

Generic Standard Program Outline

The programs at Helidon usually follow a standard sequence and are developed to gain the maximum outcomes for each individual group. Programs are often altered for a range of factors such as weather, group size, particular needs of an individual group, the number of groups on site and other unforeseen time constraints.

Below is a generic outline of all possible activities for a 3 Day camp



CHALLENGE | INSPIRE | EMPOWER

Day 1

Arrival / Welcome / Introduction / Safety brief / Goal setting

- Emu Gully staff spend the first 5 – 10 minutes of each camp discussing with group staff their particular goals and requirements for that group. Issues discussed include goals for students, special needs, requirements/desires of group staff and a familiarization with the Emu Gully philosophy and our subsequent approach.
- Safety is paramount to the ongoing success of Emu Gully and each group is given a thorough safety brief.
- The group is then guided through a goal setting session whereby they are able to take ownership of the program, and are therefore ultimately responsible for the outcomes.

Introductory Activities:

A selection of:

- Chicken Leadership
- The Charge
- No Man's Land

These are typical "ice – breaker" style activities that give the participants an indication of how the system works at Emu Gully. It also provides Emu Gully and group staff some vital insights into the dynamics currently happening with the group. In some cases, a group's performance in these activities can determine the selection of future activities.

Low Ropes/Initiative/Team Building Activities:

A selection of:

- Hoop
- Hoop Islands
- Skippy
- Blanket Volleyball
- Minefields
- Welded Ankle
- The Swinging Log
- Commando Cable Crossing
- Escape from Colditz

These activities are designed to cause participants to be prepared to think outside the square, learn to listen to each other and identify strengths and weaknesses within the group.

Extension Activities:

A selection of:

- Rope Run
- Truck Pull
- Tower Jump

These types of activities are typically used to push participants that little bit further, and as a result often become the catalyst for the group coming together as a united team, determined to perform at the highest possible standard.

Day 2

History Presentation/Reflections

One of the following

- A Power point presentation identifying the origins and significance of our history and how it applies to our lives today
- Including stories of significant battles, and the men and women who demonstrated great character.

Core Activities:

A selection of:

- The Western Front
- The Siege of Tobruk
- The Bridge over the River Kwai
- The Tunnel Rats of Vietnam
- Hellfire pass
- The Kokoda Track

These core activities are set around epic events across WW1, WW2 and Vietnam. As well as providing a simple historical context and purpose for the activity, participants are confronted with the need to demonstrate the core character values of Courage, Perseverance, Mateship and Self Sacrifice.

Night Activities:

A selection of:

- Night Walk
- Lantern Stalk
- Slide Competition
- Games

The night activities are typically a significant highlight of the Emu Gully experience. The activities can range from easy to extreme. The chosen activity will reflect the age and ability of the group as well as the goals identified by the group and its staff. The weather is also a considerable factor in the selection of the night activity.

Day 3

Additional Activities

A selection of:

- Storm the Fort
- Rock Climbing
- Twisters
- Skirmish

These activities are all fantastic fun and provide a final opportunity for participants to experience all the elements of teamwork in a challenging environment.

Briefs and Debriefs:

All activities are thoroughly **briefed** in regards to their historical context, safety and the subsequent purpose of the activity. Each activity is also **debriefed** to maximise the learning outcomes and discuss any issues that may have arisen. These outcomes are linked to the core character values, and participants are challenged to make the connection between the activity and how the lessons learnt can be applied in the real world.