



The mission of Vertec Adventure is to “Encourage Change and Purpose through Adventure”.

The objectives of our programs are to challenge people with outdoor recreation while influencing and encouraging them to change into better individuals and acquire life skills and live with a sense of purpose.

Vertec Adventure works hard to ensure every activity session is delivered with intentionality and purpose in mind. Our instructors not only focus on running fun and safe activities but are always mindful of specific group and individual character traits that can be de-briefed and discussed at the end of each session. This is always done in a positive and motivational way.

Participants will be encouraged to pursue healthy recreational activities and will learn new skills for the activities they engage themselves in. The activities will be physical in nature and will have varying levels of physical challenge. We believe that a challenging, guided activity in a controlled environment is beneficial in the development of a young person. Coping mechanisms and reactions brought about by these challenges give great material for de-briefing individuals and the group. The activities can also be mentally challenging. Participants will encounter new experiences that may invoke feelings of perceived risk, fear and move comfort thresholds.

Social interaction and team work is also a large part of these activities.

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## Session Descriptions

↑ Activity suitable for all ages 9 and up.

↓ Activity suitable for ages 9-12.

↑ Activity Suitable for 12 and up.

### Team Focused Activities

#### Big Group games ↑

(minimum 25 participants)

Big group games are great if you have a varying amount of time to fill with group sizing ranging from 30 to 100 people. This is an activity that has lasting effects whether at the start or end of a camp, as it encourages mateship and requires the participants to work together as a team, leaving no one out.

Big Group Games incorporate fast moving activities to raise the excitement, flowing into an initiative style game that with get your group talking and working together, breaking down any social barriers, getting their creativeness flowing and allowing, sometimes unlikely, leaders to shine during the activities.

#### Survivor challenge ↑

(minimum 18 participants)

These specialised team building and initiative races are a good way to develop a team using varied skill sets which involve all team members throughout the challenges. These activities can involve about 8 stations within 2 sessions or 4 rotations in just 1 session. Because this sequence of activities is so multi-faceted, it is rare that any team member has not been a significant contributor. The activities range from social interaction to hands on construction. So all team members, whatever their talent has the opportunity to express those talents in front of the rest of their team.

#### Team Initiatives ↑

(minimum 18 participants)

These general team building and initiative activity sessions are a good way to develop a team and get them ready for bigger activities. Team initiative sessions are as close to classroom as outdoor recreation gets. It can be used to show up behavioural patterns and highlight and practice ways to influence behaviour. A series of activities can be customized to achieve the desired outcomes and debriefing between sessions can be used to move the group forward to more trusting and challenging activities.

#### Climbing Wall ↑

(minimum 18 participants)

See High ropes section

#### Giants Ladder ↑

(minimum 18 participants)

See High ropes section

#### Stranded ↑

minimum 18 participants

See skills focused activities

Vertec QCCC Activities List

### Skills Focused Activities

#### Archery ↑

(minimum 18 participants)

At Vertec Adventure, we teach target archery with a similar system to the National Archery in Schools Program (NASP). Archery is one of the most popular activities among the students, and teachers, as it is a fun exciting way to learn hand/eye coordination, it draws on the students imagination as they learn about the history of archery and encourages them to persevere with their technique until they hit the bullseye. It is an activity where students can develop a new skill in a fun, safe and encouraging environment.

#### Bush Skills ↑

(minimum 18 participants)

Bush skills involve a practical, skill based session where your group will learn basic camp cooking, fire safety and camp hygiene. First participants are briefed on camp fire etiquette, construction and fire safety. They are then responsible for collecting fuel, constructing and lighting their fire. By the end of the session participants will know the correct way to start a fire, keep it going and put it out safely. Younger ones have the opportunity of cooking and eating some damper, which is always a highlight. The older ones can do more of a campfire Master Chef competition where they select from a range of ingredients. This session is a great way to introduce an essential camping skill in a comfortable, fun, environment.

#### GPS Challenge ↑

(minimum 18 participants)

After learning about the GPS and how it gets its position teams use these handheld GPS units to race to find objects hidden in locations around the property. Upon finding the locations they then have to solve a mystery using the clues they've found. This is a great way to use up any spare energy.

#### Mountain Bike Session ↑

(minimum 18 participants)

Mountain biking is a great way to develop an appreciation of the outdoor environment in a fun and exhilarating way. Mountain biking is a very physical activity and in most cases the intensity can be adjusted throughout the trip to suit the individuals and group. One of the benefits of this activity is that all participants are engaged most of the time which leaves no room for concentration loss and behavioural slide. The session starts by completing a safety check on a bike, adjusting seat, learning about riding in a variety of conditions and learning Mountain bike skill sets. We use a skills course around the QCCC centre to train students in bike riding then ride the mountain bike single track which is like a roller coaster ride through the bush. Mountain biking teaches quick decision making, determination, concentration and self motivation and overcoming fear.

### **Orienteering** ⬆️

(minimum 18 participants)

Orienteering is a fun session where all team members are occupied at the same time. The session involves learning to orient a map, use a compass, read legends, and understand plan views, scale and contours. The small teams then seek out the control points they are looking for.

### **Stranded** ⬆️

(minimum 18 participants)

Stranded is a survival scenario which has its success and outcomes based on the choices, problem solving and initiative of the team. The team will be left 'stranded' in a wilderness area with some limited survival tools and rations. The most important part of survival is the ability to think clearly and make wise decisions which will greatly increase the chances of survival. They then must prioritise and execute 4 physical areas of survival: Fire, food, water and shelter.

### **Climbing Wall** ⬆️

See high ropes section

### **Survivor challenge** ⬆️

See team focused section

### High Ropes Activities

High ropes are often not about physical strength but rather emotional strength. The sincere support and encouragement of the team can help an individual achieve success through the exhilarating high ropes elements. Often these experiences are peak experiences for individuals on the camp, raising feelings they have never felt before. High Ropes activities can invoke an instant perceived risk as the participant approaches the peak of the activity. For them to successfully complete the task they must deal with this emotion. There are many ways youth deal with fear and this can be a debrief topic expanding to the realm of real fears in their lives and how they deal with these fears. If they overcome this fear invoked by a perceived risk, it brings rewards and an overwhelming sense of relief accomplishment and success. This can be paralleled to real life scenarios where we overcome a fear and we are rewarded in different ways.

#### Climbing Wall ↕

(minimum 18 participants)

Experience the adventure of climbing activities in a safe, fun environment. The thrill of climbing can expose you to challenge, fear and excitement. Vertec Adventure has the tallest portable climbing wall in the world at 11m. The climbing wall has natural shaped features and has 8 climbs with varying difficulty. As seen several times on the TV series 'Australia's Greatest Athlete' this is an impressive activity that will add excitement to your camp. Team members are trained to belay as a team to keep their buddies safe.

#### Giant swing ↕

(minimum 18 participants)

The giant swing is 18m high and will take your breath away as you swing through the tall trees of Mt Tamborine. Your team will pull you up to your desired height and the ride begins! An unforgettable experience!

#### Giants Ladder ↑

(minimum 18 participants)

Want to get your group working as one? Giants Ladder is an activity that takes your whole group and turns them into a team. Small groups of participants keep the climber's safe as they ascend the giants ladder. The only way to conquer this challenge is to use each other as stepping stones! The whole group is needed to complete this challenge as participants take turns climbing the ladder and keeping each other safe, provoking encouragement, teamwork, mateship and perseverance.

#### Glider Possum ↕

(minimum 18 participants)

This activity requires a team effort to pull the participant up 14m vertically into the treetops. The participants chosen moves are amplified as the participant accelerates skywards for an experience like flying!

#### Leap of Faith ↑

(minimum 18 participants)

This is possibly the activity which requires the most courage at Tamborine. Climbing a tree to 14 m then jumping into nothing but thin air to try and touch a hanging ball. The climb, the anticipation, the jump, the swing and the descent to the ground; fun is only the beginning. A great way to overcome your fear of heights

### Tree Climb ↓

(minimum 18 participants)

Take the challenge and see how high you can climb on our massive 16meter Flooded Gum.

An imposing climb with a great reward, views over the escarpment of Moreton Bay and Stradbroke Island are waiting for those willing to complete the challenge.

### Nature Focused Activities

#### Bushwalking ↑

(minimum 18 participants)

There's something about going for a walk in the rainforest that makes you feel great, whether it is the exercise, or the fresh ionised air made from the cascading water, or the cool breeze, or perhaps the relaxing visual and audible stimulants? Whatever does it, you always feel good after a walk in the bush. An added bonus for the walks around Tamborine is that you have the opportunity to learn a whole heap of interesting facts about the environment. A popular walk from the Tamborine centre is the Witches Chase track. The start of the track is just over 1 km from MTCC so a walk along the street or a short ride in a bus is an option to the start of this track. Once in the rainforest there are environmental topics to talk about everywhere you look. And this National Park is historically significant in that it was the first in Queensland! The distance to the falls from the centre is about 2.3 km so that makes it a 4.6km return walk. If a bus trip is possible it allows for a walk deeper into the rainforest. The environmental education aspect of this activity is fascinating and can have the same impact as a day excursion to a rainforest. You can talk to the Vertec Instructors about what topics you would like covered to suit your curriculum or leave it to the Vertec staff to talk about their favourite topics.

#### Nature Workshop ↓

(minimum 18 participants)

The Nature Workshop is a hands-on observation session where students identify birds, insects, trees and talk about the amazing animals on the charts. They talk about the interesting specimens in the lucky dip activity and learn many facts about native flora and fauna. With MTCC backing on to National Park, there are always lots of things to see and learn about the world around us.

### Fun focused Activities

#### Inflatable obstacle course ↑

(minimum 18 participants)

At Vertec Adventure, we believe that all activities should be beneficial and stimulating. Our land infatable equipment is exactly that, - thought provoking, highly energetic and a development tool for co-ordination. The inflatable obstacle course is a fast, highly energetic activity which promotes quick thinking and coordination. Each second presents a new challenge as you go through loops, over mounds, under bars, through tubes, over climbing walls, and down slides. The dimensions are 15m x 5m and 4m high. A small secondary activity such as articulating bikes or crate tug of war is usually used to fill the time during the activity session for those that tire easily!

#### Big Group games ↑

See Team focused section



### Offsite Activities

#### Cedar Creek Falls ↓

(minimum 12 participants)

During this session we lead the group on a short bushwalk in Tamborine National Park on the Cedar Creek Falls trail with a swim in one of the waterholes beneath a waterfall. While walking along this trail keep your eyes out for colourful birds, goanna's and wallabies. In the water hole it is common to see turtles and small freshwater crayfish.

This is an easy/moderate walk, with a low level of fitness required. Swimming ability essential for the main swimming hole, there is an option of shallower pools for non swimmers.

#### Coombaba Wetlands Mountain bike tour ↑ (Minimum 1/2 day activity)

(minimum 12 participants)

Ride through Coombabah Lakelands Conservation Area which protects more than 1200 hectares of wetland, Eucalypt forest, salt marsh and mangrove swamp habitat. Lake Coombabah and its estuarine system are important coastal wetlands and migratory water bird habitats. This is an easy ride with no hills and you would never guess you were so close to civilisation. You will see many kangaroos and plenty of other wildlife.

#### Fishing Session ↓

(minimum 18 participants)

In this session we teach the group how to fish effectively. Participants will learn to choose the correct bait, rig lines, cast effectively and release their catch. Fishing in the Upper Coomera River, is well known to fishermen for being a place where you can catch salt and freshwater species, anglers often target Bass, Carp, Golden Perch as well as Flathead, Bream, Whiting and the occasional mud crab. Fishing teaches the participant to be environmentally conscious and patient!

Remember to bring a camera to capture the excitement when participants catch their first fish, as we release all fish caught on the day.

#### Flatwater Kayaking ↓ (1/2 day activity)

(minimum 12 participants)

This session can be run as an environmental activity, kayak games, kayak fishing or just a paddling adventure!

Kayaking in the Upper Coomera River, we guide the group in double kayaks into the freshwater section of the river. As we paddle upstream the river narrows into an interesting creek system with turtles, fish, eagles and kingfishers there is always something to catch your eye. With wide areas of the river to utilise during games and swimming or narrower sections to explore the delicate ecosystem of the native flora and fauna.

All sessions incorporate paddling skills and water safety.

### Booking Requirements/Details

- Minimum booking is 2 sessions except for 1/2 day offsite activities which are 2 sessions in length
- Sessions are generally 1.5 hours in length
- Maximum group size per activity is 18 except for Rock Climbing and Inflatable Obstacle Course which can be greater
- All prices are inclusive of GST
- Transport is not included in offsite activities prices
- Bookings for over 40 people can attract up to a 15% discount depending on the number of activities booked.

Contact Jess Skerman at Vertec Adventure to book in for an activity or for more details.

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