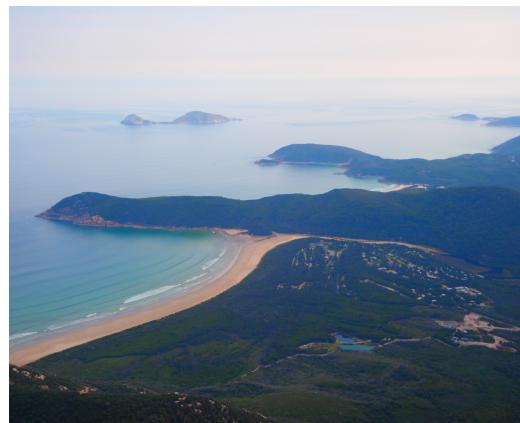




Rubicon Outdoor Centre's new campus

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Caving at Britannia Creek is a highlight for many students

"Caving was a way to really work as a team with people you wouldn't normally work with at school and also get to know them more"

David, Yr 7

Background & Location

Nayook Outdoor Education Centre has been around for 35 years. Built and operated by Glen Waverley Secondary College, it has recently become a campus of the Rubicon Outdoor Centre. Nayook is part of the Residential Outdoor Schools Association (ROSA) group including Rubicon, Bogong, Somers and now 15 Mile Creek and Woorabinda. Nayook is a government school; a statewide resource staffed with specialist outdoor education teachers offering residential and journey programs in the Gippsland region.

Nestled in the foothills of Mt. Baw Baw near Noojee, Nayook is situated on thirty hectares of native forest at the headwaters of the La Trobe River. Thirty minutes drive north of Warragul and only ninety minutes from the Melbourne CBD, Nayook is surrounded by the Bunyip and Yarra State Forests and is a short drive to the Baw Baw National Park. Nayook is central to some of the best outdoor education sites in Victoria; rivers like the Yarra, Thomson and Mitchell, the Gippsland Lakes, the Baw Baw and Wellington Plateaus and some of Victoria's most spectacular coastline including the Wilson's Promontory National Park and Nooramunga Marine Reserve.



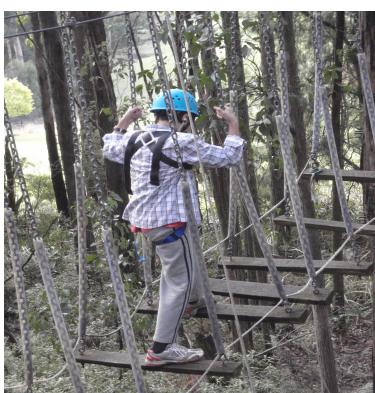
"I learnt a lot about others in my class. The most outstanding thing was if everyone all communicated well without hesitation, we could make a great team."

Emily, Yr 7

Philosophy

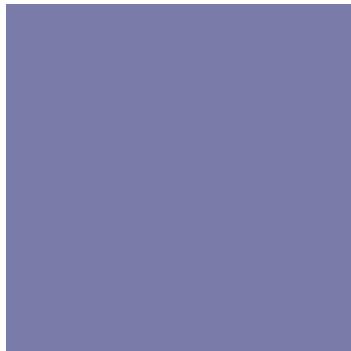
Good food, good friends and fun times create an atmosphere where young people will feel confident to take risks and learn from the experience. At Nayook we strive to create a strong sense of community and a positive, supportive environment where students are encouraged to step out of their comfort zone and try something new. Group sizes are small so students form strong, positive relationships as they participate in outdoor adventure activities whilst living a country lifestyle. Nayook also utilizes the Tribes Learning Communities model to guide our teaching practice, further entrenching the values of teamwork and community living in our programs.

During their stay at Nayook, each student gives an hour of their time to help with our projects. This may be planting or harvesting vegetables from the garden, building a shed, cooking in the kitchen, caring for the animals, restoring habitat, or maintaining our trails. At all year levels we construct meaningful opportunities for students to take responsibility and make decisions that affect themselves and their community. Students get to reap the rewards and experience the consequences nature deals them.



Facilities

Nayook has dormitories for up to 32 students, visiting teacher facilities, recreation hall, and is fully catered. It hosts a range of onsite adventure activities such as high and low ropes courses, rock climbing wall and initiatives. Technical outdoor equipment is of the highest quality with One Planet supplying all our tents, clothing, packs and sleeping bags from their industrial range.



Programs: At Nayook or anywhere in Gippsland

Nayook offers a flexible range of programs tailored to suit your school, year level, specific needs and desired outcomes. Programs have a strong focus on learning through adventure, developing a sense of community, living sustainably and interpreting the natural environment.

We have a great variety of activities to choose from and can focus your program on themes such as **leadership, challenge or teamwork**. We can also focus your program on any combination of the above or any other area you would like your students to learn about.

Duration and composition of programs is very flexible and generally fall in to two categories; either 'residential' programs, meaning students stay on-site at Nayook and participate in a variety of activities during the day, or 'journey' programs, where students undertake a trip on a river, lake, mountain or trail in a variety of inspiring locations around Gippsland.

Costs

Residential programs are priced at \$150 per student for a five-day program. Journey programs are priced at \$30 per student per day. Some actives may incur additional fees but these are always kept to a minimum.

Residential Programs

When staying at our site at Nayook, groups can participate in a variety of half or full day activities in or near the centre. Activities we offer include rock climbing, canoeing, skiing & snowshoeing (seasonal), bushwalking, caving, rogaining, high ropes, low ropes, bush cooking, community and environmental projects and initiative activities.

A residential program will involve a selection of these activities and can also include a one or two night paddle, ski or bushwalking trip.

We also have bush campsites on the property equipped with running water, a shelter, campfire and toilet. This works well for lower year levels looking for a gentle introduction to overnight camping.

The standard program is five days with most groups arriving before lunch on Monday and departing after lunch on Friday. We can, however, do 2, 3 or 4-day versions of the program depending upon the time of year and availability. A residential program can be tailored to any group, but is generally best suited to Yr 7 - 10 students.

"The best camp ever! So many experiences that we can take back into our normal lives".

James, Yr 8

Sample programs:

SUMMER	Mon	Tues	Wed	Thurs	Fri
Morning	Arrival & orientation	Rock climbing (Nayook climbing wall)	Low ropes	Canoe trip (Blue Rock Dam)	Rogaine
Afternoon	Nature walk and Initiatives	Caving (Britannia Creek Caves)	High ropes	Canoe trip (Blue Rock Dam)	Debrief and departure
Evening	Rope skills	Night Rogaine	Wide games	Campfire	

WINTER	Mon	Tues	Wed	Thurs	Fri
Morning	Arrival & orientation	Cross Country Skiing (Baw Baw Village)	High Ropes	Downhill Skiing & Snowboarding (Mt Baw Baw Alpine Resort)	Rogaine
Afternoon	Nature walk and Initiatives	Cross Country Skiing (Baw Baw Village)	Rock climb	Downhill Skiing & Snowboarding (Mt Baw Baw Alpine Resort)	Debrief and departure
Evening	Snow gear issue and snow safety session	Night Rogaine	Wide games	Campfire	

Including an overnight campout in your program can give your students a more adventurous experience

SUMMER	Mon	Tues	Wed	Thurs	Fri
Morning	Arrival & orientation	Labertouche Caves	Bushwalk – Ada Tree Track	Bushwalk – Ada Tree Track	High/Low Ropes
Afternoon	Rock climb & Initiatives	Labertouche Caves + Hike Prep	Bushwalk – Ada Tree Track	Bushwalk + Clean up	De-brief and departure
Evening	Night Rogaine	Hike prep.	Bushwalk – Ada Tree Track	Bushwalk de-brief	

WINTER	Mon	Tues	Wed	Thurs	Fri
Morning	Arrival & orientation	Britannia Creek Caves	Alpine Journey (Mt Baw Baw to Mt St Gwinear)	Alpine Journey (Mt Baw Baw to Mt St Gwinear)	Pack up & Clean up
Afternoon	Low ropes & Initiatives	High Ropes	Alpine Journey (Mt Baw Baw to Mt St Gwinear)	Alpine Journey (Mt Baw Baw to Mt St Gwinear)	De-brief and departure
Evening	Night Rogaine	Trip prep.	Alpine Journey (Mt Baw Baw to Mt St Gwinear)	Trip de-brief	

Journey Programs

This is where we are at our best, travelling in small groups in wild places. Students take responsibility for managing themselves, making decisions and working towards a common goal. These trips are more focused and adventurous than our residential programs and are best suited to older students

We provide staff, safety and risk management planning, support vehicles, communications and all the technical equipment required to camp, hike, ski or paddle. We do not provide food for these programs as planning an appropriate trip menu and procuring the necessary ingredients are important parts of the students' experience. We can, however, provide all the advice and pre-trip training you require.

Journey programs are for 3 to 7+ days. They may involve a night or two at our site in Nayook at the beginning or end, or can take place entirely off-site on the river, lake, mountain or trail.

"It was such as sense of achievement when we finally got our boat to go in a straight line."

Xian, Yr 7

Gippsland offers so many options for activities and venues, the possibilities are almost endless. Year level, time frame, season, desired outcomes and previous experience will all have some bearing on your choice of program but below are some of our suggestions.

As with all our programs we can build an experience to suit any group; however our journey programs are best suited to Yr 9 -12 students.

Paddling Journeys

Paddling is one of our favourite ways to travel. There is nothing quite like living out of a boat on the lake, river or sea. Water is such an important environmental theme and Gippsland offers so many different ways to engage with it.

There are some choices to make before you decide on your paddling program.

The kind of water: Rivers; slow or fast moving, local or remote. Inland lakes or protected coastal waters. Unprotected coast or surf kayaking

The kind of craft: Canoes, kayaks, inflatables, rafts or sea-kayaks.

And the duration of your trip. We offer trips of 3 to 5 or more days.

Below are some suggestions, but if you already have something in mind we can tailor a program to your needs.

Water	Venue	Craft	Duration	Yr Level
River	Yarra (grade 1 -2)	Canoe or kayak	1- 5 days	7 - 12
	Thompson (grade 2)	Canoe, kayak or raft	2 -5 days	9 -12
	Mitchell (grade 2-3)	Raft	4 – 6 days	10 - 12
	La Trobe (grade 1)	Canoe or Kayak	1 – 3 days	7 - 10
	Snowy (grade 2-3)	Raft and canoe	5 – 10 days	10 -12
Lake	Blue Rock Dam (flat water)	Canoe	1 -3 days	7 - 9
	Gippsland Lakes	Canoe or Sea Kayak	2 – 5+ days	9 -12
Coastal	Nooramunga	Sea Kayak	2 – 5 days	9 - 12
	Corner Inlet	Sea Kayak	2 – 5 days	9 - 12
	Mallacoota Inlet	Sea Kayak	1 – 3 days	9 - 12
	Phillip Island	Sea Kayak	1 – 4 days	9 - 12
	Port Philip	Sea Kayak	1 – 4 days	9 - 12

"I learnt that I had the ability to do what I thought I could never do"

Sarah, Yr 10

Bushwalking Journeys

There are many beautiful and inspiring places to go for a walk in Gippsland. With so many National Parks including Wilson's Promontory, Croajingolong, Alpine, Baw Baw to name but a few, Gippsland truly does offer some of the best walking venues in the state.

Below are some suggestions of places and durations, but we can organise just about any length of trip in any of these areas for any year level if you would like. And of course there are many other places that we have not listed. If you have something in mind that isn't here we can incorporate it into your program.

Location	Type	Duration	Year level
Baw Baw National Park	Alpine	1 – 7 days	8 - 12
Alpine National Park (Alpine Walking Track)	Alpine	2 – 7+ days	9 - 12
Snowy River National Park	Alpine	2 – 7+ days	9 - 12
Yarra State Park	Sub-alpine	1 – 7 days	7 – 12
Wellington Plateau	Sub-alpine	1 – 5 days	8 - 12
Mitchell River National Park	Sub-alpine	1 – 5 days	9 - 12
Lake Tali Karng	Sub-alpine	1 – 5 days	9 - 12
Cape Conran Coastal Park	Coastal	1 – 5 days	9 - 12
Croajingolong National Park	Coastal	2 – 7+ days	9 - 12
Wilson's Promontory National Park	Coastal	2 – 7 days	7 - 12

Alpine Journeys

Due to our location near the base of the Baw Baw National Park, our alpine programs take place in and around the Mt Baw Baw village – Mt St Gwinear area. This area is beautiful under snow and provides some of the best value skiing in Australia.

Discipline	Location	Duration	Year Level
Downhill Skiing	Mt Baw Baw Alpine Resort	Day trips, staying at Nayook	7 - 12
Snowboarding	Mt Baw Baw Alpine Resort	Day trips, staying at Nayook	7 - 12
Cross country skiing	Mt Baw-Baw Alpine Resort, Mt St Gwinear.	Day trips, staying at Nayook	7 -12
Ski Touring	Baw Baw National Park	2 – 5 days	9 - 12
Snowshoeing	Baw Baw National Park	1 – 5+ days	7 - 12

Special Programs

If you have a specific outcome in mind that is not met by any of the above suggestions we will be happy to talk to you about tailoring a program to meet your needs. Some special programs we have run in the past are:

VCE Programs – can help you meet your requirements for Outdoor Ed and Environmental Studies.

VCAL Programs – a more practical based program focusing on personal development through adventure and contributing trade skills to community projects.

Duke of Edinburgh – We can support your D. of E. program with all your outdoor equipment and plenty of venues.

Special School Programs – We cater to several special schools with our residential programs tailored to the particular needs of the group. We have limited disabled access in some areas but please call to discuss your needs.

How to Book

Residential Programs

Book online through Rubicon Outdoor Centre's website at www.rubicon.vic.edu.au

Journey Programs

Please contact us directly by phone or email to discuss your trip.

Special Programs

Please contact us directly by phone or email to discuss your needs.



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Contact us

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