



## Year 10 Outdoor Education Program Information 2024



Dear Students, Parents and Carers,

St Andrew's has a proud Outdoor Education tradition, of which the Year 10 program is the pinnacle. Year 10 Outdoor Education at SACS is run in a small group model, which allows us to offer a variety of trips to some awesome locations. The 9 choices available to the students are outlined below.

### Staff and Safety

All programs are run by experienced, trained personnel who have extensive knowledge of the program areas and activities. An extra staff member is assigned to safety and logistical support. Senior staff are in regular mobile phone or satellite communication with each camp group throughout the program. All groups are also provided with locator beacons, which allow notification of location and an extra method of communicating for outside assistance. All students are covered by the school's accident and liability insurance when on any program both domestically and internationally.

### Camp Difficulty

Each camp is designed to challenge students in various ways. This is done deliberately to build character, grit and resilience. Students sleep most or all nights on camp in tents and showers are rare. Each camp undertakes a journey of some kind which can be a physical trying for most students. It is to be expected that your child will return from camp tired and possibly sore from their physical efforts. Different camps have specific challenges, for example students on the NZ Cycle tour often get a scratch or two from sticks or their peddles. Staff will of course minimise risks as much as possible and practical and look after the students.

### Camp Cost

The base cost of the Year 10 Outdoor Education Program is predicted to be \$1400 for 2024. This cost is directly attributable to staffing, equipment, transport and catering. There are programs offered that incur additional costs due to flights, program length, outside contractors, specialist equipment or location. With each description of program options below you will find a corresponding cost for that program. All students will be billed the base cost in equal instalments each term. Any additional cost applicable to their chosen program will be billed in the term the program is to take place, or in the term prior.

### Equipment

An equipment list will be provided with the confirmation letter for each program. This is a comprehensive list which ensures the students' safety and comfort while on program. Most of the equipment is the same as required in past years of camps. We have partnered with an Australian outdoor gear company called Camplist that allows you to purchase (in some cases hire) equipment. You can also get discounts at a number of outdoor stores in Sydney. We will send further info on this and other options for obtaining gear with the confirmation letters for each program. If you have any trouble sourcing or choosing equipment, please contact the Outdoor Ed department and we will be happy to help you.

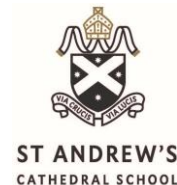
### Contact on Camp and Emergencies

The students will not be directly contactable during the program. We are providing a wilderness experience for the students, so **mobile phones will not be allowed on camp except for travel and the start and finish**. Urgent messages to students can be passed on via St Andrew's reception or the safety contact number for the camp which will be provided in the camp information letters. Staff will also email parents/carers toward the end of camp to confirm ETA. If there is an issue or emergency related to your child, OE staff will call to inform you and/or seek your advice.

If you would like updates on what is happening on camp, we recommend that you follow the SACS Outdoor Education department on Instagram at @sacsoutdoored. Any updates we can give during camp will be posted there.



## Year 10 Outdoor Education Program Information 2024



### Academic Work

To ensure that any work missed while on camp is completed, students are encouraged to communicate with their teachers prior to attending camp. Year 10 camp programs do not run in high assessment periods, or within 2 weeks prior to exams.

### Program Choice Online Form

The program choice will be facilitated via an online form. **ALL PROGRAMS ARE FILLED ON A FIRST IN BASIS**

To make the process as fair as possible **the form will be closed initially. It will go live at 6pm Wednesday 20<sup>th</sup> of September.** This gives students and parents time to discuss which camp they would like for next year. It also means that the first places will not just go to the people who happen to check their emails first. Please do read the information below about each camp so that you can make an informed choice. If you have any questions please email us at [outdooreducation@sacs.nsw.edu.au](mailto:outdooreducation@sacs.nsw.edu.au) Please be aware that attendance on a camp is compulsory unless there is a medical or extraordinary reason for an exemption. Any requests for exemption will need to be cleared by the Head of Senior College, Mr David Lindsay as well as the Head of Outdoor Education. Due to academic responsibilities students may only attend one camp during term each year.

Please follow the link below to complete it. If the form does not work at first, please copy and paste it into the address bar of your browser. We have tested it in Chrome and Edge.

**Link to program selection form:** <https://bit.ly/SACSYr10OEProgramSelection2024>

All form submissions are recorded in order. Once maximum numbers are reached for individual programs, there will be no additional students added and those who choose it after this time will be allocated their second or third preferences. **Please do not put down one camp option for all your preferences.** This will not increase your chances of getting that camp. We do our best to allocate each student to their first preference but if they do not get it and have only listed one camp, we will then allocate them to one of our choosing.

**Individual programs will only run if minimum numbers are reached** and some may not go ahead if not enough students choose them. Please ensure that students think carefully about their second and third choices. Students who lodge forms late or do not lodge a form at all will be automatically placed into programs at the Outdoor Education Department's discretion. The Jagungal hike or Sea Kayaking will be the allocated programs for late submissions.

You will be notified as to which program your child has been placed on by email by the first week of Term 1, 2024. Programs run throughout the year according to choices, weather, the school calendar and other factors.

Medical information will be collected prior to each program so that we ensure it is up to date. Information on this will be included in the confirmation letter for each program.

### Duke of Edinburgh Award

The Duke of Ed award at SACS is facilitated by Mrs Michelle Hall. The Outdoor Education department assists with running Duke of Ed Adventurous Journeys in the first week of each school holidays. If your daughter, son or ward is interested in completing this fantastic program please email [mhall@sacs.nsw.edu.au](mailto:mhall@sacs.nsw.edu.au) Please note that the Kosi to Coast expedition can count as an adventurous journey where appropriate.

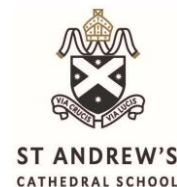
Should you have any questions regarding the programs or Outdoor Education at SACS please contact the Outdoor Education Department on 02 9286 9500 or by email at [outdooreducation@sacs.nsw.edu.au](mailto:outdooreducation@sacs.nsw.edu.au)  
I am looking forward to the adventures that we have in store for Year 10 in 2024.

Warm regards,

John Chapman  
Head of Outdoor Education



## Year 10 Outdoor Education Program Information 2024



### Program Overview

Program	Program Area	Type	Dates	Cost
Jagungal Hike	Kosciuszko National Park – Munyang to Round Mountain via Mt Jagungal	Hike	Term 1 or 3	Base cost (\$1400)
Myall Lakes Sea Kayaking	Myall Lakes and River	Sea Kayaking	Term 1, 2 or 3	Base cost (\$1400)
Shoalhaven Adventure	Kirrikee, Bungonia NP, Shoalhaven Gorge	Abseiling, Caving, Hiking, Packrafting (whitewater)	Term 1 or 3	Base cost (\$1400)
Horse Trail Riding	Victorian High Country – Howqua and Merrijig area	Horse Trail Riding	Term 2 and 3	\$1570
Backcountry Snow Tour (intermediate to advanced)	Kosciuszko National Park – Dead Horse Gap to Mt Kosciuszko	Backcountry Snow Camping and Alpine Touring Skiing or Splitboarding	Term 3	\$1570
NZ Cycle tour	NZ South Island, Christchurch, Otago Rail Trail, Wanaka (possibly Queenstown)	Tour, Bikepacking and Mountain Biking	Term 1	\$1800+Airfare
Central Australia Tour	Alice Springs, West Macdonnell ranges, Lilla Community, Kings Canyon & Uluru/Kata Tjuta NP	Tour, Day Hikes, Indigenous cultural experience. Run by Remote Tours	Term 2	\$1800+Airfare
Kosi to Coast	Munyang to Bass Straight via Main Range, Pilot Wilderness Area and the Snowy River	Hike and White-Water Rafting	November (after Year 10 Exams)	\$3500
Tanzania Tour	Maasai Village, Mt Meru, Olduvai Gorge, Ngorongoro Crater, Lake Manyara, Tarangire National Park	Community Project, Wildlife Safari, Guided Trek, Adventure Touring	Winter Holidays (June/July)	\$10,690 Deposit due now

*Please note that the time frames we have listed above may change. Some programs can only run at specific times of the year, for other programs this may change depending upon student choices and other outside factors. There are more detailed descriptions provided in the following pages. Programs will only run if they meet minimum numbers (6-8 students depending on program).*

## Program Descriptions

### 1. Jagungal Hike, NSW

**Description:** This is a stunning hike, through the alpine and sub-alpine environments in the north of the Kosciuszko National Park. The hike begins from Guthega Power Station and heads north on fire trails and tracks camping at a few historic huts such as Schlink, Valentine and Derschkos. We aim to summit Mt Jagungal which is the most northerly and easterly of Australia's 2000m+ peaks. The hike finishes at Round Mountain before we drive back past iconic Snowy Hydro installations such as Tumut Dam.

**Cost:** \$1,400 (base rate)

**Departure:** Term 3 (and Term 1 if in demand)

**Program Type:** Hiking

**Max Numbers:** 12 students per group

**Duration:** 7 Days



### 2. Myall Lakes Sea Kayaking, NSW

**Description:** This program will take students on a paddle from Seal Rocks via the Myall Lakes system and the Myall River to Port Stephens. Paddling high quality sea kayaks, they will be required to pack all their equipment into their craft for the week. Students will have the opportunity to develop sea kayaking skills and will enjoy the paddle alongside their peers, and even possibly a cheeky dolphin or two. The final day crosses Port Stephens to Nelson Bay. Should weather conditions make this crossing difficult we will either finish at Hawks Nest or around the northern side of the bay to Pindimar.

**Cost:** \$1,400 (base rate)

**Departure:** Term 1, 2 and/or 3

**Program Type:** Sea Kayaking

**Max Numbers:** 15 students per trip

**Duration:** 7 Days



### 3. Shoalhaven Adventure, NSW

**Description:** This program was new in 2023 and was great fun for all who attended. It is designed for those students who would like to try a number of adventure activities. The week will start with drive to Kirrikee for a gear pack before continuing on to Bungonia. There they will explore a few caves and abseil at Hogan's Wall. The next activity is a hike into Shoalhaven gorge. The days following this they will packraft through to Tallowa Dam. This will involve negotiating Grade 1 to 3 white water rapids. The group finishes the camp back at Kirrikee sorting their equipment and either mountain biking the Kirrikee tracks or attempting the high ropes course. By the time the students return home they will have had an exciting adventure and experienced several fun activities!

**Cost:** \$1,570

**Departure:** Term 1 or 3

**Program Type:** Multi-Discipline Adventure and Expedition

**Max Numbers:** 12 Students

**Duration:** 7 Days



### 4. Horse Trail Riding, VIC

**Description:** Working in conjunction with Watsons Trail Rides the program is based in the High Country of Victoria. The program includes an introduction to horseback riding followed by 5 days of riding through some of Australia's most amazing scenery near the Victorian towns of Merrijig, Mansfield and Howqua. The students will also have the experience of sleeping in a swag under the stars. This ride will take us past iconic views including those pictured in the Man from Snowy River film. It will be an amazing journey filled with history and learning about horse care. If you have no prior experience on horseback, do not let this stop you signing up for this program. This program traditionally fills up quickly.

**Cost:** \$1,570

**Departure:** Term 2 and 3

**Program Type:** Horse Trail Riding

**Max Numbers:** 30 Students (across two camps)

**Duration:** 7 Days



### 5. Backcountry Snow Tour, NSW

**Description:** This program is offered for students who have a keen interest in skiing or snowboarding. Students will be set up with alpine touring skis or split board snowboard equipment, unless they prefer to use their own. The group will use sleds and backpacks to carry their equipment up on to the Kosi Main Range, beginning at Dead Horse Gap. We spend a day skinning and skiing off South Rams Head before moving closer to North Rams Head, where a base camp will be set up to allow for a day ski trip up Australia's highest mountain, Mt Kosciuszko (weather permitting). This camp is a unique experience that all who have completed have loved.



**Please note that only experienced skiers and boarders should sign up for this trip, as no beginner terrain will be available. All students must be comfortable skiing or boarding on intermediate (Blue) terrain or harder.**

It is recommended that students attending this trip also attend the Perisher snow sports camp in the June/July holidays to develop the necessary skiing or boarding skills

**Cost:** \$1,570

**Departure:** Term 3

**Program Type:** Alpine Touring Skiing or Split Boarding

**Max Numbers:** 12 Students

**Duration:** 7 Days

### 6. Bikepacking and Mountain Biking, New Zealand

**Description:** This 9-day program will begin with preparation in Christchurch then travel to the start of the Otago Central Rail trail on the South Island of New Zealand. Students will spend 3 days riding the trail and taking in the views. They will also get an intro to the sport of curling at Naseby. Once we complete the trail we drive to Wanaka (and possibly Queenstown) for 4 days of cross country and enduro mountain biking. On the drive back to Christchurch students get the bonus of staying at a lodge in the foothills of Mt Cook.

**Please note that you must be able to ride a bike to sign up for this trip, this is not a beginner bike rider program.**

**Cost:** \$1,800 + Airfare (Return to Christchurch, approx. \$800)

**Departure:** Term 1

**Program Type:** Bikepacking cycle tour and Mountain Biking

**Max Numbers:** 15 Students

**Duration:** 9 Days



## 7. Central Australia Tour, NT

**Description:** This program was new in 2023 and proved very popular. The Central Australia Tour run in partnership with Remote Tours. We have a history with this company as they ran our first indigenous community service programs many years ago. The founder of the company is also an ex-SACS student. An outline of the likely program is shown below.



- Fly to Alice Springs
- Pick up and lunch, short time to explore township (depending on flight arrival time)
- Day 1 Afternoon visit to Alice Springs Desert Park
- Evening trip to Earth Sanctuary for Eco Tour about sustainable living and Star Show after dark exploring the night sky constellations
- Day 2 Western MacDonnell Ranges Day Trip exploring Ormiston Gorge, Glen Helen Gorge, Ellery Creek Big Hole (swimming available)
- Visit to Alice Springs Reptile Centre for presentation and hands on presentation
- Day 3 Depart Alice and drive to Lilla remote outstation, Kings Canyon, Watarrka National Park.
- Meet with Lilla's traditional owners for Luritja welcome ceremony
- Lilla Cultural Activities with local traditional owners. Guided walks through historical sites such as caves,
- Day 4 waterholes, boomerangs, spears, sand and dot paintings, campfire damper and kangaroo tails, guided walk through Kings Canyon and along the famous Rim Walk hike.
- Day 5 Depart Lilla and drive to Uluru for afternoon guided base walk (Mala Walk)
- Sunset viewing of Uluru from lookout a short walk from Remote Tours Private Campsite
- Day 6 Guided walk through Uluru Kata Tjuta National Park to explore the Olga Rocks along the Valley of the Winds and visit to Uluru Cultural centre.
- Day 7 Transfer to airport for departing flight back to Sydney.

This tour will be a great opportunity to explore the unique environment, wildlife and culture of Central Australia. We are sure that it will be a transformative experience for those who attend.

**Cost:** \$1,800 plus Airfare

**Departure:** Term 2

**Program Type:** Tour with hikes and indigenous cultural experience

**Max Numbers:** 22 Students

**Duration:** 7 Days



## 8. Kosi to Coast Expedition Hiking & Paddling, New South Wales & Victoria

**Description:** This 20-day expedition is an amazing experience for the students. Every student that has ventured on this expedition has been changed by it. This program has remained popular over the past years and we are not surprised as it is such an amazing wilderness journey.

Students will begin their 20-day expedition at Munyang, hiking over the Rolling Grounds up on to Australia's Main Range, then heading over Mt Tate, Mt Twynam and Mt Kosciuszko on their way to Dead Horse Gap. From there the students continue down the Cascade Trail to the Snowy River, where they undertake a 24hr solo. They then swap their hiking boots for paddles and raft down the mighty rapids of the Snowy River. The groups follow the Snowy out to the sea at Marlo in Victoria, making this trip an adventure from Kosi to the Coast.



**Cost:** \$3500

**Departure:** November, Term 4

**Program Type:** Hiking & Whitewater Paddling

**Max Numbers:** 60 Students

**Duration:** 20 Days





## 9. Tanzania Tour, Service, Trek and Safari

**Description:** Run in partnership with World Expeditions Schools, this tour is the perfect combination of cultural immersion, service learning, adventure, physical activities and game viewing. Students may have heard promotion of the Tanzania Safari and Service trip scheduled for June/July next year. We have chosen to include this in the OE offerings of programs for 2024. Please note due to flight booking difficulties, we are required to have **final deposits in by 22nd September. If this program is of interest but you would like further information, please contact David Lindsay** [dilindsay@sacs.nsw.edu.au](mailto:dilindsay@sacs.nsw.edu.au)



A separate booking form link is provided in the separate information attached to this email.

Following arrival in Arusha, Tanzania, the first stage of the journey will be working with local villagers to help regenerate a local school. Students will spend time working to complete multiple tasks that will not only be personally rewarding, but positively impact the students and teachers at the school and ensure an ongoing improved learning opportunity. Service work will provide much needed assistance at the school and will be a highly rewarding and enriching experience, providing cherished memories for years to come, for SACS students and the local community.



The next stage of the journey will be a trek on Mt Meru, Tanzania's second highest mountain (4566m). Mount Meru is a horseshoe-shaped volcanic crater and inside the caldera is a subsidiary peak called the Ash Cone (3670m) that last erupted only 100 years ago. We wake before dawn to trek to the rim at Rhino Point (3800m) and enjoy the sunrise over this magnificent landscape. There is an immense variety of tree and plant life, adding considerably to the interest of the trek. Mount Meru is part of Arusha National Park, and the lower slopes of the mountain shelter a variety of wildlife. On the final stage of our

journey we head into some of the best National Parks in Tanzania. Tanzania has some of the best wildlife viewing in Africa where, in the company of expert safari guides, students will have the opportunity to spot the rare black rhino, look out for tree climbing lions of Lake Manyara and descend in to the UNESCO World Heritage Ngorongoro Crater, a magnificent extinct volcano teeming with wildlife. Stunning sunsets appropriately conclude the day, leaving lasting impressions of the charm and diversity of East Africa. This is a once in a lifetime service, learning and challenge expedition not to be missed!

As it runs in the holidays, students may attend this tour in addition to another camp.

### Trip Highlights

- Community Project at Maasai Village Primary School
- Sunrise from Rhino Point, Mt Meru
- Visit the famous paleolithic site of Olduvai Gorge
- Game viewing in the UNESCO World Heritage Ngorongoro Crater
- Flamingos and hippos on Lake Manyara
- Observe wildlife in Tarangire National Park
- Travelling with your peers on a life changing adventure

**Cost:** \$10,690

**Departure:** June/July, Winter Holidays

**Program Type:** Community Project, Wildlife Safari, Guided Trek, Adventure Touring

**Max Numbers:** 20 Students

**Duration:** 16 Days

