



# Year 8 Camp

**Date:** Monday 26 to Friday 30 August 2024

## Venue

Dare Adventures at Dwellingup, purpose built outdoor adventure camp with accommodation, meals and activities on site, Murray River and Lane Poole Reserve are 10 minutes away.

## Camp Theme

This program introduces many students to new adventure-based activities which they will participate in as part of a smaller group. The program is run by Dare Adventures with the Bunbury Cathedral Grammar School staff being included in their groups. At all times challenge by choice, positive language (no put downs) and personal responsibility will be reinforced for everyone. They will be participating in numerous adventure based activities requiring team, water and individual based skills with the focus being on individuals as part of a community. Accommodation will be in the bunkhouses with one night in a tent as part of campcraft.

## Camp Objectives

The Experiential Learning camp aims to:

- Heighten awareness and respect for:
  - self, through outdoor challenges
  - others, through group experiences and sharing decisions
  - the natural environment, through direct experiences.
- Promote increased self-esteem, motivation, and confidence by providing opportunities for attempting challenging (physically and mentally), unfamiliar activities in a supportive group atmosphere.
- Develop and reinforce personal responsibility and initiative within the group.
- Foster interdependence by:
  - developing the ability to create and maintain healthy relationships with others
  - providing experiences of working as part of a group to achieve a common goal
  - working toward developing a cohesive group which appreciates individual capabilities and limitations.
- Instil and encourage environmental awareness and sound environmental practices in the outdoors.
- Promote reflection on camp experiences and facilitate relating experiences / lessons learnt on camp to life at school and home.

## Camp Outline

- Campcraft including campsite selection, tent and Trangia stove use
- Archery Tag around site
- Forest Ecology with animal care
- Commando/Confidence Course
- Team Building Games
- Orienteering
- Raft Building in dam on site
- Disc Golf
- Abseiling, Rock Wall and Flying Fox on tower on site
- Mountain Bike Riding around Dwellingup area
- Kayaking on Murray River