

# Our Programs Explained

## Overnight Camps (1 night)

- *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 (2 nights)

- *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 (3 nights)

- *School Holiday Camps* vary from 3 to 4 days in duration. These camps may run during the week or on a weekend during 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 Leinster Community Hall (99 Leinster Grove, Thornbury VIC 3071). 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

