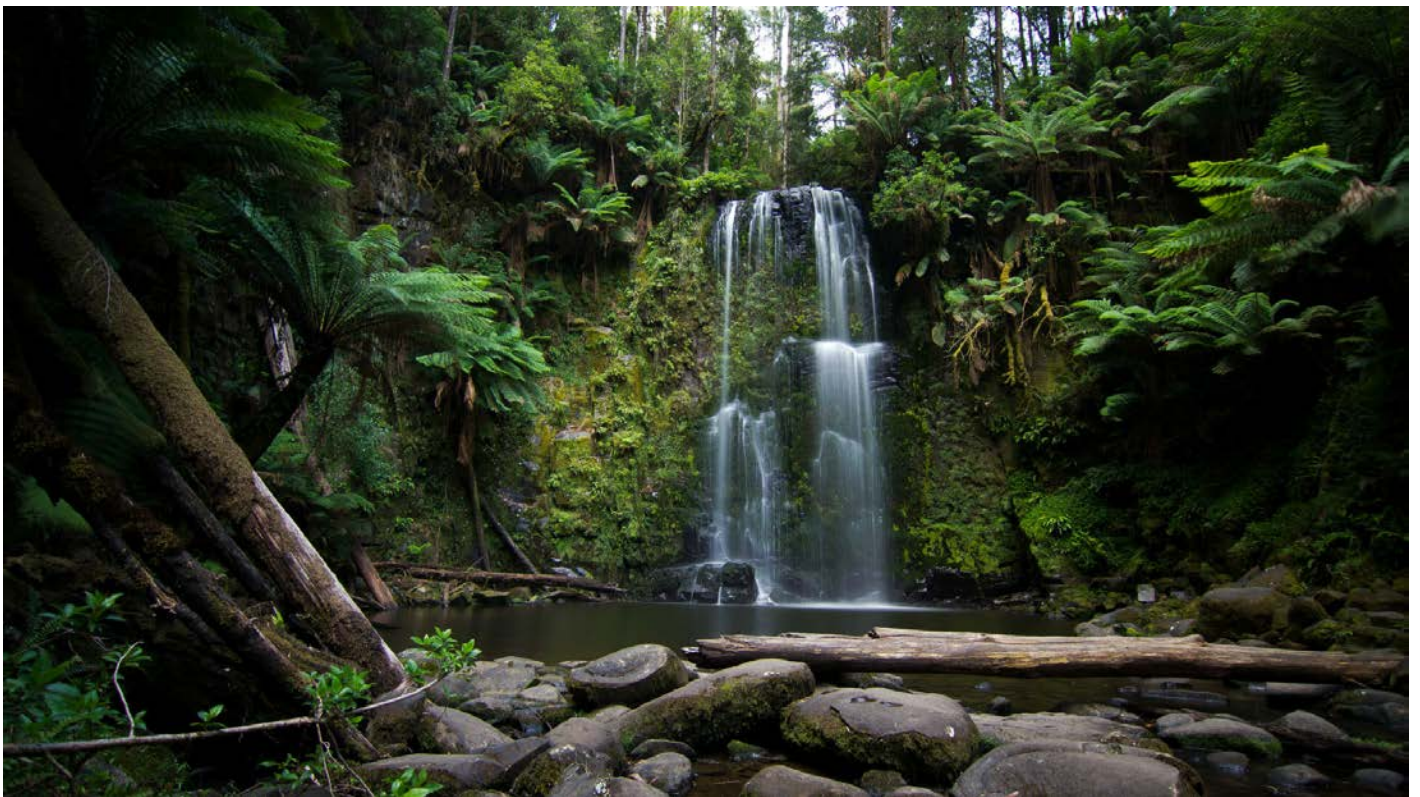




# Program Calendar

**January - June 2022**



# Program Calendar Information

## Key changes from the previous 2021 Calendar:

- Most programs start and end at the Out Doors Inc. office - 11 Stubbs Street, Kensington.
- All programs require an invitation sent by ODI Staff after reviewing your expression of interest.
- For most of the programs, we will be providing transportation in our ODI busses.
- Food will be provided on all overnight programs (Day trips still BYO lunch)

## Day trips / New Participant Days

These programs are the first step for new participants and are designed to provide an insight into the types of activities that are available. This is also an opportunity for new/old participants to get to know the staff and other participants.

## Overnight / Multi-Day Programs

Overnight programs are a great way to get away from the city for a few days, to have a more in-depth go at some of the activities that we run, and enjoy connecting with other group members while exploring some amazing outdoor environments.

## How to get enrolled on a program

**Step 1:** Read through the calendar to find programs that suit your needs, preferences, and availability. Use the expression of interest form and make note of the programs you would like to express interest in. If you also receive Personal and Medical Information forms to be updated, please ensure this is done to be eligible for any programs you are interested in attending.

**Step 2:** Contact Out Doors Inc. via phone, email, or post to express your interest in the programs you wish to attend. An Expression of Interest (EOI) form is attached and comes with a pre-paid return envelope.

**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 -info on the following page). Once these details are current, ODI staff will send you a program invitation that will include program specifics and the date of the planning meeting.

**Step 4:** Once enrolled, refer to your program information for key information and contact us should you have questions or if you can no longer attend the program.

**NB: Please note that this calendar is correct at time of printing but is subject to change.**

# 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, please email the following to [intake@outdoorsinc.org.au](mailto:intake@outdoorsinc.org.au)

- Attached quote for the requested services.
- Any goals from your 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 New Participants - How to get involved

The best place to get all the information you need as a new participant is on the website link below. Here you can follow all the steps required to get ready for programs.

[www.outdoorsinc.org.au/how-can-i-participate/individuals/](https://www.outdoorsinc.org.au/how-can-i-participate/individuals/)

# 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. While attending an activity you should:

- Regularly and thoroughly clean your hands
- Avoid touching your eyes, nose, and mouth
- Cover your mouth and nose when you cough or sneeze
- Avoid or limit time spent in spaces that are closed, crowded, or involve close contact
- Wear a mask (unless you have an exemption)
- Maintain 1.5m distance between each other
- Let us know if you start developing symptoms

## Stay at home 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 and you have received a negative Covid-19 test. If you have been in contact with a confirmed case of Covid-19 follow relevant Department of Health guidelines. You cannot attend a program until completing your required quarantine period as instructed by the Department of Health.

## Vaccine Status

Out Doors Inc follows all relevant Victorian Government Health Directions, including in regards to vaccine requirements and verifying the vaccine status of our participants.

We cannot and will not force you to reveal your vaccination status or force you to receive a vaccine. It is within your rights to refuse to tell Out Doors Inc of your status, and refuse to undergo vaccination.

We will collect vaccination status details from the participants who are willing to share them. Vaccinated participants and unvaccinated participants who have a valid medical exemption are able to access the full range of services and programs run by Out Doors Inc.

If you are unvaccinated (without a valid medical exemption applying to you), or refuse to reveal your status to us, we are required to treat you as an unvaccinated person. Subject to any changes in Victorian Government Health Directions, unvaccinated participants who do not have a valid medical exemption will only be able to access a limited range of programs and services.

In accordance with applicable NDIS standards, human rights, and anti-discrimination laws, Out Doors Inc will continue to provide services to participants who have not been vaccinated. The kinds of programs available will be limited, however. This is because, we cannot guarantee that the other services that we need to use on our programs such as accommodation, cafes & restaurants, and attractions will be open and accessible for unvaccinated participants.

Under relevant privacy legislation, a person's vaccination status is sensitive personal information. We are committed to protecting your privacy and processing your Personal Information fairly and lawfully. Further information about how Out Doors defines and manages Personal Information is available in our Privacy Policy on our public website.



# January

## Thursday 20th January

### Lysterfield Lake Wander

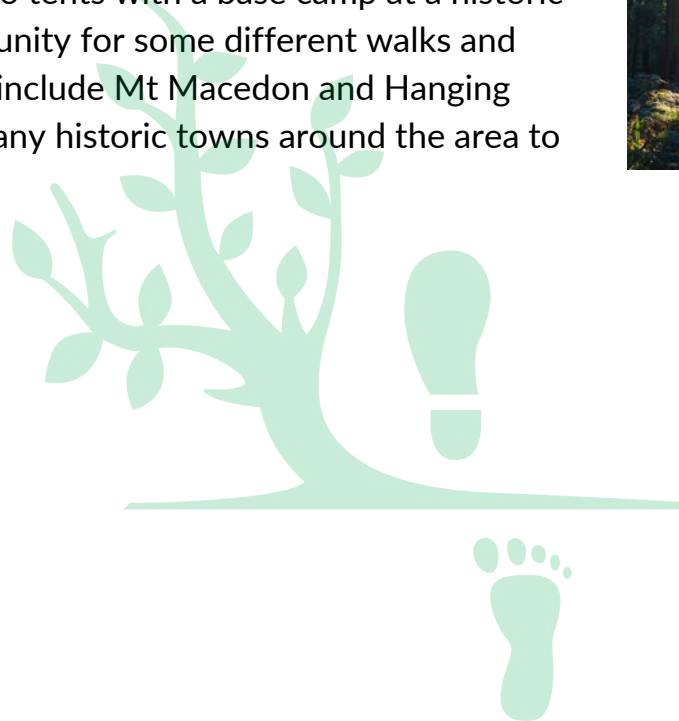
Join us on the the first walk of the new year for a leisurely wander around Lysterfield Lake. The park is probably one of the best places near Melbourne to see kangaroos and wallabies, if we're really lucky we might even see koalas and echidnas. The trail is wide and relatively flat and we will walk about 5.5km with lots of breaks.



## Mon 31st Jan - Fri 4th Feb

### Macedon Ranges Explore

A great way to get back into tents with a base camp at a historic homestead and the opportunity for some different walks and sightseeing. Nearby sights include Mt Macedon and Hanging Rock, and there are also many historic towns around the area to visit. Lots of choices!





## KEY

### Physical Activity Levels

Low  Medium  High 

### Accommodation Types

Camping (Tents) =  Hard Top (Rooms, full facilities) = 

# February

## Tuesday 1st - Wednesday 2nd February Bellarine Bimble



A two day bimble on the Bellarine Peninsula will involve coastal walks, visiting local parks/gardens, and sightseeing around the area. It's a great opportunity to explore this favourite place and all that the area has to offer.



## Wednesday 2nd February

### Come and Try Canoeing - *New Participants Day*



Come join us for a fun and peaceful paddle on the Yarra River. No experience necessary - just a willingness to give it a try.



## Monday 7th - Friday 11th February

### MHFA training at Balnarring



Ever wanted to be a qualified community mental health first aider? Here's your opportunity! Included within a holiday to the Mornington Peninsula, we are offering this internationally recognized 12hr course to participants for free. In between training sessions, we will recharge with some of the many activities that this beautiful part of the world has to offer. Refer to brochure included for more information on MHFA.



## Monday 7th - Friday 11th February

### The Grampians and Mount Arapiles Camp



This camp will include exploration around the Grampians region and Mount Arapiles. With ample areas to explore and the option to climb, bike, and hike, you will love this multi-activity adventure.



## Monday 14th - Friday 18th February

### Great Otway National Park



Our bush campsite at Bimbi Park is the ideal place to spot koalas and unwind surrounded by beautiful bushland and the spectacular coastline of the Great Ocean Road. Activities include bushwalking, site seeing and potentially canoeing on the Aire river nearby.





# February

**Tuesday 15th February**

**Geelong Botanic Gardens - New Participants Day**



The Geelong Botanic Gardens sit atop a hill in Eastern Park and provides a home for an abundance of plant species from around the world. A shady oasis on a warm Summer's day, the Gardens and surrounding park provide many gentle walking options. We can also explore down to Eastern Beach and maybe even cool our toes off in the soothing saltwater.



**Wednesday 23rd - Thursday 24th February**

**Surf Coast Explore**



The Surf Coast of Victoria boasts many beautiful beaches, bush-filled trails, and vast views. This overnight trip to Torquay will be a nice intro to our overnight programs a for those who are newer to Out Doors Inc.



**Thursday 24th February**

**Sailing on Port Phillip Bay**



Join us as we set sail to explore Port Phillip Bay onboard a yacht. This is a unique opportunity to experience the wonders of wind power as the crew from the Royal Yacht Club of Victoria take us out to learn the ropes of what sailing is all about.



**Monday 28th Feb - Friday 4th March**

**Canoeing the Murray River**



Join us on this journey-based canoeing holiday on the Mighty Murray River. We'll be camping in different locations each night as we progress down the river. We will experience the peacefulness of the river in the Barmah region, chill around wonderful campfires and enjoy great company.



# March

## Tuesday 1st March

### Beach Day – Ideal for new participants



Spend a day at the beach enjoying opportunities to walk, throw the Frisbee, socialize, make a splash in the water and maybe have a go at beach volleyball!



## Wednesday 2nd March

### You Yangs walk



A medium-level bushwalk around the amazing granite peaks of the You Yangs. Great views across the landscape taking in Geelong and Melbourne are part of the reward.



## Monday 7th - Friday 11th March

### Kilcunda Camp



A week-long adventure along the Bass Coast and Phillip Island area. We will be camping near Powlett River for the week and will have the option to canoe, hike, and spend time on the many beaches in the region.



## Monday 7th - Friday 11th March

### Point Leo Campout



Spend the week exploring the Mornington Peninsula and experience camping by the sea at Point Leo. There is much to see and explore in the area and we will have the option to bike, hike, and dip our feet in the sea.



## Wednesday 16th March

### Sailing on Port Phillip Bay



Join us for a great day out sailing on Port Phillip Bay with the Royal Yacht Club of Victoria and their crew! Hands-on deck, we'll be introduced to the art of learning how to read the weather and how to tack a course into the wind!





# March

## **Monday 21st - Friday 25th March** **Snowy River Saunters**



Basing our camp at Marlo near the mouth of the Snowy River will give us the perfect base for a leisurely week of activity. We will have plenty of time for beach walks and exploration enjoying this quiet and beautiful part of Victoria.



## **Wednesday 30th March** **Moonee Ponds Creek Trail Cycle**



Come and enjoy the urban delights of cycling the Moone Creek Trail. Starting in the northern suburbs we will follow the trail back down into Kennsington. This is a great introduction to cycling for those that are keen to give it a go.



## **Wednesday 30th - Thursday 31st March** **Phillip Island Getaway – Ideal for new participants**



Join us for a relaxing overnight vacation staying in a comfortable beach house with ocean views. We will explore Phillip Island's pristine beaches and rugged coastline with opportunities to spot seals in their natural environment and koalas at the Conservation Reserve. An ideal trip for participants to go on to become eligible for Out Doors Inc' weeklong holiday programs.



# April

**Monday 4th - Friday 8th April**

## **Mt Arapiles Rock Climbing/Abseiling Camp**



Want to experience the exhilaration and challenge of rock climbing and abseiling in what is arguably the best rock climbing destination in Australia? Mt Arapiles is the mecca for climbers from all over the world and for good reason. The rock is beautiful both to look at and climb. We will be base camping and spend each day learning how to climb and abseil and enjoying the amazing rock environment that is Arapiles-Tooan State Park.



**Monday 4th - Friday 8th April**

## **Millowl Exploration**



Phillip Island, known as "Millowl" by the Boonwurrung people is famous for its pristine sandy beaches, rugged coastline, and diverse wildlife. This 5-day experience will be filled with adventurous walks, relaxing beach time, wildlife sightings, healthy eating, and social connection.



**Wednesday 13th April**

## **Explore Organ Pipes**

Enjoy a nice, easy walk just out of the city at the Organ Pipes National Park where the landscape has been formed from cooling and cracking molten lava! We will enjoy the awesome formations as well as each other's company on this day amongst the rocks.



**Tuesday 19th - Thursday 21st April**

## **Toolangi Adventure**



Get out into the countryside and enjoy easy bushwalking in the stunning Toolangi State Forest. No bushwalking experience is required. Walks are no greater than 5km on flat even surfaces with no steps or steep sections.



# April

**Tuesday 19th - Friday 22nd April**

## **Goldfields Track Walks**



Using our accommodation as a base, we will set out and walk some of the sections of the Goldfields Track, a trail that takes walkers through some of central Victoria's most historic towns and beautiful forests. We will return to our accommodation each evening for a lovely meal, a shower, and to rejuvenate for the next day of exploring.



**Wednesday 27th April**

## **Jawbone Marine Park**



Come and enjoy a walk along some of Melbourne's most spectacular coastal reserves. From our starting point at Williamstown Beach, we will follow the Bay Trail as it follows the coastline west. We will spend some time admiring the Jawbone Marine Sanctuary, relaxing by the sea, and meandering at a leisurely pace to take it all.





# May

**Wednesday 4th - Thursday 5th May**

**Yarra Valley Explore – Ideal for new participants**



Get out in the countryside and enjoy a relaxing break, surrounded by lush and talk forests of mountain ash. This overnight program is an opportunity to experience easy bushwalking in the stunning Toolangi State Forest near Healesville.

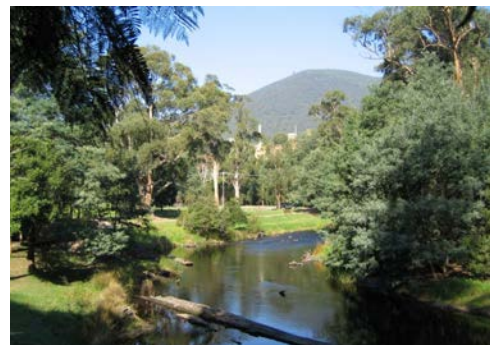


**Wednesday 4th to Friday 6th May**

**Autumn in the Warburton Valley**



Within a 2 hour drive from Melbourne, the Warburton Valley will give us plenty of time to make the most of our 3 days. Our base will provide the perfect place to explore this beautiful area by foot and/or bike along the many trails. With the autumnal colors, it should be the perfect time to discover the area.



**Monday 9th - Friday 13th May**

**The Great Ocean Road Wellbeing Holiday**



Staying in resort style accommodation in Aireys Inlet, we'll have plenty of opportunities to rejuvenate with gentle yoga taught by a qualified Yoga Therapist and walk in amazing places each day. So come and explore some highlights of this rugged, iconic coastline, verdant bushlands and waterfalls of The Otway National Park.



**Monday 9th - Friday 13th May**

**Mount Baw Baw Explore**



Nestled in Baw Baw Village, our cosy lodge for the week will serve as the perfect base as we head out and explore the Baw Baw National Park.



# May

**Monday 16th - Friday 20th May**



## **Mount Beauty Escape**

From our cosy lodge near Mt Beauty, Bright, and the stunning Alpine National Park, enjoy the peace and serenity of a relaxing holiday while gazing at the log fire in the evening and socialising with the group. We will also explore local areas and go on scenic and easy bushwalks throughout the week.



**Tuesday 17th May**

## **Bushwalking at Werribee Gorge State Park**



Experience bushwalking in some of the most enjoyable and adventurous terrains around Melbourne. This circuit walk features a mix of walking and fun scrambling. Good fitness is required for this bushwalk.



**Wednesday 18th May**

## **Woodlands Historic Park Wander**



Spend the day exploring the many trails of Woodlands Historic Park. With a bit of luck, we will find Indigenous canoe trees, relics of European settlement, and some of the many kangaroos that reside in the park.



**Monday 23rd - Friday 27th May**

## **Phillip Island Holiday**



Let's explore the sights around Phillip Island. A relaxed trip with some easy walks, good food, and good company. This will be a cruisy week with all beaches and little coves to explore plus our fantastic accommodation with sea views at Smiths Beach



**Monday 30th May - Friday 3rd June**

## **Australian Alps Adventure**



Head for the hills with ODI and pack your bags to explore Victoria's High Country. With all the stunning mountains, valleys, rivers, and lakes there is ample adventure to be had. With the weather cooling off, we will be staying in accommodation where we will head out into the national parks to explore the many beautiful trails, rivers, and towns around the area.





# June

**Wednesday 1st June**



## **Cranbourne Botanical Gardens**

Come and explore these award-winning gardens with its kilometers of winding bushland tracks, open spaces, and the sensational contemporary botanic garden, featuring the plants and ecosystems of south-east Australia. An enjoyable day out for all.



**Wednesday 8th to Thursday 9th**



## **Surf Coast Saunters**

A leisurely overnight trip to the Surf Coast exploring the the wild coast. We will have plenty of options from coastal wanders to leisurely bush trails. No trip to the Surf Coast would be complete with out a visit to Splitpoint Lighthouse.



**Wednesday 15th - Thursday 16th June**



## **Warburton Valley Winter Retreat**

This overnight excursion to the Warburton Valley will soothe your spirit as we explore the valley and all the wonderful natural wonders the area has to offer. There may even be some snow to experience!



**Wednesday 15th June**



## **Intro to Rock Climbing Indoors**

Ever considered rock climbing but were unsure if it's right for you? Then come along for this Intro to Climbing day as we will be teaching the basics from the ground up!



**Monday 20th to Friday 24th June**



## **Twelve Apostles and the Whale Trail**

Come and experience an amazing part of the Victorian coastline. From our base we have options to explore spectacular coastal scenery such as the Twelve Apostles; follow parts of the Whale Trail and try to spot some of the majestic creatures, and delve into wildlife spotting and learning about early histories at sites such as Tower Hill. There will be many walking options available to us by day, and we will endeavor to enjoy the evenings by the warmth of a fire.





# June

**Monday 20th to Friday 24th June**

## **A Bright Adventure**



Bright is a great place to visit all times of the year as there's always plenty to do and see. We will have the chance to explore and play in alpine environments and around the Bright area and enjoy the warm cozy accommodation of an evening.

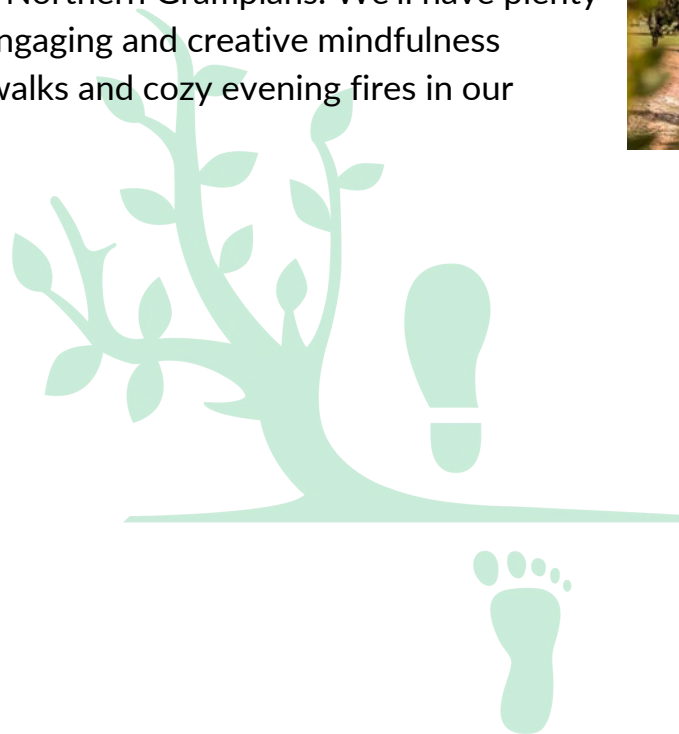


**Monday 27th June - Friday 1st July**

## **Northern Grampians Winter Retreat**



This beautiful retreat center is within easy reach of many great walks and waterfalls of the Northern Grampians. We'll have plenty of opportunities to enjoy engaging and creative mindfulness activities, stunning scenic walks and cozy evening fires in our mud-brick house.





## Connect with us



/OutDoorsIncAustralia



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