12:00 PM Finish session  
12:15 PM Load coach & depart for Gaden Trout Hatchery  
12:30 PM Lunch on arrival  
1:00 PM **River sledding** session  
4:30 PM Finish session  
4:45 PM Load coach & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 5 Friday 12 April

Rise & shine  
6:00 AM Firmin Lodge – make packed lunches, then have breakfast in Firmin  
6:20 AM Alpha Lodge – make packed lunches, then have breakfast in Firmin  
6:45 AM Program debrief & farewell  
7:00 AM Load coaches & depart for school with picnic lunch on the way back  
3:30 PM Arrive at school



# TEAM 4

## PROGRAM OUTLINE

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### Day 1 Monday 8 April

7:00 AM Meet at school & load coaches  
7:30 AM Depart school for Jindabyne, with a stop for packed lunch on the way  
4:30 PM Arrive at Bungarra Alpine Centre (BAC) for a welcome by ALI staff  
5:00 PM **Initiatives** session  
6:30 PM Dinner in Firmin Lodge dining room  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 2 Tuesday 9 April

Rise & shine, get ready for the day's activities  
7:00 AM Make packed lunches, then have breakfast in Firmin  
7:45 AM Load coach & depart for Charlotte Pass  
8:45 AM **Alpine hiking** session  
4:30 PM Meet coach at Thredbo & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 3 Wednesday 10 April

Rise & shine, get ready for the day's activities & pack overnight bag  
7:30 AM Make packed lunches, then have breakfast in Firmin  
8:15 AM **Mountain biking** all day session with a stop for lunch  
4:00 PM Finish session  
4:15 PM Load coach & depart for Thredbo campsites  
Food box for dinner, **campfire & stargazing** evening (ALI run)  
Overnight Thredbo Diggings campground

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### Day 4 Thursday 11 April

Rise & shine, get ready for the day's activities & pack up campsite  
Breakfast & make packed lunch  
8:15 AM Load coach & depart for Gaden Trout Hatchery  
8:45 AM **River sledding** session  
12:15 PM Finish session & have lunch  
12:45 PM Load coach & depart for Jindabyne Dam  
1:00 PM **Abseiling & rock climbing** session  
4:30 PM Load coach & return to BAC  
6:30 PM Dinner in Firmin  
7:30 PM Evening activity (school run)  
Overnight In lodge at BAC

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### Day 5 Friday 12 April

Rise & shine  
6:00 AM Firmin Lodge – make packed lunches, then have breakfast in Firmin  
6:20 AM Alpha Lodge – make packed lunches, then have breakfast in Firmin  
6:45 AM Program debrief & farewell  
7:00 AM Load coaches & depart for school with picnic lunch on the way back  
3:30 PM Arrive at school

# LODGE ACCOMODATION

This will be the base for the program. There are two lodges on-site being used for accommodation: Firmin and Alpha Lodges.

Whilst staying here there will be access to showers & games, and meals will be in the dining room at Firmin Lodge.

At breakfast each day students will make their own lunches and take fruit for morning and afternoon tea.

A Duty Group of approximately 5 students will assist with setting up and cleaning the dining room before and after meals.



## **Firmin Lodge** – total 72 student beds

- 6 x student bunk rooms with 12 beds in each (6 bunk beds)
- 2 x staff rooms with 3 beds in each (1 single & 1 bunk bed)

## **Alpha Lodge** – total 58 student beds

- 3 x student bunk rooms with 14 beds in each (7 bunk beds)
- 2 x student bunk rooms with 8 beds in each (4 bunk beds)
- 2 x staff rooms with 3 beds in each (1 single & 1 bunk bed)

All student beds have a fitted sheet & pillow. Students are required to bring a sleeping bag, pillowcase & towel. All teams are to leave the bedrooms and common areas clean and tidy.

Staff rooms have a doona, fitted sheet, pillow & pillowcase. Staff are to supply a towel.

{ At Bungarra Alpine Centre,  
Jindabyne

# KOSCIUSZKO NATIONAL PARK CAMPSITES



The ALI Team Leader will be in charge at campsites at night.

Campsites must be left clean and tidy & all garbage taken out with the group.

A support vehicle will be parked close by in case of emergency.

There may be other campers present.

Some campsites can't be accessed via coach and students will need to hike in from the main road.

## WHAT IS SUPPLIED

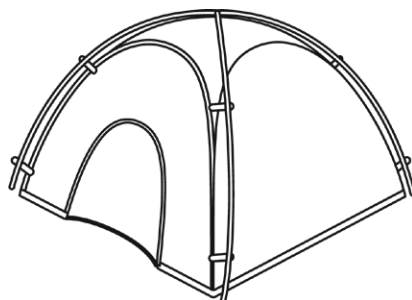
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- Overpants & rain jacket (if required)
- Meals & cooking equipment
- Hike packs
- Tents
- Sleeping mats

## WHAT TO BRING

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- Sleeping bag
- Mess kit
- Water bottle
- Torch
- Adequate clothing & shoes
- Weather protective gear
- Medication (if required)



**Ngarigo  
Thredbo Diggings**

# CATERING

Students are encouraged to make several sandwiches/wraps to ensure they have enough food as they have very active days. They are to place their food in their backpacks, or in the team lunch boxes provided, ensuring they have snacks packed with them also.

## FIRMIN LODGE (BAG)

- hot meal for dinner (eg chicken schnitzel with potatoes, vegetables, salad & garlic bread)
- cold and hot choices for breakfast (eg cereal, yoghurt & fruit; toast, bacon, eggs, beans, spaghetti & tomatoes)
- sandwiches for lunch which are packed at breakfast
- biscuits & fruit for snacks

## THREDBO DIGGINGS / NGARIGO

Teams will be given a food box to cover dinner, breakfast and lunch. The students will cook in groups of three using a Trangia and wok.

- food box meal for dinner (eg teriyaki chicken & vegetable stir fry with noodles)
- cereal & muesli for breakfast
- wraps for lunch (eg ham or salami, cheese, salad)
- muesli bar & fruit for snacks





# HIKE SESSION



**A challenging but spectacular hike in Kosciuszko National Park, experiencing Mother Nature and the beauty of the Alpine region**

**Please note:** The operating chairlift at Thredbo will be Kosciuszko Chair which closes at 4.00pm. Your Group needs to be at the chair no later than 3.45pm.

## WHAT TO EXPECT

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There will be a qualified ALI hike guide with each team. They will be responsible for decisions regarding route and weather on the day. They will brief students on safety considerations and give them an outline of the hike.

## PROPOSED ROUTE

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Charlotte Pass to Thredbo, walking the Main Range and summiting Mt Kosciuszko (dependent on weather and conditions)

## WHAT TO WEAR

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- Long pants
- T-shirt or long sleeved shirt
- Sturdy, lace-up shoes (eg runners – no slip-ons)
- Hat, sunscreen & sunglasses

## WHAT TO BRING

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Day pack with:

- Water bottle
- Sunscreen
- Lunch & snacks
- Warm jumper – wool or fleece (not cotton)
- Beanie & gloves
- Rain jacket
- Thermals – top & bottom
- Medication (if required)

# RIVER SLEDDING

Introduction to white water, running rapids on a single person sled learning basic skills

## WHAT TO EXPECT

ALL guides will run this session.

Students will receive a safety briefing for moving water & rapids.

Students will make their way down the river under the direction of the guides through 4-5 rapids as well as some fun games and activities along the way.

This is an exciting session in high water levels, or a relaxing way to explore the Thredbo River at lower levels.

## WHAT IS SUPPLIED

- Sled
- Wetsuit
- Helmet, shin pads & webbed gloves
- Life jacket/PFD

## WHAT TO WEAR

Swimmers & clothes that can get wet:

- Thermals – top & bottom
- T-shirt / rash vest (no singlets)
- Boardshorts
- Old runners or water booties (no thongs or crocs)

## WHAT TO BRING

- Day pack
- Water bottle
- Sunscreen
- Jumper
- Towel
- Change of clothes
- Plastic bag or dry bag for wet clothes
- Medication (if required)



# MOUNTAIN BIKING

Improve riding techniques using a variety of trails and skills courses on-site at Bungarra



## WHAT TO EXPECT

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There will be ALI bike guides for each session.

Students will have the opportunity to practice their skills and balance on the skills course and pump track.

They then head out to ride on single track located on-site around Bungarra with a mixture of novice and intermediate trails.

The route places the rider within 10 minutes of Bungarra at all times.

## WHAT IS SUPPLIED

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- Appropriately sized bike
- Helmet
- Gloves
- Knee & elbow pads

## WHAT TO WEAR

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- Shorts or long pants (weather dependent), no jeans
- T-shirt
- Suitable sturdy footwear, eg sneakers (no slip on shoes)

## WHAT TO BRING

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- Day pack
- Water bottle
- Sunscreen
- Jumper
- Rain jacket
- Medication (if required)



# ABSEILING & ROCK CLIMBING



Introduce students to a rock environment

## WHAT TO EXPECT

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Introduction and fit out at the Jindabyne Dam Wall car park.

It is then a short walk out to the abseiling and climbing site.

Students will receive safety instructions before participating in short & long abseils as well as a rock climb.

## WHAT IS SUPPLIED

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- Helmet
- Appropriately sized harness

## WHAT TO WEAR

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- Long pants
- T-shirt
- Hat
- Suitable sturdy footwear, sneakers are perfect (no slip on shoes)

## WHAT TO BRING

---

- Day pack
- Water bottle
- Sunscreen
- Jumper
- Rain jacket
- Medication (if required)



## **ACTION LEARNING INITIATIVES**

P : (02) 6457 2788 / E : [info@action-learning.com.au](mailto:info@action-learning.com.au)

Bungarra Lane, Jindabyne NSW 2627

W : [www.action-learning.com.au](http://www.action-learning.com.au)