



Year 7 Camp 2023 Program

Day 1

Arrive 'Chaverim' - 9.00 am
Welcome and housekeeping
Icebreakers, Games and Group Development Activities
Settle into cabins
Lunch - 12.00 noon
Trust Activities
Low Ropes Course
Orienteering
Showers
Dinner - 6.00 pm
Climbing wall

Day 2

Breakfast - 7.00 am
Pack lunches and prepare for all day canoe activity
Canoeing
Lunch - 12.00
Continue Canoeing Activity
Showers
Dinner - 6.00 pm
Night program coordinated by Shalom staff

Day 3

Pack personal gear and clean cabins
Breakfast - 7.00 am
Centipedes
Flying Possum
Lunch - 1.15 pm
Depart 'Chaverim' at 2.15 pm
Arrive back at Shalom at approx 2.45 pm

Activity Precis

Chaverim has a small **Archery** range where students can learn some basic archery skills. Archery is not as easy as it seems, so students are challenged to quickly learn new skills and to refine those they acquire to develop accuracy. Targets can be easily moved so as participants gain confidence and skills they can be challenged over longer target distances.

The **All Aboard** height challenge involves 4 separate climbers all ascending a wooden pole approximately 9 metres high, and working together to stand on the top of the pole in a way that balances all 4 people. It is a wonderful activity for developing strong communication, and trust between climbers (and belay teams).

Climbing Wall. Indoor climbing activities and equipment have been developed from training practices of enthusiast rock climbers. Over many years indoor climbing has become a popular sport and recreational activity. Chaverim has a large climbing wall inside the covered area with the basketball court. Climbs range in height, difficulty and belay techniques. Indoor climbing can be personally challenging and meets program goals relating to personal growth as well as small team responsibilities.

Dangle Trio is a giant vertical log ladder that is completed as a paired climb or a trio climb to the top. The challenge increases as height is attained and as the ladder swings.

The **High Ropes Course (and Mid-Ropes Course)** is a continuous series of wire rope elements suspended 3 to 12 metres above the ground on poles. Our course has 2 grades – A Mid Ropes section for younger grades, and a much higher section for older grades and adults. Participation can last up to 40 minutes to complete the course. Individual commitment and peer support are strong components for involvement

Icebreakers, Games & Group Development Activities form an important beginning to any program. They are the energizers and group formation activities that will set the tone for the rest of involvement in our programs. We have a wide range of activities that can be modified to meet the abilities and ages of many groups.

The **Lilly Pad climb** is a series of suspended metal plates hanging approximately 8 metres above the ground, which requires 2 climbers to work together (with their belay teams) to traverse the course as a pair. It requires a great deal of communication and trust between the climbers, but also between the climbers and their belay teams

At Chaverim, **Raft building** may take either of two forms. Rafts can be constructed on a base of large barrels and poles, or on tyre tubes. The decision as to the type of construction is based on the age of the participants and time of year of the program. As an activity rafting offers the potential to meet group cooperation, decision-making and planning objectives.