

# SAILING ON



## Sailing On: Bush Adventure Therapy Program C-19 2021

Explore YaFT Inc. with TLC Support Inc. invite you to join us on an amazing journey, within yourself & without yourself whilst sailing & camping around the Gippsland Lakes on Gunai Kurnai country. Discover awesome sunrises, thousands of stars & that you can sail & navigate a yacht solo.

- Enjoy time alone & times to reflect as a group.
- Ponder your current life story & give time to create or recreate your future story.
- Search for dolphins, explore 90-mile beach, fly a kite, write some Haiku poetry, enjoy delicious camp food, sit around a campfire chatting & star gazing & sleep deeply with the sounds of surf & nature in your tent.
- It is an amazing experience you'll long remember & it may change your life 😊



### Program Dates:

**COVID management is in place for all activities**

**Weeks of 12<sup>th</sup> to 2<sup>nd</sup> August**

**Individual interviews with each young person (YP).**

Applications accepted and offers sent out for the journey.

**Sat. 7<sup>th</sup> August**  
10.00 am – 3 pm

Group day – Caving at Britannia Creek Caves near Warburton Wurundjeri country, get to know each other, create our Group Deal & re-storying reflection. **BYO** lunch, drink, caving clothes, shoes & towel.

**Sun. 15<sup>th</sup> August**  
9.30 am-3.30 pm

Group day – Learn to sail, have fun, grow our team, personal re-storying at **Lilydale Lake**, Wurundjeri country. **BYO** lunch, snacks, water, towel, wet clothes & change of clothes. Sailing gear handout, tent & cooking groups discussed. Discuss personal clothing for journey. *Weather dependent.*

**Information Evening**  
7.30-8.30pm.

**Date to be confirmed for** - Parents / Supporters / Workers  
265 canterbury Rd Bayswater North or Neerim South

**Sun. 22<sup>nd</sup> August**  
12.00pm-4.30pm

Group day – **Glen Nayook** rainforest walk, personal reflection & begin creating new stories for self (re-storying). **BYO** lunch, snacks & drink to eat on the drive up/back.

**Sat. 4<sup>th</sup> September**  
12 pm – 4.30 pm

Gear & menu planning. Prepare shopping lists for each meal  
Handout camping & fit personal gear.  
Personal clothing & gear check. **BYO** lunch & snacks.  
**12pm @ the Explore YaFT equipment & boat store.**  
**49 Basin-Olinda Rd The Basin, finish approx. 4.30pm**

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**Sun. 12<sup>th</sup> September**  
**12 pm – 4.30 pm**

Gear handout & packing at **The Basin store**. Reflection, solo, personal food lists finalised, final questions & preparations for the 9-day expedition.

**Sailing On Bush Adventure Therapy expedition: Sat 18<sup>th</sup> to Sun 26<sup>th</sup> September**  
**Leave – Sat 18<sup>th</sup> Sept 7.30am & Return - Sun 26<sup>th</sup> Sept approx. 6.00pm**

**\*Please note all dates are dependent on COVID guidelines allowing us to go ahead\***

**Post expedition sessions 2021:**

October 9<sup>th</sup> 2021

Follow up day - group reflection & lunch, 9.00-4.30pm Lilydale Lake  
**To be confirmed (TBC)**

October onwards

Individual & family sessions as required (meetings arranged post trip)

November 26<sup>th</sup>- 28<sup>th</sup>  
Nov 28<sup>th</sup>

Follow up camp @ Forest Edge Camp. **TBC**  
Graduation lunch @ Forest Edge with family, friends, workers, teachers

The program centres around a 9-day Bush Adventure Therapy sailing & camping expedition on the Gippsland Lakes, on Gunai Kurnai country.

The whole journey, prep days and post journey days are time to recreate & work through group & personal re-storying. Discover new skills & aspects about yourself you may not be aware of, experience & explore ways to bring changes you want into your life. Discover & explore your potential, then begin to deepen and/or rewrite the future story of you 😊.

Sailing On is an opportunity within a safe therapeutic community for heaps of fun, challenge & adventure. It is a time for each of us to do personal work, discover, reflect & return home with new skills & insight about ourselves, our lives, our world & our future.

***The journey is open to young people 14-21 years old.***  
***Please speak with Robert or John re the cost of Sailing On.***

**For further details contact Explore Youth & Family Therapy Inc.**  
**Robert Coller – 0428877384 or John van der Marel – 0400047864**