

reflections

# CAMP COOBY



*Camp Prospectus*

*CONNECT | CARE | LEAD*



Helping  
young people to  
successfully navigate  
and lead their future  
communities



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**Camp Cooby is affiliated with the following associations:**





## CREATE YOUR OWN ADVENTURE

Camp Cooby sits on the edge of the beautiful Lake Cooby, just 30 minutes north of Toowoomba. With 50 acres of natural bush environment and dam access, we can offer your students as much fun, adventure and challenge as they can pack into one camp!

What's more - we let you "create your own adventure"! Work with one of our highly experienced Outdoor Educators to design the camp program that suits your objectives, your students and your budget.

Don't have the time or budget for an overnight camp? No problem, we can offer day excursions with your choice of two facilitated activities.

Our passionate team of professionals including teachers, outdoor educators, and psychologists are always happy to take your enquiries to see how we can share our fantastic space with you!



# CORE ACTIVITIES

## Outdoor Education & Leadership

through outdoor and indoor team based challenges.

- High & Low Ropes
- Rock Climbing
- Leap of Faith
- Giant's Ladder
- Milk Crate Stack
- Possum Pull
- Tryolean Traverse
- Zip Line
- Sailing
- Canoeing
- Raft Building
- Giant Waterslide
- Amazing Race
- Mountain Biking
- Archery
- Orienteering
- Catapult Building
- Bush Walks
- Team Building
- Initiative Activities
- Camp Craft
- Camp Cooking
- Lantern Stalk
- Night Hikes
- Camp Fire
- Expedition Camps

# OUTCOMES

All of our programs are specific to your requirements and preferences.

Depending on your objectives, you can target some or all of the following skill areas:

- Communication
- Leadership
- Team work
- Problem solving
- Consequential thinking
- Perspective taking and empathy
- Resilience





## ACCOMMODATION

Students enjoy the community feel of a camp village which can accommodate up to 200. As part of our commitment to “choose your own adventure” you can opt to have camp all ready and waiting for your arrival, or include pitching the tents as part of your students’ camp experience.

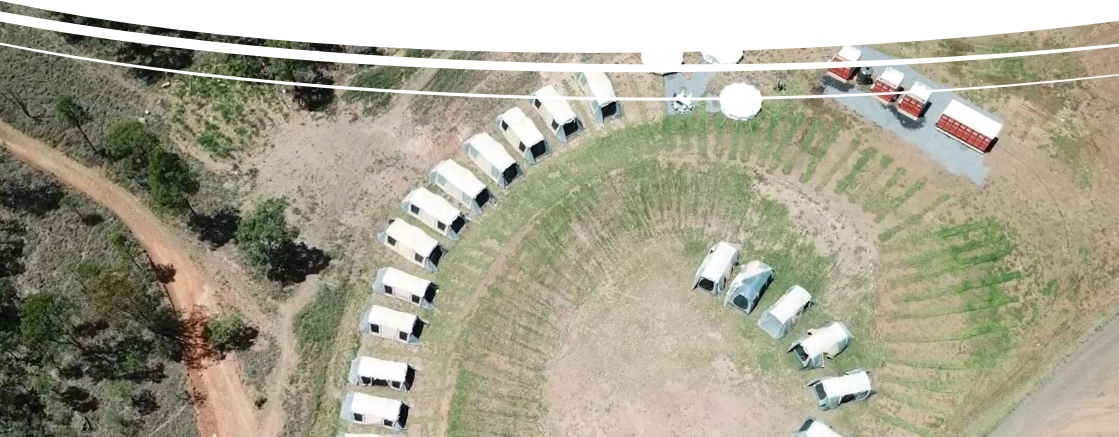
Students who go on expedition have the option of having tents set up or creating their own accommodation with fly sheets and poles! We can make it rustic or much more comfortable.

Camp supervisors are provided with their own accommodation with options that include your own bathroom, air-conditioned rooms, or luxury tents all within sight of the students’ camp village.

## FACILITIES

Our site offers a range of facilities to make your school camp experience second to none! With a conference centre, dining room, marquee, BBQ area, bonfire pit, and separate ablution blocks we can comfortably host groups of up to 200 students.

With commercial kitchen facilities and a dedicated catering team, our camp groups enjoy fresh and healthy locally sourced food, meeting any dietary requirements at no extra costs.

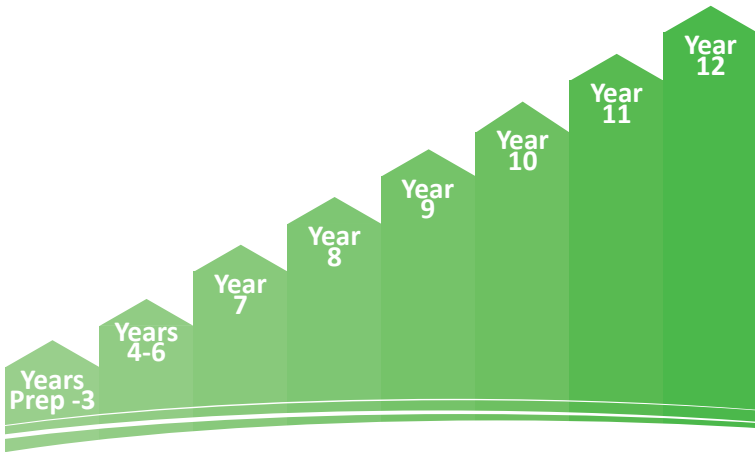




## SEQUENTIAL CAMP PROGRAMMING

We aim to become your school's camp of choice, so we understand the need to keep our activities fresh and engaging for your students.

We offer sequential programming so even the most seasoned Camp Cooby veterans will enjoy new and extended challenges that build on their previous visits.



## OUR BUSINESS PARTNERS



# THE CAMP COOBY DIFFERENCE

Camp Cooby combines all the fun, adventure and personal growth of a traditional outdoor school camp with the opportunity to include innovative curriculum streams fit for the 21st Century!

At Camp Cooby, our experienced team of outdoor educators, psychologists, scientists and teachers have worked collaboratively to develop three new curriculum streams that complement our core Outdoor Education and Leadership experience and align with the Australian Curriculum.

You choose your own adventure and customise your own program to meet the needs of your group

## *The Reflections Curriculum Model*

Technology,  
Entrepreneurship  
& Innovation



Social & Emotional  
Well-being



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Outdoor Education  
& Leadership



Environmental Care  
& Sustainability





# OPTIONAL CURRICULUM STREAMS

## Social and Emotional Well-being

through neuropsychology, mindfulness, and attention training

- Mindfulness
- Attention Training
- Brain 101
- Connections & Healthy Relationships
- Facebook vs the Brain Book
- The Turtle Brain & Stress
- Seeing is not Believing
- The Backwards Bike
- Focused & Creative Attention
- Resilience Inside & Out
- Reflect to Connect
- Zoning In
- Grit & Attitude- Managing Life's Ups & Downs
- Positivity & the Brain
- Self-Compassion vs Self Esteem

## Environmental Care & Sustainability

including permaculture, aquaponics, food production, and waste management

- Fresh Water Ecology
- Aquaponics
- Waste Management
- Recycling
- Composting
- Life Cycle of Invertebrates
- Australian Native Plants
- Eco-system of Lake Cooby
- Food Production

## Technology, Entrepreneurship & Innovation

with the startup INCubate program, business model development, and turning dreams into a reality

- Dare to Risk
- Dare to Dream





# EXAMPLE TWO DAY PROGRAM

| DAY 1                    |  |
|--------------------------|--|
| TIME                     | DAY  |
| 9:00- 10:00am            | Arrival, Welcome, Safety & Orientation, Tent Allocation & Set-up |
| <b>10:00am - 10:30am</b> | <b>Morning Tea</b>   |
| 10:30 - 12:00pm          | Activity Period 1  |
| <b>12:00pm - 1:00pm</b>  | <b>Lunch</b>   |
| 1:00pm- 2:30pm           | Activity Period 2  |
| <b>2:30 - 3:00pm</b>     | <b>Afternoon Tea</b>   |
| 3:00pm - 4:30pm          | Activity Period 3  |
| 4:30 - 5:00pm            | Short afternoon activity (e.g. waterslide)                       |
| 5:00 - 6:00pm            | Showers  |
| <b>6:00 - 7:00pm</b>     | <b>Dinner</b>  |
| 7:00 - 8:30pm            | Evening Activity   |
| 8:30 - 9:00pm            | Ready for Bed  |
| 9:00pm                   | Lights Out   |

| DAY 2                  |                                  |
|------------------------|----------------------------------|
| TIME                   | DAY                              |
| 6:00am                 | Wake Up                          |
| <b>7:00 - 8:00am</b>   | <b>Breakfast</b>                 |
| 8:00 - 9:00am          | Camp Pack Down                   |
| 9:00 - 10:30am         | Activity Period 1                |
| <b>10:30 - 11:00am</b> | <b>Morning Tea</b>               |
| 11:00- 12:30pm         | Activity Period 2                |
| <b>12:30 - 1:30pm</b>  | <b>Lunch</b>                     |
| 1:30 - 2:30pm          | Whole Group Activity             |
| 2:30 - 3:00pm          | Small Group Debrief & Load Buses |
| 3:00pm                 | Depart                           |



## MAKE A BOOKING NOW

It's time to secure your preferred camp dates. Please contact one of our team members by phone or by email.



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[www.campcooby.com.au](http://www.campcooby.com.au)

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