

Our Programs Explained

Day Activities

- Join us for a day out. Generally these programs are held on the weekend, departing at 9am and returning at 4pm. Departure locations will vary. Some *Day Activities* may be during the school holidays.
- Expect visits to attractions or events in Melbourne and surrounds.

Overnight Camps

- *Overnight Camps* depart on a Saturday morning and return on a Sunday afternoon - this is a great way to experience camp for the first time.
- Enjoy a mix of adventure based activities, time outdoors as well as a chance to spend time with friends old and new.

Weekend Camps

- *Weekend Camps* depart on a Friday evening and return on a Sunday afternoon - a perfect weekend away.
- Enjoy a mix of adventure based activities, time outdoors as well as a chance to spend time with friends old and new.

School Holiday Camps

- *School Holiday Camps* vary from 3 to 4 days in duration. These camps may run during the week or on a weekend over the school holiday period.

"Adventure For All" Camps

- *Adventure For All Camps* provide the opportunity for campers friends or siblings to join us on a camp. No parents allowed! These camps could be weekend, overnight or school holiday.

Departure Location:

Our programs depart from the Carinya Society (10 Bellevue St, Coburg) with the exception of Day Activities which have various departure points. Alternate regional pick-up locations may be available (eg. Ballarat).

What's Included:

All program costs include transport (to and from the camp), all meals, activities, accommodation and support.

What to Bring:

Our programs will involve you being outdoors, so make sure you pack appropriate clothing and footwear (for all weather conditions). Bedding is **not included**, you will need to bring your own pillow and sleeping bag/doona on Overnight, Weekend and School Holiday Camps. Our pre-camp information pack explains it all.

Did You Know...

Research conducted by the Murdoch Children's Research Institute in 2016/17 shows that participating in camps:

- decreases anxiety
- increases efficacy (ability to get things done)
- Increases connection with peers
- increases connection with school

