

**Tallangatta Retreat**

**27th – 29th March 2020**

**Agenda:**

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| **Day 1 - 27th March** | |
| 5.00pm | Arrival |
| 5.30pm | Welcome to retreat, icebreakers |
| 6.30pm | Room Allocation |
| 7.00pm | Dinner |
| 8.00pm | GSS Session 1 |
| 9.00pm | Free Time, Games, Supper |
| 10.30pm | Lights Out |
|  |  |
| **Day 2 - 28th March** | |
| 6.30am | Morning fitness (optional) |
| 7.30-8.30am | Breakfast |
| 9.00am | GSS Session 2 - Journaling |
| 9.30am | Adventure session 1a: Flying Fox |
| 10.30am | Morning Tea |
| 11.00am | Adventure session 1b: Initiative Activities |
| 12.00pm | GSS Session 3 |
| 12.30pm | Lunch |
| 1.00pm | GSS Session 4 |
| 2.00pm | Adventure session 2: Canoeing/Paddleboarding/Cable bridge |
| 4.00pm | Afternoon Tea (at lake) |
| 4.30pm | GSS Session 5 |
| 5.30pm | Free time |
| 6.30pm | Dinner |
| 7.30pm | Free Time, Outdoor cinema, supper |
| 10.00pm | Lights out |
|  |  |
| **Day 3 - 29th March** | |
| 6.30am | Morning fitness/walk (optional) |
| 7.30-8.30am | Breakfast & pack up rooms |
| 8.30am | GSS Session 6 - Journal |
| 9.30am | Adventure session 3a: Climbing wall |
| 10.30am | Morning Tea |
| 11.00am | Adventure session 3b: Low ropes course |
| 12.00pm | GSS Session 7 |
| 1.00pm | GSS Session 8 – wrap up |
| 1.30pm | Lunch |
| 2.00pm | Depart |

**What to bring:**

Bedding – sheet & blanket or sleeping bag, pillow

Towels – 2- one bathroom, one workout/swimming

Toiletries – incl. soap, toothpaste, deodorant, sunscreen & insect repellent

Personal medication – clearly marked with your name

Sturdy walking shoes (runners ok)

Shoes (that will get wet)

Bathers

Waterproof jacket with hood

Warm jacket

Hat

Long shorts/pants & shirt/t-shirt – for adventure activities (no short-shorts or singlets)

Workout clothes

Casual clothes – t-shirts, shorts, pants, jumpers etc. (prepare for hot & cold days & nights)

Underwear and socks

Pyjamas & robe, slippers etc

Backpack

Torch

Plastic bag for dirty clothes

Personal devices – ipods, phones, jewellery etc. can be brought however no responsibility will be taken for lost/stolen/damaged items. Minimal use of phones will be encouraged to promote interaction throughout the retreat.

Girls are not to wear or take to adventure activities activities: Short shorts, singlets, thongs, slippers, open toe/unsturdy shoes, (crocs, slip on shoes etc), iPods, mobile phones, bracelets/necklaces, dangly earrings. Long hair must be tied up for activities and meal times.

No spending money is required.

Snacks may be brought but please limit number of snacks, and avoid nut-based products.