



INTERNATIONAL
GRAMMAR SCHOOL

Year 10 Tasmania SAGE Program 'Writing the Island'

Outdoor Education Group

November 14 - 18 2022



General Overview

Students will explore these stunning jewels on Tasmania's coastal fringes. As part of the Outdoor Education group, students will have the opportunity to hike across some of Tasmania's most beautiful coastal walks - Freycinet and 3 Capes.

Group	Sun 13th Nov	Mon 14th Nov	Tues 15th Nov	Wed 16th Nov	Thurs 17th Nov	Friday 18th Nov
Freycinet Nicole McGowan		Arrive 5 am Sydney Domestic Flight VA1528 7.10 am leave 9.20 am arrival 9.30 am: Bus from Hobart Airport to Wineglass Bay	Bushwalk journey Bryans Beach Side-trip Camp: Cooks Beach	Bush Walk Journey Camp: Wineglass Bay	BushWalk Journey Wineglass Bay Carpark (2 hrs) Coach Pick up 10.45 am from Wineglass Bay Carpark to Big 4 NRMA. Accommodation: NRMA Big 4 Caravan Park	9 am Pack up and load bus 10.30 am Port Arthur Tour 12.30 pm Lunch at Port Arthur 2.30 pm Bus to Hobart main shopping centre
3 Capes 1 Lawrance Hunting Britta Galfetti Neve	IGS Hall 12 - 2 pm Three Capes only packing afternoon	Arrive 5 am Sydney Domestic Flight VA1528 7.10 am leave 9.20 am arrival 9.30 am: Hobart Airport to Port Arthur 2pm: Boat to Denman's Cove Bushwalk Journey Camp Surveyors Cove (4km)	Bush Walk Journey Camp: Munro Cabin (11km)	Bush Walk Journey Camp: Retakunna Cabin (17km)	Bushwalk Journey to Fortescue Bay (14km) 2 pm return bus to Port Arthur NRMA Port Arthur Big 4 Caravan Park accommodation BBQ dinner	5.30pm Leave for Airport Flight VA1537 leave at 8.25pm arrive Sydney approximately 10.15pm
3 Capes 2 Stephen Pace Dorothee Sarnes - Trupke		Arrive 5 am Sydney Domestic Flight VA1528 7.10 am leave 9.20 am arrival 9.30 am: Hobart Airport to NRMA Big 4 Caravan Park 12.30 pm: Lunch at Port Arthur General Store (student pay) 2.30 pm: Tour of Port Arthur Return to Big 4 Caravan Park Evening Meal (BBQ)	10 am leave NRMA Big 4 bus to Port Arthur - Final walk around Port Arthur then lunch prior to leaving 2pm Boat from Port Arthur to Denmans Cove Bushwalk Journey Camp Surveyors Cove (4km)	Bush Walk Journey Camp: Munro Cabin (11km)	Bush Walk Journey Camp: Retakunna Cabin (17)	Bushwalk Journey to Fortescue Bay (14km) 2 pm return bus to Port Arthur 2.30 pm Bus to Hobart main shopping centre 5.30pm Leave for Airport Flight VA1537 leave at 8.25pm arrive Sydney approximately 10.15pm



Accommodation

Group

3 Capes

Freycinet

NRMA Port Arthur Caravan Park

NRMA Port Arthur Holiday Park is a magnificent hideaway surrounded by 40 acres of stunning bushland, just metres from the waters of Stuarts Bay and walking distance to the famous Port Arthur Historic Site.



Surrounded by endless nature and bushland, there is plenty for students to explore at the caravan park. NRMA Port Arthur is situated right on Stuarts Bay and is also within walking distance from Port Arthur Historic Site and the famous 3 Capes Walk is right on your doorstep.



CLOTHING AND EQUIPMENT LIST- Tasmania

All the items listed below are important and must be brought. Only the essentials are needed and these must be light and warm. This is a minimal gear list for the program.

Clothing

Quantity	Item	Check
1	Sturdy Hiking Boots, Walking Shoes or Runners (Should have good grip and be worn in)	<input type="checkbox"/>
1	Comfortable shoes for around camp – Must be closed toe, no thongs or slippers	<input type="checkbox"/>
1 pair per day	Socks – “Explorer” type socks are highly recommended	<input type="checkbox"/>
1 pair per day	Underwear	<input type="checkbox"/>
2	Thermals – Wool or Synthetic, not cotton	<input type="checkbox"/>
2	Long pants – Synthetic are best, zip off cargo pants are very useful, NO JEANS	<input type="checkbox"/>
2	Shorts – Board Shorts or Sports Shorts are perfect, NO SHORT SHORTS	<input type="checkbox"/>
2	Long Sleeved Shirts with collar – Synthetic, please avoid cotton	<input type="checkbox"/>
2	Short Sleeved Shirts with collar – Sports shirts are great, NO SINGLE TS	<input type="checkbox"/>
2	Fleece or Wool jumpers – Thick and Warm – No cotton jumpers	<input type="checkbox"/>
1	Broad Brim Sun Hat	<input type="checkbox"/>
2	Beanies	<input type="checkbox"/>
1	Wool or fleece gloves	<input type="checkbox"/>
1	Bathers (no bikinis) - Long sleeve Rash Vest	<input type="checkbox"/>
1	Water shoes (old runners will do)	
1	Day pack for carrying personal equipment to activities each day	

Equipment

Quantity	Item	Check
1	Sleeping Bag – Synthetic or Down. Comfort rating to -5 degrees or below	<input type="checkbox"/>
1	Sleeping Bag Liner	<input type="checkbox"/>
6	Orange “Multix” Brand Garbage Bags – used for water proofing back packs	<input type="checkbox"/>



Three Capes Packing list here

THE OUTDOOR EDUCATION GROUP ▲

3	Green or black garbage bags	<input type="checkbox"/>
1	Strong fork & spoon ONLY	<input type="checkbox"/>
1	Strong plastic bowl and mug	<input type="checkbox"/>
1	Cleaning kit - Tea towel, Soapy Jex pads, Scotchbrite" style Green Scourers, Chux cloth	<input type="checkbox"/>
3	Large Snaplock Bags	<input type="checkbox"/>
1	Head torch and spare batteries	<input type="checkbox"/>
1	Whistle (on cord)	<input type="checkbox"/>
3	Water bottles (minimum 1 litre capacity each bottle)	<input type="checkbox"/>
1	Sun Glasses (old)	<input type="checkbox"/>

Personal Items

Quantity	Item	Check
1	Roll of toilet paper (double bagged in two snaplock bags)	<input type="checkbox"/>
1	Toothbrush & paste, deodorant (no aerosols)	<input type="checkbox"/>
1	Insect Repellent (20% DEET is good) (no aerosols)	<input type="checkbox"/>
1	Small towel or chamois	<input type="checkbox"/>
1	Sunscreen, zinc, lip balm	<input type="checkbox"/>
1	Labelled personal medications - must be in original packaging. (2 x EpiPen if required.)	<input type="checkbox"/>
1	Feminine hygiene – pads & tampons and handwipes (waterproof in a snaplock bag)	<input type="checkbox"/>

Optional

- ▶ Down Jacket or Vest

- ▶ Neck warmer, buff or scarf – Not cotton

- ▶ Camera in two plastic bags

- ▶ Diary/journal for writing (including a pen)

- ▶ A light book to read



THE OUTDOOR EDUCATION GROUP ▲

OEG will provide the following

- ▶ Tents and Tarps

- ▶ Sleeping mat

- ▶ Water proof pants and jacket

- ▶ Lightweight stoves and Fuel

- ▶ Maps and Compasses

- ▶ All specialist safety equipment

- ▶ Group first aid kit

- ▶ Backpacks



3 Capes - Student Information

Key Logistics:

Pack and prep Sunday 13 November at 12pm in the IGS Hall (**both groups**)

Departure dates are as below.

Departure: Monday 14 November 7.10 am VA1528

- 5.00 am Meet at Virgin Check-In. Give yourself plenty of time as traffic is always incredibly busy. Don't be late – we can't wait!

Return: Friday 18 November 8.25 pm Flight 1537, 10.15 pm arrival Sydney

Food:

- Recess and lunch on Day 1 needs to be taken. Students need to be aware of domestic quarantine rules
- At the airport: Students need to stay together as a group and go to the bathroom in pairs, and they must tell the teacher before and after
- Airport security is taken very seriously – act appropriately
- If a student is late or missed the plane: ring their teacher (contact card) + IGS reception. They may be able to join a later flight but it will be very unlikely that they can continue in the 3 Capes stream.

Medications: Families need to give prescription medications to the teacher in a clearly marked zip-lock bag.

T-Shirt: students need to arrive at the airport in a SAGE t-shirt. Students also need to ensure clothing is appropriate whilst in Tasmania. Sun safety is important. Don't bring tank tops or clothes that don't protect your shoulders/stomach.

Bag allowance – which must be adhered to

1 x 23kg + 1 x 7kg carry-on. Be mindful of what can't be carried on (nothing sharp or flammable/aerosol)

Upon arrival in Hobart:

- We will need to get straight onto a bus to make the ferry
- Soft/day bag with clothes for after the hike will remain in Port Arthur (at reception). Food stop in Sorell.
- Return to Sydney: need a soft bag for their gear in Sydney. All bags/gear are to go back to OEG at the airport. Students can't take them home. A garbage bag will do. Make sure your parents are aware!

Meals: provided & dietary requirements will be catered for. Students will be cooking throughout the whole trip - so be prepared!

Student cooking:

Safety & hygiene is paramount along with safety!



Behaviour:

- The Code of Conduct must be signed and will be referred to if there is inappropriate behaviour.
- Student briefings will occur regularly and includes:
 - location of staff at night in the case of an emergency
 - Venue briefings regarding any site-specific information

Gear:

- The gear list is in the booklet and on the OEG website. A hiking bag, wet weather jacket and pants are provided by OEG if you desire. Follow the gear list & don't forget any items!
- Upon arriving back in Sydney the OEG gear needs to be collected & left with staff. Bring a soft bag for your personal items (garbage bag). All OEG gear will be sorted before leaving the bag collection area
- Drink bottle (3L), sunscreen, wide brim hat and appropriate clothing. Don't forget!

Other info:

- OEG are First Aid officers, please inform them of any problems (including your own). Small problems can become big if not addressed early. Due to the remote location, it is crucial that staff and students look after themselves
- OEG are not there for behaviour management. Students must follow behaviour guidelines and IGS staff instructions
- OEG website – have you looked at it?
- Important: We are staying in eco-cabins in proximity to the general public. Therefore our behaviour must be exceptional to ensure that we do not impact their experience.
- My role in the group: be positive, help others, help the group = enjoyable trip!
- As well as the Freycinet group, you also go to Port Arthur.



Student Information – Freycinet

Key Logistics:

Departure: Monday 14 November 7.10 am Flight VA1528

- 5:00 am meet at Virgin Check-In. Traffic is a nightmare on Monday mornings. Don't be late – we can't wait!

Return: Friday 18 November 8.25 pm Flight 1537 10.15 pm Sydney

Food:

- Be aware of domestic quarantine rules + IGS no nut policy – no fruit, veg & no nuts!
- At the airport: need to stay together as a group. If you need to go to the bathroom, go in pairs, and must tell the teacher before and after
- Airport security is taken seriously – act appropriately
- If you are late or miss the plane: ring your teacher (contact card) + IGS reception.
- Make sure you bring a contact card.

Medications: Families need to give prescription medications to the teacher in a clearly marked zip-lock bag.

T-Shirt: students need to arrive at the airport in a SAGE t-shirt. Students also need to ensure clothing is appropriate whilst in Tasmania. Sun safety is important. Don't bring tank tops or clothes that don't protect shoulders/stomach – you will be asked to change

Bag allowance – which must be adhered to

1 x 23kg + 1 x 7kg carry-on. Be mindful of what can't be carried on (nothing sharp or flammable/aerosol).

Upon arrival in Hobart:

Depart on bus to Wineglass Bay

- Freycinet: bags will be stored in the trailer and stored for the hike. They will be returned on Thursday. Gear that you don't want to take on a hike can be left in the bag.
- After the OE component - students can hold onto wet weather gear for the remainder of the trip.

Meals: Are provided & dietary requirements will be catered for

Student cooking:

Safety & hygiene is paramount throughout the camp.

Behaviour:

- The Code of Conduct must be signed and will be referred to if there is inappropriate behaviour.
- Student briefings will occur regularly and include
 - the location of staff at night in the case of an emergency
 - Venue briefings regarding any site-specific information



Gear:

- The gear list is provided in the booklet and on the OEG website. **A hiking bag, wet weather jacket and pants are provided by OEG if you desire.** Follow the gear list & don't forget any items! Drink bottle (3L), sunscreen, wide brim hat and appropriate clothing.
- Upon arriving back in Sydney all OEG gear will go back to IGS staff. All OEG gear will be sorted before leaving the bag collection area

Other info:

- OEG are First Aid officers, please inform them of any problems (including your own). Small problems can become big if not addressed early. Due to the remote location, it is crucial that staff and students look after themselves
- OEG are not there for behaviour management. Students must follow behaviour guidelines and IGS staff instructions
- OEG website – have you looked at it?
- My role in the group: be positive, help others, and help the group = enjoyable trip!
- After the hike you will go back to Hobart for great activities including Port Arthur



IGS Points of Understanding Statement

Students travelling outside the city on programs are, in response to new physical and human environments, subject to additional risks. This places others at risk, including supervising teachers, instructors, and other students. During such activities students need to be able to utilise their good critical thinking and reasoning skills, and to have sound mental and emotional well-being.

If the School is not satisfied that a particular student is fit to participate in the program, the School may require additional information including a medical report or may not allow the student to participate in the program at the School's absolute discretion.

Parents and students are reminded:

Parents accept that students will be exposed to and participate in activities on the Year 10 SAGE trip. These may involve risks that students may not experience whilst at school.

Students who are under the care of IGS staff away from school are expected to comply with directions given by teachers and other authorities, to follow the rules of the staff at the accommodation site, and to comply with the rules and instructions of staff at activity venues.

A student may be asked by the School to leave the program and return to IGS if the School does not consider it appropriate for the student to remain on-site for reasons such as

- the student is not meeting the expectations of the supervising staff;
- the School becoming aware of a problem relating to a student;
- a student placing themselves, or any other student or staff member, at risk of harm;
- a student consuming, purchasing, or carrying illegal substances.

If the school becomes aware of a problem relating to a student, the School will inform the parents of the issue and ask them to make decisions relating to the student's well-being. In the event that the parents are not available, the School will contact the emergency contacts nominated by the parents and invested with responsibility by the parents. However, the final decision on whether the student remains in the program is the School.



Code of Conduct for students: Year 10 SAGE Program

- Students are expected to adhere to school rules and common courtesies.
- Students must at all times **follow the directions** of the IGS staff at the accommodation site and activity venues.
- Students **must listen carefully** during all briefing sessions conducted, and follow these instructions carefully.
- Students who engage in inappropriate behaviour that puts themselves or others at risk may be sent home. Their parents will be called and will be required to arrange transport back to Sydney.
- Students are expected to make a genuine effort to **participate fully in the activities** provided by instructors and teachers.
- Students must wear **closed shoes** at all times.
- Students must ensure that they apply **sunscreen** provided as directed by teachers for outdoor activities and must wear a **broad-brimmed hat** for outdoor activities.
- Students **must not leave their accommodation at night** except in case of emergency. There is to be **no noise, movement, or communication** between accommodations after lights out. In the mornings, students must not leave their accommodation before the time specified by the supervising teachers. Any breach of this will be regarded as a very serious matter.
- Students may not be in accommodation **other than their own** without the permission of a teacher. **Under no circumstances may students of the opposite sex be in accommodation together.**
- Students must **respect** the accommodation in which they are staying and behave **safely** and **responsibly** at all times.
- If students feel **unsafe** or **uncomfortable** about something that has happened to them, they should talk to a staff member. **In an emergency** after lights out, they should report to the staff member on duty for that night (these will be indicated to students).