

Interested? Read on...

The Core program is an action packed 6 weeks that looks at tackling difficult life issues. A small group of young people are selected to organise and prepare for an 11-day journey in a remote bush setting. The activity may be bushwalking, rafting or skiing. The program structure and the environment encourage the group to work together utilising individual strengths, experience and attitudes. It will be challenging yet possibly enlightening.

The six weeks are broken down into 3 stages:

- The first two weeks consist of day activities focussed around getting to know the group whilst preparing the individual for the journey.

- The second stage is the journey, an expedition that may mimic the highs and lows of our lives back home, encouraging us to find new ways of working together, within ourselves and within our environments.

- The third stage is 2 weeks of day activities looking at what we found in ourselves, our group and in the outdoors. We will have a celebration!



Schedule Outline

Information Session:
One hour. Come along!

Initial Interview:
#By appointment with your support worker

Week 1:
Program orientation
10-3.30 pm weekdays

Week 2:
Trip preparation
#Goals Interview
10-3.30 pm weekdays

Week 3 & 4:
11-Day Wilderness Journey
#Wave off and welcome back

Week 5:
Post trip recovery
#Debrief Interview

Week 6:
Follow-up outdoor activities
#Graduation celebration

We request the support workers involvement at these times

Workers Information

This program is for young people between 14 & 25 years old. The group is selected around what will provide a safe and healthy group experience for all members.

Whatever the activity, the journey will be a remote expedition, where we carry everything we need with us, and where the group has to work together to get to the end of the trip safely together.

*The Drug Treatment Service Unit of the Department of Human Services and the Colonial Foundation supports TOE. This means there is **no charge for participants of this program**. All young people need is underwear and a toothbrush for the journey, and a sense of adventure (but even these we can help out with).*

We aim to work with people “where they are at” and can manage many health concerns (including prescribed medication, mental health issues and drug and alcohol difficulties) during the program and out on the journey.

Support workers are crucial to the effectiveness of this program for young people, and we ask workers to be involved at key points during the six weeks. It's not a big time commitment but an important one. We encourage you to assist us make this even more than a highly memorable event.



For further information, please contact:

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TOE is a program of Gateway and an initiative of:



T.O.E **The** **Outdoor** **Experience**

Bush **Adventure** **Therapy** **Program**



...imagine yourself watching the sunset or sleeping under the stars after meeting the challenges of an outdoor adventure!