



Survivor Expedition Camp (Survivor X) is a fun-filled trek and camp in nature - helping students to work as a team and build resilience. Students spend one night camping in tents under the stars and the other in our cabins.

Students learn how to pack a backpack, cook their own meal, set-up tents and canoe. Survivor-X is designed to develop students' essential personal and social capabilities such as communication, resilience, self-confidence, leadership, teamwork, goal setting, personal autonomy and initiative.

ACTIVITY THEMES

TRAIL

activities to promote communication and cooperation

EXTREME

activities to push physical limits and overcome fears

ADVENTURE

activities requiring team work and creativity

MISSION

activities requiring group unity and working to individual strengths

BOOK NOW!

YMCA CAMPING

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EXAMPLE PROGRAM

DAY ONE

0.5 hr	Welcome & Safety Induction
1.5hrs	Tribal Flags & Team Building Games <i>*school staff briefing & morning tea</i>
1hr	Lunch
3.5hrs	Trial 1 – Canoeing (off-site) Trial 2 – Hike (off-site)
2hrs	Camp Set-Up & Meal Preparation (Tents)
1hr	Campfire

The self-awareness journey begins...

- x Creativity
- x Relationship building
- x Developing empathy & understanding

DAY TWO

1hr	Breakfast
3.5hrs	Extreme 1 & 2 – Choice of Heights Activity <i>- Indoor Climbing, Crate Climb, Giant Swing & Bouldering</i>
1hr	Lunch
3.5hrs	Adventure 1 – Shelter Building Adventure 2 – Fire Lighting & Campfire Cooking
1.5hrs	Free Time & Dinner (Cabin Accommodation)
2hrs	Night Activity <i>(*YMCA offer optional night activities for an additional fee)</i>

Group dynamics play-out...

- x Sense of purpose
- x Problem solving
- x Commitment & respect
- x Opportunities for leadership

DAY THREE

1hr	Breakfast
3.5hrs	Mission 1 – Catapult Building Mission 2 – Obstacle Course
1hr	Lunch
0.5 hr	Tribal War Cry Competition & Presentations Farewell & Departure

The tribe unites!

- x Positive relationships are formed
- x Sense of belonging & community
- x Heightened confidence & resilience
- x Respect for self & each other

**3.5hr sessions include morning/afternoon tea.*

PROGRAM INCLUSIONS

The program is suitable for Grades 6 – 12 & is particularly beneficial as an introduction to expedition style camping for future camp programs.

- 2 nights / 3 days
- 7 meals
- 8 x activities (plus Y led campfire)
- Tent, sleep mat, backpack & cooking equipment
- \$368.00** / per student.

** 2024 pricing. Program inclusions & costs can be adjusted to suit time & cost constraints.*

