



Camp Information Booklet



WELCOME!

Located amongst the hills of the Alpine region, in the Ovens Valley, just 20minutes from the popular Tourist town of Bright. Valley Homestead is one of Victoria's premium school adventure camps and group accommodation venues.

Our facilities include:

- 163 Beds over 26 rooms
- Bedrooms are carpeted, heating and include ensuites, fresh linen and doonas
- Meals can be fully catered with breakfast, morning tea, lunch, afternoon tea and dinner to suit your preferred program. Student and staff dietary needs are all catered for on a needs basis.
- Adventure activities including our climbing and abseiling wall, 200m dual flying fox, high ropes course and free-fall slide to name a few.

Activity packages are tailored for each individual school or group, considering participant age, capabilities and budget. Schools and groups can benefit from snow trips and off-site activities to accompany our on-site adventure challenges.

Valley Homestead is family owned and run by new managers Jess & Tom and our young family.

Do something today that your future self will thank you for -
choose Valley Homestead for your school camp!



ACTIVITIES

Lateral Thinking - A group solving exercise where participants are divided into groups of 15 and work their way through each 'obstacle' under supervision. We carefully instruct them of the necessity to work as a group prior to embarking on this activity. This activity instils a strong team building focus and is a great one to begin camp. One Valley Homestead instructor provided.

Rafting - This activity takes place at the Porepunkah Picnic Reserve, or Marshalls Ridge at Lake Buffalo. Participants are organised into groups and after instructions, build a raft from the materials provided. Once completed rafts are inspected for seaworthiness and are raced over a defined course. We patrol the race in a small aluminium boat. Buoyancy vests are provided and are worn by all those in the water. A qualified lifeguard is provided, as well as a minimum of 2 Valley Homestead instructors.

Vertical Challenge – 4 separate climbs, each 12,5 metres high. The climber negotiates a range of different challenges and mediums to reach the very top, before belaying down. Two Valley Homestead instructors provided.

Free-Fall Slide – Standing 7 metres off the ground, participants hang from a bar and fall 2 metres in a vertical position before a steep stainless-steel slide catches and take them to rest horizontally. One Valley Homestead instructor provided.

Power pole – 2 different challenges, a 7 metre and 10 metre pole climbs, and leap off the top to grab a trapeze mid-air. Participants wear a full body harness and are belayed through bollards and dynamic rope. 2 Valley Homestead instructors provided.

Dual Flying Fox - Stretching approximately 220m and up to 20m off the ground, participants in a body harness zoom down the zip over a gully. No hands required (if you're game!). Two Valley Homestead instructors provided.



Aerial Obstacle Course - This course has 16 obstacles all above the ground. It is possible to work from the first obstacle to the last without touching the ground. Participants are placed in pairs with one person on the obstacle while their partner supports them all the way around each of the obstacles. We explain the course and supervise its use with the assistance of leaders from your group. 2 Valley Homestead instructors provided.

Climbing & Abseiling - Our climbing tower is 10 metres tall with an internal stairway. Operated by Adventure Guides Australia, participants can climb all the way to the top and abseil down the other side, led by qualified instructors. Participants will be introduced to abseiling and have an opportunity to have several drops from the tower.

Bush Survival – Discussions on coping in the bush, emergency procedures and safety, correct footwear and clothing. Participants are then divided into groups of approximately 10, and given a box of raw foods, a box of matches, a billy of water and some foil. The groups are isolated in the bush and instructed to build a fire to cook their own lunch. 'Survival Lunch' is then followed by a stretcher race, where each group builds a stretcher out of materials gathered and races a 'snake bite victim' to safety! *It is important participants provide their own mug for this activity. Minimum of 1 Valley Homestead instructor provided.

Camp Cooking – under supervision of your staff (briefed by us), the group will be provided with ingredients to make damper and enjoy a cup of billy tea or Milo with the cooking.

Cycling – 25 metres from our front gate is the Murray to Mountains Rail Trail. To venture off to Bright will be a 25km ride, or Myrtleford is 10km. The riding possibilities are limitless! A bicycle, helmet and bottle of water are provided. It is recommended a leader of the group have a mobile phone for complete convenience. Self-managing, or we can provide Valley Homestead staff to accompany the ride at your request.



Campout – enjoy a night out in a tent provided by Valley Homestead. Bring along a sleeping bag to enjoy a campout experience onsite. The student can work in groups to cook. Cooking and cleaning equipment are all provided by Valley Homestead.

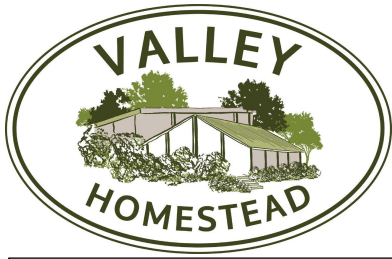
Reflector Trails – A night time activity where groups carrying torches follow a trail of 20 stations through the bush collecting a message at each station. It is important that the participants bring torches to the camp for this activity. After being briefed by Valley Homestead staff, this activity is supervised by your staff.

Bush Dancing – The professional bush dancing act is performed by Frog and his accomplice Mark. This is an interactive and energetic evening activity where they play guitar and lead you through some bush dancing!

Art Therapy - Art Therapy uses art as a tool to facilitate healing and self-awareness. It does not require any artistic skill, just the willingness and being open to immerse ourselves in the experience of the artistic process.

The invitation is to design/make personalised journals where participants will be guided in writing their first journal entry about their present experiences and emotions. Our hope is that participants will gain some understanding of how the mindful practice of journaling can facilitate personal growth and self-awareness. Ideally runs as a whole group activity in our bush activity centre, or as an evening 'winding down' experience.

Yoga – Simone Dole is a qualified Yoga instructor and member of Yoga Australia. She has a Diploma of Yoga teaching and Certificate of Mindfulness Coaching. Simone will introduce tools to develop relaxation techniques and body awareness techniques to improve balance, build resilience and encourage positive self-esteem.



MENU OPTIONS

BREAKFAST:

Cereals (Cornflakes, Muesli, Weetbix, AllBran, Rice Bubbles)

Toast

Orange Fruit Drink

... plus a choice of one of the following each day:

- Bacon & Hash Browns
- Eggs
- Pancakes & Maple Syrup
- Baked Beans

MORNING TEA:

Light-

- Fruit
- Cordial

Heavy-

- Fruit
- Fruitcake
- Cordial

LUNCH:

Salad Rolls (Cheese, Carrot, Lettuce)
Cake

...meat options:

- Chicken Loaf
- Ham Loaf

DINNER:

A choice of one of the following each evening:

- Lasagne, Salad & Bread
- Roast Beef, Gravy, Roast Potatoes & Steamed Vegetables
- Spaghetti Bolognese, Salad & Bread
- Chicken Schnitzel, Gravy, Potatoes, Peas & Corn
- BBQ (rissoles or sausages, chicken drumettes) potato salad, coleslaw, garden salad and bread

DESSERT:

A choice of one of the following each evening:

- Apple Crumble and Cream
- Sticky Date Pudding with Caramel Sauce and Ice Cream
- Self Saucing Chocolate Pudding and Ice Cream
- Fruit Salad & Ice Cream (Spring & Summer only)
- Ice Cream & Topping

SPECIFIC DIETARY REQUIREMENTS:

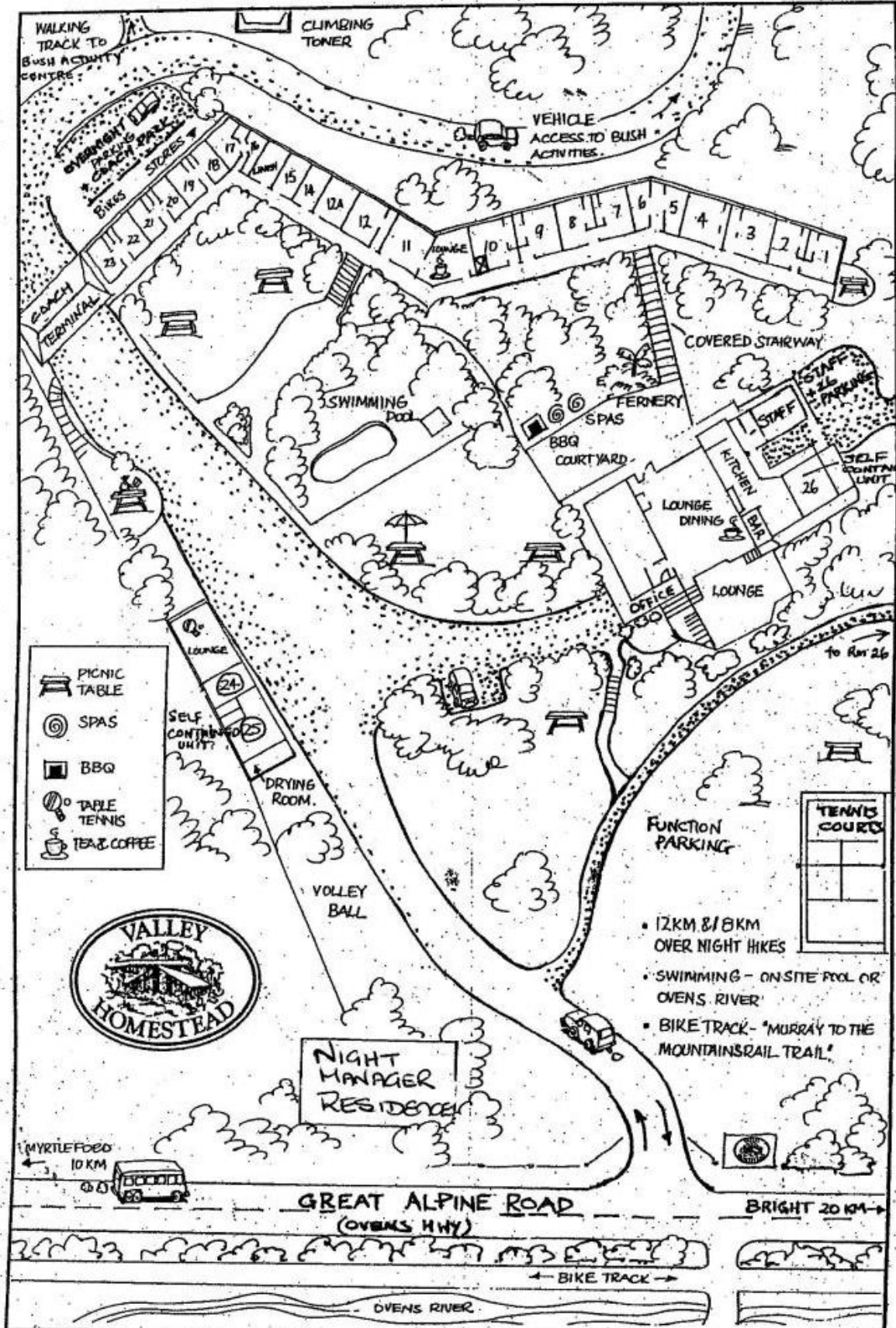
We cater for a range of specific dietary requirements, including any allergies for all students and staff attending our camps. A list of dietary requirements must be provided to us no later than 1 week prior to your arrival at camp.

WE ARE STRICTLY A NUT & SEAFOOD FREE CAMP

DUTY GROUPS: We require a group of students at breakfast, lunch and dinner times to come and help set tables, clear up afterwards and help dry cutlery and glasses in the kitchen. We recommend 1 duty group student per 10 students on camp.



SITE MAP



- PICNIC TABLE
- SPAS
- BBQ
- TABLE TENNIS
- TEA & COFFEE

- 12KM & 8KM OVER NIGHT HIKES
- SWIMMING - ON SITE POOL OR OVENS RIVER
- BIKE TRACK - "MURRAY TO THE MOUNTAINS RAIL TRAIL"



NIGHT MANAGER RESIDENCE

MYRTLEFORD 10KM

GREAT ALPINE ROAD (OVENS HWY)

BRIGHT 20 KM

BIKE TRACK

OVENS RIVER



ROOM ALLOCATION

Valley Homestead school camp pricing is based on guests filling all beds in all rooms occupied and teachers/leaders share 2 to 3 per room depending on size of the room. An additional charge will be incurred if this condition is not complied with. Rooms are all gender specific. Bedwetters, sleepwalkers & Under 6's should not sleep on top bunks.

ROOM 1: 8 Singles

ROOM 2: 8 Singles

ROOM 3: 1 Double & 9 Singles

ROOM 4: 1 Double & 9 Singles

***ROOM 5:** 4 Singles

*Shared en-suite Room 5 & 6

***ROOM 6:** 4 Singles

ROOM 7: 8 Singles

ROOM 8: 8 Singles

ROOM 9: 1 Double & 9 Singles

ROOM 10: 1 Double & 9 Singles

Seminar Lounge

ROOM 11: 1 Double & 9 Singles

ROOM 12: 1 Double & 9 Singles

ROOM 12A: 8 Singles

ROOM 14: 4 Singles

ROOM 15: 4 Singles

***ROOM 16:** 4 Singles

*Shared en-suite Room 16 & 17

***ROOM 17:** 1 Double & 3 Singles

***ROOM 18:** 5 Singles

*Shared en-suite Room 18 & 19

***ROOM 19:** 1 Double & 3 Singles

***ROOM 20:** 1 Double & 3 Singles

*Shared en-suite Room 20 & 21

***ROOM 21:** 5 Singles

***ROOM 22:** 1 Double & 3 Singles

*Shared en-suite Room 22 & 23

***ROOM 23:** 1 Double & 3 Singles

Self Contained Units:

***ROOM 24:** 1 Double & 3 Singles

*Shared en-suite Room 24 & 25

***ROOM 25:** 1 Double & 3 Singles

ROOM 26: 1 Double & 2 Singles



PACKING LIST

CLOTHING:

- Jumper/s
- Long pants (track pants are fine)
- Long sleeved shirts
- Shorts (knee length- no short-shorts)
- Pyjamas
- T-Shirts (no singlets- shoulders covered for activities)
- Underwear
- Socks
- Bathers/Swimwear
- Rain Jacket with hood
- Warm winter jacket
- Hat
- Sturdy outdoor shoes/sneakers

TOILETRIES:

- Towel
- Toothbrush
- Soap
- Deodorant
- Hair Ties (Long hair MUST be tied up for activities and meal times)

OTHER IMPORTANT ITEMS TO BRING:

- Plastic bag for dirty clothes
- Refillable water bottle
- Sunscreen

ACTIVITY SPECIFIC ITEMS:

Campfire & Reflector Trail:

Torch and spare batteries

Campout:

Sleeping bag, doona/blankets, pillow

Rafting:

Old sneakers for use in the water

Bush Survival:

Mug (optional. Preferably a camping or plastic mug)

Formal Dinner:

Appropriate clothing

Camp goers are not to wear or take to activities:

Short shorts, singlets, thongs, slippers, open toe/unsturdy shoes, (crocs, slip on shoes etc), iPods, mobile phones (fine for photography, but not to be used while on activities), bracelets/necklaces, dangly earrings



TESTIMONIALS

"We brought our Yr. 7 students here for 3 days, best camp ever! Kids loved it, teachers loved it, and the Valley Homestead staff accommodated our ever need and were friendly and excellent leaders. Thank you for making our stay so great! We have already booked in for next year." Fab- Macleod College

"We had a brilliant time at this camp, the facilities are outstanding and perfect for upper primary and secondary students. The flying fox is amazing! The food was brilliant and plentiful and showers hot. The staff were friendly, firm and super organised and it's just an hour's drive from beautiful Mount Buffalo! An easy 5 Star rating! Thanks Tom, Jess and Staff!" Mel-Aspendale Primary School

"A group of twenty-six members from our local bushwalking club stayed at Valley Homestead in the week prior to Anzac Day. Managers Jessica and Tom provided every assistance in the planning stages and nothing proved too much trouble for them during our stay. Our members were impressed with the facilities, staff, grounds and surrounds. Thank you, Jessica and Tom, everything suited our needs perfectly." Ken- Bushwalking Club

"Heartfelt thanks for your professionalism, kindness and extraordinary organisation. Our Year 8 students had a wonderful time. Your staff are so well trained and encouraging, their support of the girls was incredible and so much appreciated by all. The setting of the camp is truly beautiful and your management of the place superb." Kath. Kilbreda Girls Secondary College