



# Year 10 Experiential Learning Expedition

## Outward Bound

Dear Parents / Guardians

As the Year 10 Experiential Learning Expedition is getting closer, please find below important information regarding preparation.

### Camp Theme

This programme gives the students an opportunity to put in place the skills they have learned in previous years through the Bunbury Cathedral Grammar School Experiential Learning Programme. The programme is an opportunity for students to experience self-sufficient journeying in a wilderness environment. The students travel primarily “under their own steam”, and are responsible for many facets of the programme, such as organising meals, time management, route planning and group organisation. The programme focuses strongly on the empowerment of the students to make well-informed and balanced decisions for themselves and their peers. There is certainly an emphasis on teamwork, as what seems very challenging becomes achievable by working together.

### Camp Objectives

The Experiential Learning Camp aims to:

- Heighten awareness and respect for:
  - self, through outdoor challenges
  - others, through group experiences and sharing decisions
  - the natural environment, through direct experiences
- Promote increased self-esteem, motivation and confidence by providing opportunities for attempting challenging (physically and mentally), unfamiliar activities in a supportive group atmosphere
- Foster personal qualities such as resourcefulness, leadership, judgement, tolerance and perseverance
- Provide experiences of reliance on others and responsibility for others
- Foster interdependence by:
  - continuing to develop the ability to create and maintain healthy relationships with others
  - working to develop an organised, self-sufficient group that meets challenges as a team
  - continuing to develop and practice group decision making skills
  - continuing to promote reflection and critical thinking around social relationships on camp compared with everyday situations
- Instil and encourage environmental awareness and sound environmental practices
- Foster recreational activities which are responsive to the natural environment and encourage critical thinking about our relationship with nature
- Promote reflection on camp experiences and facilitate relating experiences / lessons learnt on camp to life at school and home
- Experience wilderness environments with minimal vehicle or mechanical support.
- Teach and develop the following Experiential Learning skills and concepts:
  - expedition planning and organisational skills with route planning and navigation
  - sound camping and camp cooking skills
  - safe practices and habits in the outdoors
  - bushwalking and backpacking skills
  - paddling skills on flat water
  - bush ethics and environmental issues
  - personal reflection opportunities
  - group strategies around problem solving and resolving conflict



### **General Information**

The Year 10 Experiential Learning Expedition will take place with Outward Bound from Wednesday, 2 to Friday, 11 April, 2025.

The camp runs over ten days (nine nights) and is held near Walpole on the South Coast.

The programme includes an adventurous hiking expedition, rafting, leadership opportunities, self-reflection (solo) time, initiative and team building activities, and a high ropes course.

General information about Outward Bound can be found [here](#).

### **Consent/ Medical Forms: Outward Bound and Consent2Go**

There are **two** separate permission forms to be completed. The first, a *Participant Consent and Medical Form*, is required by Outward Bound. The second is the *BCGS Consent2Go Form*.

1. Here is the link for the [Outward Bound Participant Consent and Medical Form](#)
2. This letter is your invitation, please complete consent on Consent2Go.

*We would appreciate your prompt attention to completing these forms as it is essential that all student details and medical information is current.*

**Both of these forms must be completed by Friday, 14 February (end of Week 2).**

### **Information Sessions**

A **student** information session, with Outward Bound, will be held at School on Thursday, 27 February at 2.00 pm.

A **parent** information session, with Outward Bound, will be held on Thursday, 27 February from 5.00pm to 6.00pm, in the School Chapel. This information session is a great opportunity to discuss the programme as well as what to bring, and what to expect. There will be an opportunity for questions.



### **Packing and What to Take**

A Packing List for the BCGS – Walpole Program can be found on the school website [here](#).

This outlines the correct type and quantity of clothes required for the camp. It is vital that you pack according to the packing list, as all items need to be fit for purpose for this expedition which may include rain, cold or heat. It is important that students do not take mobile phones or anything that isn't on the packing list. There are four compulsory items which are required on all BCGS Camps, from Kindergarten to Year 12 so, in most cases families will only need one set of compulsory items. These items may also be shared between families if required at different times. In addition, many items on the packing list can be borrowed or purchased second hand, you don't need to purchase everything new!

- If you require medication(s), bring two lots (you must have one as a spare). They must be in two prepared Webster Packs and handed to the teacher when you arrive at school on Day 1.
- All belongings should be packed into a soft bag (duffle type bag). No suitcases or hard bottom bags. Students will transfer their belongings into their hiking pack when they arrive at camp.
- Students may take a spare pair of clothes to wear home on the final day (this stays in the soft bag at base camp).
- A packed morning tea for Day 1.

### **Options for Purchasing and/or Hiring Equipment and Clothing**

There are many camping store options in Bunbury for you to purchase gear from, please mention that you are a parent at Bunbury Cathedral Grammar School purchasing for a camp, then you will receive their store discount. The compulsory items (sleeping bag, inner sheet, sleeping mat and rain coat) can be purchased online from [One Planet Camplist](#) as the equipment has been tested and approved for use on all BCGS camps and activities. Camplist by One Planet offers a selection of products for hire or purchase and will deliver to your door (will need to be ordered by Sunday, 2 March to allow ample time for delivery)

One major consideration is that the equipment/ clothing must be appropriate for use on an expedition, not for car camping as it will generally be carried by students so must pack down as small as possible to fit in a backpack

### **Transport**

Buses will leave BCGS at 8.25am on Wednesday, 2 April and return at approximately 2.30pm on Friday, 11 April

There will be an opportunity for students to be picked up (and dropped off) at Donnybrook, Bridgetown or Manjimup. To make arrangements for this, please email [Mrs Wilson](#) for a Permission Form. This must be completed and returned by Friday, 28 February.

### **What to do on Day 1, Wednesday, 2 April**

Students should:

- Wear long pants, long sleeved shirt, and hiking boots
- Bring a packed morning tea
- Leave their phone at home
- Arrive at school at 7.50am
- Put medications (x 2) in two prepared Webster Packs and hand to their teacher when they arrive at school.



**Important Dates 2025**

- 14 February     Deadline for completion of Online Participation Forms (Outward Bound)  
                      Deadline for completion of Consent2Go (BCGS)  
                      Student Meeting during HAT period (*period 1A at 8.55am*)  
                      Preparing for Experiential Learning Expedition
- 27 February     2.00 pm Student Meeting with Outward Bound Staff  
                      5.00 pm Parent Meeting with Outward Bound Staff
- 28 February     Deadline for Permission Forms for drop off and pick up in Donnybrook, Bridgetown or Manjimup
- 7 March           All Students attending OB wear walking shoes/ boots, bring raincoat and sleeping bag to school
- 28 March        Student Meeting during HAT period (*period 1B at 9.35am*)  
                      Final for Experiential Learning Expedition
- 2 April           Depart for Experiential Learning Expedition with Outward Bound (8.25am)
- 11 April          Return from Experiential Learning Expedition with Outward Bound (approximately 2:30pm)

Please do not hesitate to contact me if you have any questions:

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Kind regards

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