



# Program Calendar

**October - December 2021**



# October - December 2021 Programs

## Process for getting onto programs

**Step 1:** Read through the calendar to find programs that suit your needs, preferences, and availability.

**Step 2:** Contact Out Doors Inc. via phone, email, or post to express your interest in the programs you wish to attend. (EOI form and paid return envelop included)

**Step 3:** Out Doors Inc staff will then contact you to confirm you have up-to-date medical forms and a current service agreement (NDIS only - more info on the following page). Once these details are current, ODI staff will confirm your place on the program and send you an invite where required.

**Step 4:** Once enrolled, refer to your program invite (Daytrips included in this calendar / multi-day program invites will be posted individually), and please read through the Covid health info to ensure you are able to attend.

## Types of programs

### Day Programs

These half-day programs each have their own specific meeting point and are designed to be easily accessible by public transport. By doing this we increase the likelihood of our programs still running as planned.

### Multi-Day Programs (Single overnight and 5-days)

Overnight trips are a great way to get out of the city for a couple of days and have a more in-depth go at activities. The longer stay trips can mean more travel time to enable us to reach those beautiful, more remote locations. For more info on each multi-day program, please express your interest and we will get back to you an official invite.

# NDIS Service Agreement Info

(Not applicable for QDC Funding)

In order for you to attend our programs, it's required that we have a signed and completed service agreement. So if you are accessing our services with NDIS funding then it's important that you understand the process outlined below.

**Please note:** It's important to include your NDIS support worker/coordinator in this process as they will be able to assist you with access to the quoting tool online and will have an understanding of your NDIS plan.

**Step 1:** Use the NDIS fee calculator on our website (<https://www.outdoorsinc.org.au/how-can-i-participate/ndis-services/>) to create a quote for the desired programs. Please include all programs you would like to attend for the duration of your current NDIS plan.

**Step 2:** Once you have created the quote, or if you require any assistance with the quote, please contact Intake ([intake@outdoorsinc.org.au](mailto:intake@outdoorsinc.org.au)) -Intake and Community Liaison Coordinator with the following details:

- Attached quote for the requested services.
- Goals from Participant NDIS Plan that our programs can address.

**Step 3:** Once Intake has received your quote, a draft service agreement will be created and provided to you and your NDIS Support Coordinator. This will be provided to you to sign when you next attend a program with Out Doors Inc.

For all things relating to service agreements with Out Doors Inc, please communicate with Intake and Community Liaison Coordinator ([intake@outdoorsinc.org.au](mailto:intake@outdoorsinc.org.au)).

## **COVID-19 Information**

In order to protect participants and staff, Out Doors Inc. is taking a number of practical steps to prevent and minimize infection:

- **Regularly and thoroughly clean your hands**
- **Avoid touching your eyes, nose, and mouth**
- **Cover your mouth and nose when you cough or sneeze**
- **Avoid spaces that are closed, crowded or involve close contact**
- **Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in**
- **Wear a mask (unless you have an exemption)**
- **Maintain 1.5m distance between each other**

### **Stay away if you're unwell**

If you have recently been unwell, been in contact with someone who is unwell or you have symptoms of respiratory illness (e.g. fever, cough, shortness of breath, sore throat, muscle and joint pain, or tiredness/exhaustion), please do not attend the activity until your symptoms have resolved. If you have been in contact with a confirmed case of COVID-19 you must stay away until you are clear to come out of self-isolation.

Due to the Victorian government Roadmap, the group size on each program is dependent on the participant's vaccination status. Programs with unvaccinated participants are limited to 8 per group whilst programs with vaccinated participants are open to higher participant numbers.

## Health checklist – To be completed at the beginning of all programs

Prior to commencing all programs, you will receive a health checklist that you will be required to complete before you can start the program.

For the safety of all participants, staff, and the community, if you answer yes to any of the questions, we ask that you stay home and wait till you are well.

### Questions on the Checklist will include:

**Do you have any of the symptoms listed below (Yes or No)**

1. **Fever**
2. **Cough**
3. **Shortness of breath / respiratory difficulties**
4. **Sore throat**
5. **Headache / Nausea / Vomiting**
6. **Congested nose**
7. **Have you been in close contact with someone who had tested positive for Covid-19 at the time?**
8. **Have you been diagnosed with Covid-19 in the past 14 days?**

### Program Key

#### Accommodation styles



Tent symbolizes that you will be sleeping in individual tents



House symbolizes that you will be staying in either small cabins, dorm rooms, or a large share house (often sharing a room, some exceptions)

#### Level of physical activity



Shorter, more moderate, gentle activity. Suitable for all participants and all levels of fitness.



Medium level of physical activity with some fitness required.



High level of physical activity. Longer, more challenging activities.



Creative. Enjoy art, yoga, music and other creative, fun and relaxing activities.

# OCTOBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
18	19	20	21	22	23	24
25	26	27 Yarra Bend Park Walk	28 Lilydale Lake Explore	29	30	31

# NOVEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3 Gardiners Creek Walk	4	5	6	7
8	9 Sandringham Beach Walk	10	11 Royal Botanic Gardens	12	13	14
15	16	17 Coastal Getaway Phillip Island Overnight	18	19	20	21
22	23	24	25	26	27	28
Surfing Camp 5 -Days Grampians Rhythm and Music Holiday 5 - Days						
29	30 Portarlington Overnight	1				

# DECEMBER

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 Portarlington Overnight	2	3	4	5
6	7	8	9	10	11	12
Gippsland Lake Holiday 5 - Days						
13	14	15	16	17	18	19
Wilson's Prom Surf and Explore Camp 5 - Days						
20	21	22	23	24	25	26

= Half Day Trip
  = Overnight Trip
  = 5 Day program



# Yarra Bend Park Walk

**When: Wednesday 27th October**

Come and enjoy a beautiful day by the Yarra River. The Yarra River and Yarra Bend Park is an important piece of parkland for native flora and fauna, with lots of open spaces to enjoy.

We will be meeting at the Studley Park Boathouse where we will gather before setting off on foot and exploring the beautiful area.



## VENUE AND TIME:

**Start / Meeting Point:** at 10am by the Studley Park Boathouse. ODI Staff and Signage will be present upon arrival near the Studley Park Boat House.

**Finishing:** We will wrap things up at Studley Park Boathouse and will be finished around 1:30pm.

## WHAT TO BRING:

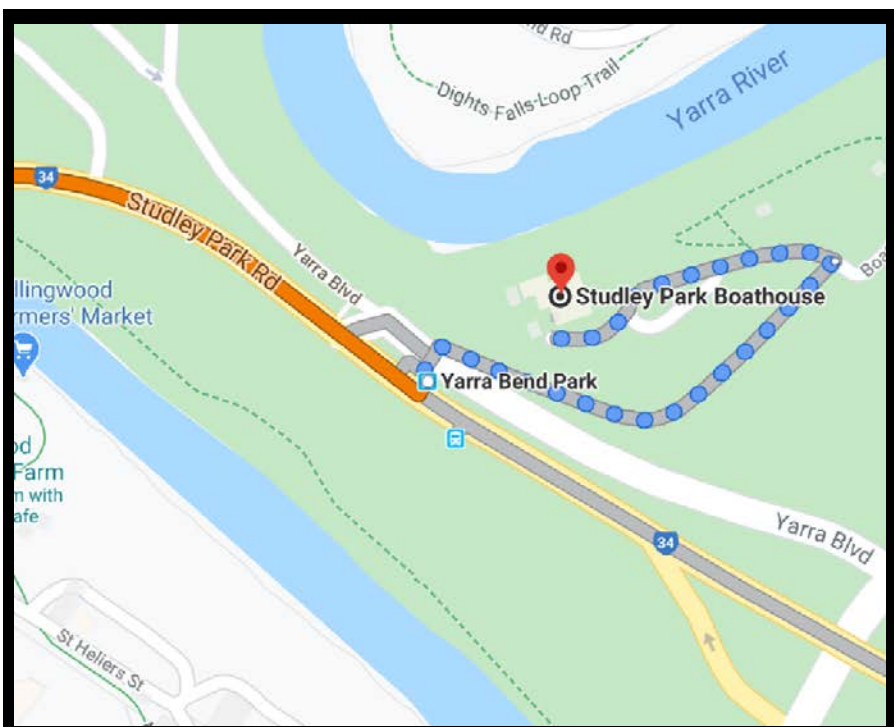
- Lunch and snacks
- Water bottle (at least 1 litre)
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

## OUT DOORS INC. WILL PROVIDE:

- First Aid

## COST:

NDIS participants will be charged 3 hours to their NDIS plan.



## Getting to Studley Park Boathouse:

**Public Transport**—Take either the #200 or #207 Bus Route and get off at Yarra Bend Park/Studley Park Rd. Follow the path downhill towards the Boathouse.

# Lillydale Lake Walk

**When: Thursday 28th October**

Come and join the ODI crew out for an enjoyable half day at the Lillydale Lake. The walk from Lillydale train station to the lake, around the lake, and back to the station, is flat and easy. It will be a reasonably relaxed social outing with time to chat while taking it all in.



## VENUE AND TIME:

**Start / Meeting point:** Meet at Lillydale Train Station at 10:00am (10:30am latest)

**Walk finishing:** Walk back to Lillydale Train Station for approx. 1:30pm finish

## WHAT TO BRING:

- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Footwear suitable for walking
- Medication e.g. asthma puffers

## OUT DOORS INC. WILL PROVIDE:

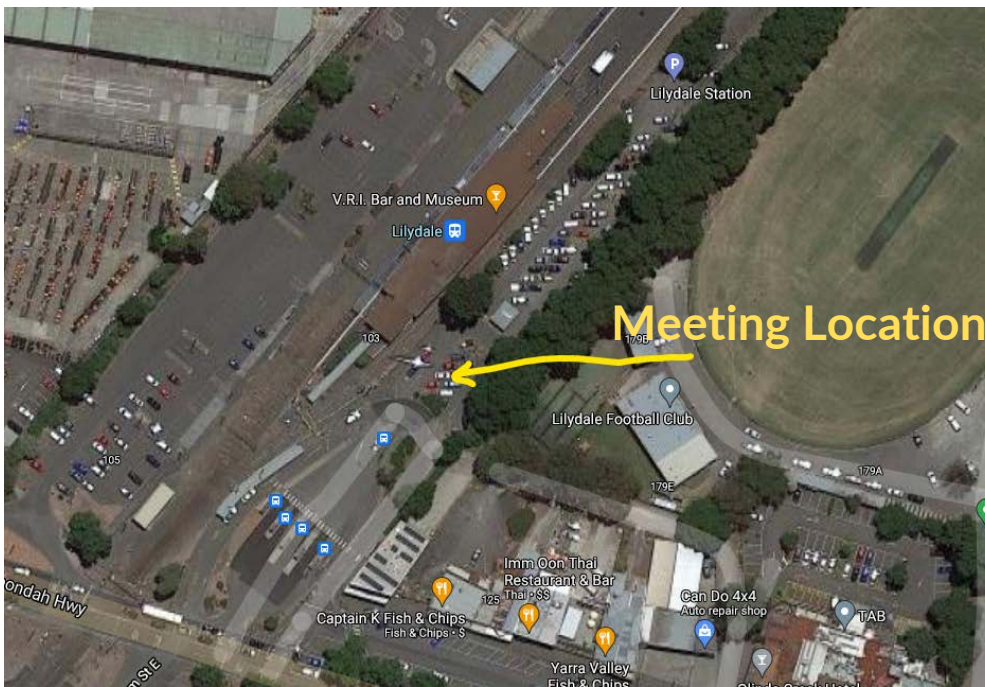
- 2 Program staff
- First Aid Kit

## COST:

NDIS participants will be charged 3 hours to their NDIS plan

## Public Transport Access:

- Train - Lillydale Line from Melbourne CBD
- Bus # 684 to Eildon





# Gardiners Creek Trail Walk

**When: Wednesday 3rd November**

Come and join us for a walk along the Gardiners Creek Trail. The Trail follows the creek as it winds through the Eastern suburbs of Melbourne before joining into the Yarra River. There are some beautiful spots to stop along the creek and enjoy the birdlife, wetlands and surrounding greenery.



## VENUE AND TIME:

**Start / Meeting point** is East Malvern Train Station. We will be meeting from 10:00am and departing on the walk at **10:30am**. Out Doors Inc. representatives will be at the station and meeting train arrivals.

**Walk finishing** at Kooyong Train station around 1:30pm. If you need to return to East Malvern Train Station you are able to return by foot, or catch a train from Kooyong to East Malvern. (There are earlier public transport exit options along the route if required).

## WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

## **OUT DOORS INC. WILL PROVIDE:**

- First Aid

## **COST:**

NDIS participants will be charged 3 hours to their NDIS plan.



## **Public Transport Access:**

East Malvern Station is on the Glen Waverley Line. All day car parking is available at the station if you would prefer to drive.

# Sandringham Coastal Walk

**When: Tuesday 9th November**

Springtime in the city is fine, but Springtime at the beach is even better! From Brighton Beach train station we will head over to the coastline and follow the beach and walking tracks east towards Sandringham beach. There are some lovely little bays to wander past and many rest spots along the way that will help us relax and rejuvenate.



## VENUE AND TIME:

**Start / Meeting point** is Brighton Beach Train Station. Meeting at 10:00am. We will depart on the walk at 10:30am sharp, so please be there on time. Out Doors Inc. representatives will be meeting train arrivals just outside the station in the car park. Some car parking is available near the train station if you are driving.

**Walk finishing** at Sandringham Train station around 1:30pm. If you need to return to Brighton Beach Train Station you are able to return by foot, or catch a train from Sandringham to Brighton Beach.

## WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

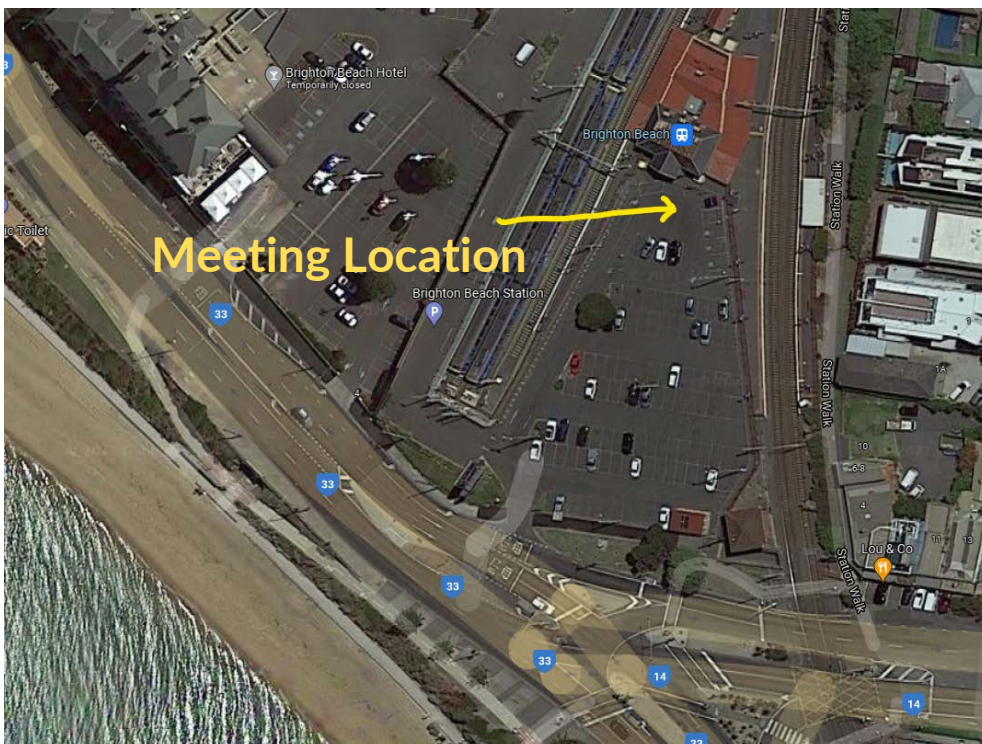
## OUT DOORS INC. WILL PROVIDE:

- First Aid

## COST:

NDIS participants will be charged 3 hours to their NDIS plan.

**Meeting Location**





# Williamstown Coastal Walk

**When: Wed 10th Novemeber**

Come and enjoy a walk along some of Melbourne's most spectacular coastal reserves. From our starting point at Williamstown Train Station we will follow the coastline west past Williamstown Beach and the into the Jawbone Marine Sanctuary and Flora and Fauna Park. We will then return to Williamstown Beach Train station as our finishing point.



## VENUE AND TIME

**Start / Meeting point:** is Williamstown Station. We will be meeting at 10:00am and departing on the walk at 10:30am. Out Doors Inc. representatives will be waiting at the station carpark.

**Finishing:** 1:30pm (approx) at Williamstown Beach Station. For those that are driving themselves, we will continue on to our start point at Williamstown Station.

### WHAT TO BRING:

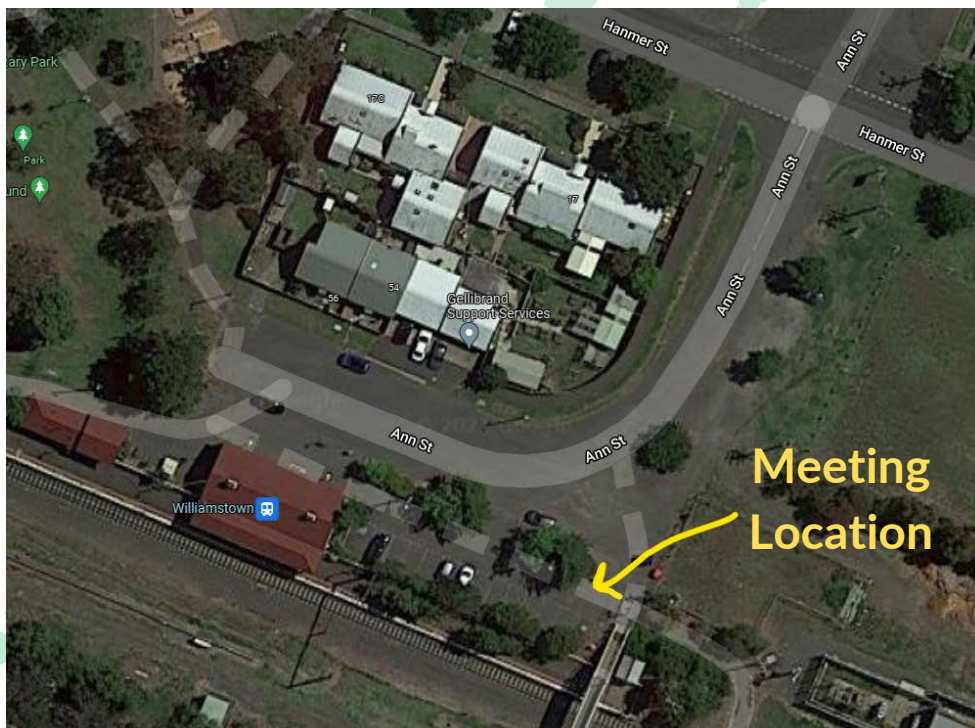
- BYO lunch + snacks
- Water bottle (at least 1 litre)
- Waterproof Rain Jacket (we won't provide these)
- Hat
- Medication e.g. asthma puffers

### OUT DOORS INC. WILL PROVIDE:

- 2 Program staff
- First Aid

### COST:

- NDIS participants will be charged 3 hours to their NDIS plan



### Public Transport Access:

Williamstown Station is the last stop on the Williamstown Line. Due to level crossing removal works, the train to Williamstown station will end at Newport and a bus service will continue passengers on to Williamstown station.

All day car parking is available at the station if you would prefer to drive.

# Melbourne Royal Botanical Gardens

**When: 11th Novemeber**

The RBG has a huge range of plant species from around the world offering a kaleidoscopic experience of colour texture, sweeping lawns, tranquil lakes, majestic trees and wonderful wildlife. We will meet in the city and walk to the Botanic Gardens enjoying a stroll through Alexandra Gardens and along the Yarra River en-route. We'll finish at the Main gate of the Botanic Gardens where there are options to walk, bus or take nearby trams back to the city.



## VENUE AND TIME:

### **Start / Meeting point:**

10am Outside Melbourne Arts Centre 100 St Kilda Rd.  
(3 min / 210M walk from Flinders St Station: turn right from the St Kilda Rd exit, cross Princes Bridge and The Arts Centre is on the right). Out Doors Inc. staff will meet participants outside the Arts Centre (Hamer Hall).

### **Finish point:**

1.30pm (approx.) Royal Botanical Gardens next to the main gate. You can leave from the city's network of public transport from the city centre or earlier public transport exit options along St Kilda Rd near the RBG if preferred

Parking can be difficult and is ticketed, so it's not advised to take your car.

## WHAT TO BRING:

- Lunch and snacks
- Water bottle (at least 1 litre)
- Comfortable clothing
- Shoes / boots suitable for walking
- Rain jacket / sun protection
- Medication e.g. asthma puffers, etc

## **OUT DOORS INC. WILL PROVIDE:**

- First Aid

## **COST:**

NDIS participants will be charged 3 hours to their NDIS plan.



## Getting to Melbourne Arts Centre:

### **Train**

Get off at Flinders Street Station in the Melbourne CBD and walk for a few minutes along St Kilda Road, over Princes Bridge and the Yarra River.

### **Tram**

Trams that stop in front of Arts Centre Melbourne, "Arts Precinct"



# November Multi-Day Programs

**Wednesday 17th - Thursday 18th November**



**Coastal Getaway Phillip Island** – Ideal for new participants

Get close to nature in one of Victoria's most stunning coastal settings. Our comfortable house with spectacular water views is the perfect opportunity for you to get away and restore! Activities will include easy walks and sightseeing.



**Monday 22th - Friday 26th November**

**Grampians Rhythm & Music Holiday**



Be prepared to have some fun as we learn how to be part of a percussion group. Suitable for complete beginners to experienced musos. There's a place for everyone to shake, rattle & roll, learn some rhythms and be inspired. Staying in Halls Gap, right in the heart of the Wonderland region of the Grampians, we are in easy reach of many of the awe-inspiring places we can visit and walk through each day.



**Monday 22nd - Friday 26th November**

**Surfing Camp**



From our base down along the Great Ocean Road, we will spend time surfing, boogie boarding, and having fun in the water. There will also be opportunities to explore the local area with some land-based activities. This program will be suitable for everyone who is interested in learning a bit more about surfing and the ocean – from beginners to people who have enjoyed the stoke of a wave before!!



**Tuesday 30th November - 1st December**

**Portarlington Overnight**



This overnight excursion to the Bellarine Peninsula will involve coastal walks, visiting local parks/gardens, and general sightseeing around the area.

It's a great opportunity to explore the beautiful places and natural wonders the Bellarine Peninsula has to offer.





# December Multi-Day Programs

**Monday 6th - Friday 10th December**

**Gippsland Lake Holiday - Camp Coolamatong**



This multi-activity holiday will make the most of the Banksia Peninsula's many attractions that include canoeing, bike riding, and hiking around the local area.



**Monday 13th - Friday 17th December**

**Wilson's Prom Surf and Explore Camp**





This camp will be based at Tidal River Campground where we will establish our base camp for a week of surfing, walking and exploration in the glorious Wilson's Prom National Park.








## Connect with us


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