



INTERNATIONAL
GRAMMAR SCHOOL

Year 11 Tasmania SAGE Program 'Writing the Island'

Outdoor Ed Group

September 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 - Maria Island, Freycinet and 3 Capes.

Itinerary

Group	Sat 17 Sept	Sun 18 Sept	Mon 19 Sept	Tues 20 Sept	Wed 21 Sept	Thurs 22 Sept	Fri 23 Sept
1 East Coast Ramble 9 students 1 OEG staff		NSW Crew Drive Moss Vale to Melbourne Spirit of Tasmania 9 PM load 10:30 P.M Voyage to Devenport	Flight 7.10 am VA1528G Check in at 5.30 am Meet OEG in Triabunna. 12:00pm Ferry to Maria Island. fossil cliffs circuit Camp: Darlington	Hike Bishop & Clerk Camp: Darlington	Hike to French's Farm via inland track Side option: Summit Mt Maria Camp: French's Farm	Early Start Hike to Darlington via coastal track (10km) 11:15 am Ferry 12.30pm Bus pick up Bus to Port Arthur Accomodation: Big 4 NRMA Port Arthur	Three Capes / East Coast / Freycinet Breakfast NRMA Big 4 Caravan Park 9.00 am: Pack bus with bags 9.30 am: Take bus to Port Arthur Car Park 10.30 am: Tour of Port Arthur 1 pm: Lunch at Port Arthur 2.00 pm - 5 pm: Free time 5.30 pm: Leave from Port Arthur Carpark to Hobart Airport (1 hr 8 mins)
2 East Coast Ramble 8 students 1 OEG staff	Three Capes only 12pm for a packing day at IGS Hall		Hike Bishop & Clerk Camp: Darlington	Hike to French's Farm via inland track Side option: Summit Mt Maria Camp: French's Farm	Bushwalk Journey Hike to Darlington via coastal track (10km)	Hike fossil cliffs circuit Camp: Darlington 11:15 am Ferry 12.30pm bus pick up Bus to Port Arthur Accomodation: Big 4 NRMA Port Arthur	



<p>3 Freycinet / Bushwalk 10 students 2 OEG staff</p>			<p>Flight 7.10 am VA1528G Check in at 5.30am</p> <p>Meet OEG Wineglass Bay Car Park Bushwalk Journey Camp: Hazards Bach No Water</p>	<p>Bushwalk Journey Bryan's Beach Side-trip Camp: Cooks Beach Water</p>	<p>Bushwalk Journey</p> <p>Camp: Wineglass Bay No water</p>	<p>Bushwalk Journey Wineglass Bay Carpark (2hrs.) Coach Pickup 10:45 am from Wineglass Bay Carpark Water</p>	<p>6.45 pm: Arrive at Hobart Airport 8.20 am: Depart Hobart Airport VA1527G</p>
<p>4 Three Capes Bushwalk 2 School Staff 1 OEG GL 13 Students</p>	<p>Local Driver drop GL and Gear at school 1:30pm Pack at school. LD to drop GL at Syd airport Ibis then rtn any leftover gear.</p>	<p>Meet at Sydney airport 5 am. Flight JQ719 6.45 am Collect food from Sorrell Woolworths on route 2pm Boat From Port Arthur to Denman's Cove Bushwalk Journey Camp: Surveyor's Cove (4km)</p>	<p>Bushwalk Journey</p> <p>Camp: Munro Cabin (11km)</p>	<p>Bush walk Journey</p> <p>Camp: Retakunna Cabin (17km)</p>	<p>Bushwalk Journey to Fortescue Bay (14km) 4 pm Return bus to Port Arthur GL accom and food from dinner supplied by school</p> <p>Accommodation: NRMA Big 4 Caravan Park</p>	<p>Breakfast NRMA Big 4 Caravan Park (need to sort) Simon pick up in Minibus take to UNZOO 9.30 am: Arrange a visit to UNZOO 10.30 am: Tour UNZOO 1 pm: Lunch at NRMA Accommodation: NRMA Big 4 Caravan Park Afternoon activity TBD by staff</p>	



Student list

Surname	Given	Camp	
Daniel	Orlay	3 Capes	
Samuel	Lightfoot	3 Capes	
Alexander	Johnson	3 Capes	
Henry	Egan	3 Capes	
Iris	McKinley	3 Capes	
Amali	Gardiner	3 Capes	
Lucy	O'Mara	3 Capes	
Katelyn	Clarke	3 Capes	
Noah	Blender-Greene	3 Capes	
Niamh	Elliott	3 Capes	
Hugo	Deutsch	3 Capes	
Coco	Lennox	3 Capes	
Sophia	Katerdjian	3 Capes	
		3 Capes	
Lawrance	Hunting	3 Capes	
Michelle	Sullivan	3 Capes	
1 OEG			
Surname	Given		
Eoin	Brennan	Freycinet	
Dane	Lloyd	Freycinet	
Sebastian	Saltos Palmer	Freycinet	
Henry	Lester	Freycinet	
Thomas	Preston	Freycinet	
Alex	Tsiolis	Freycinet	
Hunter	Mackenzie	Freycinet	
Penn	Jones Evans	Freycinet	
Joshua	Drinkwater	Freycinet	
Alex	Toomey Westcott	Freycinet	
Luca	Ruegg	East Coast Rambles 1	
Oskar	Rasmussen	East Coast Rambles 2	
Ryan	Wilkins	East Coast Rambles 2	
Arlo	Fruh	East Coast Rambles 2	
Oscar	Brown	East Coast Rambles 2	
Tobias	Welfare	East Coast Rambles 1	
Amalia	Burch	East Coast Rambles 2	
Elyse	Burke	East Coast Rambles 2	
Will	Berton	East Coast Rambles 1	
Archie	Christie-Day	East Coast Rambles 2	



Kristian	Dragas	East Coast Rambles 2	
Lenny	Quail	East Coast Rambles 1	
Joseph	O'Shea	East Coast Rambles 1	
Edward	Butler	East Coast Rambles 1	
Andre	Kouriel	East Coast Rambles 1	
Myles	Donnelly	East Coast Rambles 1	
Jai	Lewis	East Coast Rambles 1	
Britta	Galfetti Neve	East Coast Rambles	
Dorothee	Sarnes-Trupke	East Coast Rambles	

Accommodation

Group

3 Capes
Freycinet
Maria Island

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 Stewarts Bay and is also 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 Sat 17 September at 12pm in the IGS Hall

Departure dates as below.

Departure: Sunday 18 September 6.45am JQ719

- 4.45am Meet at Virgin Check-In. Give yourself plenty of time as traffic is always incredibly busy. Don't be late – we can't wait!

Food:

- recess and lunch on day 1 needs to be taken. Be aware of domestic quarantine rules
- At the airport: need to stay together as a group. If you need to go to the bathroom, go in pairs, must tell the teacher before and after
- Airport security is taken very seriously – act appropriately
- If you are late or miss the plane: ring your teacher (contact card) + IGS reception. May be able to join a later flight but very unlikely you can continue in 3 Capes stream.
- Collect upon arrival: tickets, bag tag.

Meds: need to give prescription meds to the teacher in a clearly marked zip-lock bag. Don't keep meds with you & staff will manage

T-Shirt: students need to arrive at the airport in SAGE t-shirt. Staff encouraged to do the same. 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 – 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:

- Need to get straight onto a bus to make ferry
- Soft/day bag with clothes for after hike will remain in Port Arthur (at reception). Group 1 will leave with Group 2. Group 2 will leave at reception. Only hiking bag goes on a hike.
- Food stop in Sorell.
- Return to Sydney: need a soft bag for their gear in Sydney. All bags/gear to go back to OEG at the airport. Kids can't take them home. A garbage bag will do. Make sure your parents are aware!

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

Student cooking:

Safety & hygiene is paramount. Knife safety - ask for help if unsure!



Behaviour:

- code of conduct signed and will be referred to if there is poor behaviour.
- Members of the public have paid a lot of money to go on this hike so it is imperative that behaviour is impeccable. Poor behaviour will be addressed early as complaints could mean no further IGS groups go on the hike
- Student briefing will occur regularly and include:
 - location of staff at night in the case of an emergency
 - Venue briefings regarding any site-specific information

Gear:

- Gear list is in the booklet and on 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. OEG gear needs to be all collected & left with staff. Bring a soft bag for your personal items (garbage bag). All OEG gear will be sorted and given to them 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 us 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
- OEG website – have you looked at it?
- No student should be alone: especially in the evening/night.
- Rooming: Please talk through logistics - for example, Group 1 = too many males so 2 are in female cabins OR mattresses moved onto the floor of male cabins. Group 2 = 1 too many males so one with females or a mattress on the floor. So use bathrooms to get changed & no one to be in a cabin with other students/staff alone.
- Drugs/alcohol: don't even think about it. You will go home & further consequences applied
- Reiterate: You are staying in eco-cabins in proximity to the general public. They have paid a lot of money to do the 3 Capes experience and your behaviour must be exceptional. Some may not like students and will look to complain at the smallest issue - don't put future IGS trips in jeopardy!
- Role in group: be positive, help others, help the group = enjoyable trip!
- As well as 3 Capes you also go to Port Arthur.

General advice:

- Don't underestimate how much difference weather can/will have on student morale. If wet they really need to be taking care of the little things. The current weather forecast shows a very mixed bag but rain looks almost certain. Students need to be mindful of having the correct gear to make trips positive.



Student Information – Freycinet / East Coast Rambles

Key Logistics:

Departure: **Monday 19th September 7.10 am Flight VA1528G**

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

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, 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.

Meds: need to give prescription meds to the teacher in a clearly marked zip-lock bag. Don't keep meds with you & staff will manage

T-Shirt: students need to arrive at the airport in SAGE t-shirt. Staff encouraged to do the same. 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 – 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 ECR to Triabunna

- ECR: bags will be stored in the trailer and stored for the hike. Returned on Thursday. Gear that you don't want to take on a hike can be left in the bag.
- *After the OE component - you can hang onto wet weather gear for the remainder of the trip but IGS staff must coordinate the return of gear before leaving arrivals in Sydney. IGS teacher's responsibility to mark off the return of items to OEG.

Meals: provided & dietary requirements will be catered for

Student cooking:

Safety & hygiene is paramount throughout camp.

Behaviour:

- code of conduct signed and will be referred to if there is poor behaviour. Poor behaviour will be addressed early and you will be removed from the group



- Student briefing must occur regularly and include:
 - location of staff at night in the case of an emergency
 - Venue briefings regarding any site-specific information

Gear:

- Gear list is in the booklet and on 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 all OEG gear goes back to IGS staff. All OEG gear will be sorted and given to them before leaving the bag collection area
- Drink bottle (3L), sunscreen, wide brim hat and appropriate clothing.

Other info:

- OEG are First Aid officers, please inform us 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. Behave or you will leave the island.
- Drugs/alcohol: don't even think about it. You will go straight home at parents' expense & further consequences back at school
- OEG website – have you looked at it?
- No student should be alone: especially in the evening/night. Likewise no mixed-gender in tents.
- Role in group: be positive, help others, help the group = enjoyable trip!
- After the hike you will go back to Hobart for great activities including MONA

General advice:

- Don't underestimate how much difference weather can/will have on student morale. If wet they really need to be taking care of the little things. The current weather forecast shows a high likelihood of rain so you will get wet.
- Students need to be mindful of having the correct gear to make trips positive.



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 11 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 wellbeing. 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 11 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 ensure they have carefully read the OEG website outlining what to bring and what not to bring. **Inappropriate materials** will be held by teachers until the end of the expedition or may be disposed of.
- 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).