



Licensed Tour Operator
2024-25



Supporting Nature's Future



Giz A Break



2025

WWW.GIZABREAK.ORG.AU

Giz A Break is a registered health promotion charity that wraps an youth work and social activities into an adventure touring format. We work with individuals and small groups, from full-day adventures to 7-day camps. Our team consists of skilled and experienced youth workers, outdoor educators, and social workers.



SO... YOU RUN CAMPS?

Actually, not really. It's more than that. We run a program that makes youth and social work acceptable and accessible for young people with complex needs and challenging behaviours. Yes, we use the great outdoors as the space we engage in, and yes, we use activities such as canoeing, fishing, hiking, and four-wheel driving as the engagement mechanisms, but that is where the similarities between what we do and "respite" camps or classic outdoor education programs stop.

Our programs focus on social skills and connection, cognitive skills, and mental health. We employ both social workers and outdoor educators to harness the strength of both and address the risks we encounter when working with vulnerable youth in remote areas. Our board of directors includes people with lived experience as well as mental health professionals. We have regular clinical supervision sessions with an accredited mental health social worker, and of course we have policies and procedures that safeguard young people in our care as well as our staff and volunteers. So, yes, you can send someone along for respite if that's your goal - and we'll provide that as well as all of the above.

CAN YOU CUSTOMISE PROGRAMS?

Yes - in fact, we do that all the time. From 1:1 programs to groups of up to 36 participants, we tailor initiatives to deliver for a specific purpose. For example, last year we ran a really successful program to reduce young men's risk of getting in trouble with the police. This year, we're developing a program specifically for 15-16 year olds with complex trauma and no or low school attendance. And for next year, we're tailoring an outdoor ed program for specialist schools. And in between, we love working with small groups and individuals achieve their goals.

So, let us know what you're after and we'll co-design it!



Sönke Tremper
0401 833 110, engage@gizabreak.org.au



Giz A Break

FOR 10-13 YEAR OLDS

We have locked in dates for our small groups (1:3) for the next 6 months - they're all on Wednesdays, once a month. The idea is to develop social, cognitive, and life skills while we adventure together. Accompanied by either one of our social workers or outdoor educators, these days are fun and engaging ways to learn together. We can also customise overnight social activities - get in touch to chat about your ideas and needs and we'll see what we can do.



FOR 14-16 YEAR OLDS

Grampians, 8-11 Apr '25

Wonnangatta, 3-6 June '25

NSW Outback, 5-11 July '25



Canoe & Fish, 16-19 Sep '25

VIC Deserts, 30 Sep-3 Oct '25

High Country Hike, 9-12 Dec '25



High Country 4x4, 16-19 Dec '25



Registration Form



Website



For more info and to register, head to www.gizabreak.org.au/register

FOR 17-25 YEAR OLDS

NEW!

NEW

Canoe & Fish Eildon, 13-16 May 2025



We'll be rolling out with our 4x4s loaded with our canoes and hit the shores of Lake Eildon where we set up base-camp. While we teach you how to use the canoes, we'll fish for Murray cod, yellowbelly, trout and redfin. And we'll show you how to cook with a camp oven, too! Pick up locations include Shepparton, Seymour, Violet Town, Euroa, Yea, and Alexandra. Cost is \$2,750 per person (ex GST).



NSW Outback Journey, 9-15 Aug 2025

This 7-day journey will take you to breathtaking sites along remote outback tracks. Explore the Darling River, hike through the red mountains of Mutawintji National Park, stay on a remote station and fossick for opals. All food and equipment are included and you'll be travelling in one of our awesome 4x4s with enough space to be comfy. Departure is from Shepparton (VIC), and we can pick up along the way in Barmah, Mathoura, Deniliquin, and Hay. Cost is \$5,000 per person (ex GST).



High Country 4x4, 14-17 Oct 2025

Travel along on challenging four-wheel drive tracks, explore famous high country log huts, and stand on top of a mountain. You'll sleep in high quality swags and sleeping bags we provide you with. Here's what it looks and feels like - [check out the video](#). What an adventure! Departure is from Shepparton and we can pick up in Benalla, Euroa, and Mansfield. Cost is \$2,750 per person (ex GST).

NEW

High Country Hike, 11-14 Nov 2025



We'll be heading up to Falls Creek in our 4x4s, where we leave them behind and slip that backpack over our shoulders. We'll each be carrying our own tent, cooker, and all the other gear we need (all provided by us). You'll stay at one of the high country's most iconic huts, and get a chance to swim in a beautiful waterfall, too. Departure is from Shepparton, and we can pick up in Benalla, Wangaratta, Myrtleford, and Bright. Cost is \$2,750 per person (ex GST).

1:1 ADVENTURE SERIES



Giz A Break

Our goal is to improve community health and wellbeing with a particular focus on mental health. We use off-road adventures as the vehicle to connect with young people (14-25 years old) who would like to develop their independence. Our 1:1 Mentoring Program is delivered in a series of monthly 1:1, full-day adventures - usually to the High Country or other state and national parks in the region. We can also offer overnight adventures (great for hikes and respite).

FORMAT

Over the course of the program (and during each adventure), we work through three phases: **Regulate emotions, establish a relationship, and then reasoning**. As we get to know each other, these phases are worked through much faster and the focus shifts from regulating emotions and relationship establishment to reasoning - the identification of goals, review of progress, and problem solving.

Our 1:1 Mentors are experienced and qualified 4x4 operators who also have experience and / or qualifications in working with young people.

Our program is semi-structured, allowing participants to engage in decision-making. Supported by theories validated in young people with trauma, our facilitators assist participants develop social and cognitive capacities that strengthen their resilience.

Working to develop participants' independence, we pay attention to emotional, physical, and social aspects of their health.

SETTING

Our 1:1 destinations include the Victorian High Country, Strathbogie Ranges, and the Goulburn, Murray, and Broken River system. We consciously choose semi-remote natural settings because they free the young person from their usual, often stressor-laden contexts and foster an attitude of openness to new impressions, ways of perceiving, and ways of doing. These environments also offer a multitude of sensory experiences.

ACTIVITIES

Depending on season, destination, and weather, our adventures include hikes, fishing, and of course four-wheel driving, which enables us to access peaceful and unique locations - and of course, it is a lot of fun, too!

We provide absolutely everything, from swags to hiking boots, fishing rods to jackets - all participants need to bring are basic clothes, a drink bottle, and a pillow.

TIMING

Pick up is at 9am (depending on where you live, we're happy to pick up and drop off at home) and drop off is around 5pm. For overnight 1:1 adventures, pick up is at 10am and drop off 3pm the following day.

For more information, please contact us on engage@gizabreak.org.au or 0401 833 110 (Sönke Tremper).

THE TEAM



Sönke Tremper [aka "Zonk", he/him] is the founder of Giz A Break and manages the organisation. He leads most camps and also provides 1:1 support for individual participants. He does all the background work (bookkeeping, admin, website, socials, etc) and is the go-to person for organisations thinking about partnering with us. If you'd like to contact us, give Zonk a buzz on 0401 833 110 or email zonk@gizabreak.org.au.



Dallas Piggott [she/her] first came along as one of our volunteers and decided that Zonk needed help (he does), and came on board in early 2021. Dallas has a diploma in youth work and a bachelor (hons) of social work. She is an experienced youth and disability worker and holds certificates in four-wheel driving and remote first aid. Quick witted and fun, Dallas is also known as The Real CHO (chief of happiness) at Giz A Break.



Brendan Chessum [aka Bren-Dawg, he/him] has extensive outdoor education experience. He holds a Cert IV in Outdoor Rec and a Bachelor in Applied Science (Eco Tourism). Brendan is never happier than when he's abseiling somewhere in the mountains, looks after cattle on his farm in Stanhope, or goes hunting with his partner and their dogs. Brendan runs camps with the team and is available for our 1:1 Mentoring Series.



Jasmin Mortelman [aka Jas, they/them] started out as a volunteer with us and decided that Giz A Break brings together the best of the outdoor and youth work principles, and just like that, they became an employee! Jas is a young person, a qualified Outdoor Educator, and a seriously good human.



Lauren Barker [aka Loz, she/her] is an accredited social worker and, like Jas and Dallas, started out by volunteering with us and is now a casual member of staff. Loz also works as a social worker at Headspace Shepparton and teaches at Latrobe University in Shepparton. Loz is an uncompromising optimist who always makes sure that the young person is at the centre of our thinking - and always takes a strength based approach. Love ya work, Lozzie!

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PROUDLY BASED IN SHEPPARTON

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