

WHAT TO EXPECT AT OPTIMUM EXPERIENCES OUTDOOR ADVENTURES



At Fitzroy Falls, NSW



ABOUT US

Optimum Experiences is an outdoor education company based out of Fitzroy Falls, NSW. Owned and operated by Ian “Braddy” Bradburn and his wife Alison “OptiMum” Bradburn since 1991. We focus on outcome based programs with a focus on experiential learning through outdoor experiences. Optimum Experiences is committed to delivering quality experiences with safety as our number one priority.



OUR CORE VALUES

- **O**ptimism
- **P**rofesionalism
- **T**eamwork
- **I**ntegrity
- **M**otivation
- **U**nderstanding
- **M**aking a Difference



FITZROY FALLS

Our Fitzroy Falls site is located in the Southern Highlands of NSW approximately 1.5hrs South of Sydney. Named "Yarrunga" after the tall eucalypt trees that dominate the site, it is a beautiful temperate rainforest that makes you feel days from an urban lifestyle. The site itself is easy to navigate and split into 2 main areas the Belmore and Carrington , with students staying in both areas. (for larger groups we have the flexibility to have camp outs as well) During all activities students are supervised by an Optimum instructor and a school teacher.



ACCOMODATION & DINING

For the duration of the program, students are split into "Tribes." Tribes do just about everything together at Fitzroy Falls including activities, dining and sharing a room in our dorm style accomodation (all rooms have an ensuite). For co-ed schools Boys and Girls sleep in seperate areas the Belmore and the Carrington Strip. With teachers sleeping nearby. Students come together in the Belmore dining hall for meals and get the chance to share stories about their day at camp.

Please Note: If your program includes a camp out, students will share a tent with a partner and camp with their tribe.



Activities at Fitzroy Falls

The full range of activities offered at Fitzroy Falls are listed below. The activities conducted on a program are dependent on student age, weather and the choice of the school. Activities offered are:

- Mountain Biking
- High Wires including the Giant Leap, Flying Fox & Transporter.
- Adventure Games
- Archery
- Abseiling
- Giant Swing
- Team Challenges
- Low Wires
- Bushwalking
- Night Activities

All Activities are outcomes based and focus on "loading students toolbox" with skills that are transferable to their everyday life.



Culture on Program

Most programs at Fitzroy Falls involve a component of Cultural Discovery with local Indigenous Education Specialists. Who share their knowledge specific to Fitzroy Falls.

Equipment to Bring

Recommended personal equipment and clothing for your camp.

Note; It can get cold in the Southern Highlands - be prepared!

Personal Equipment

- Morning Tea for day 1
- Sleeping Bag
- Toilet Bag including soap, toothbrush and tooth paste, insect repellent and anything else you consider necessary. **NO AEROSOL CANS**
- Towel
- Two pairs of shorts
- 2 pairs of long pants/tracksuit
- 3 T-shirts that provide suitable sun protection
- 1 set of comfy dinner clothes/after activities
- 1 Jumper (woolen)
- 1 Warm jacket (polar fleece or down)
- Pyjamas/sleepwear
- 1 Beanie
- Socks and underwear
- 1 pair of sturdy shoes and 1 pair of trainers
- Swimmers and Rash vest

Wet Weather Gear - Essential

- Raincoat
- 3 Garbage bags for wet/dirty gear

Day bag containing the following:

- Sunscreen
- Hand sanitiser
- Hat - wide brimmed or cap
- Torch - preferably a head torch
- 1 litre water bottle
- Small personal first aid kit - medications and strapping for previous injuries.

Extras for a Camp Out Night

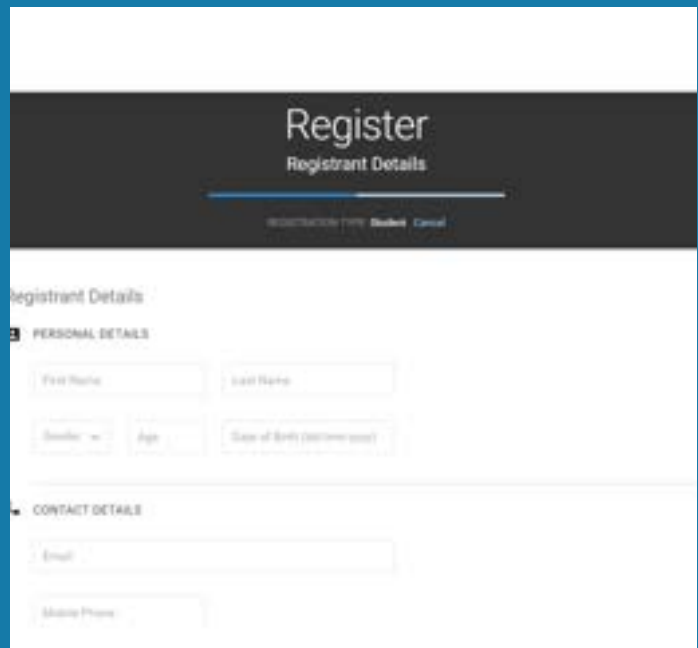
- Sleeping mat (yoga mat)

***Note - Recommended equipment for standard Fitzroy program.**

Registering for a Program

In order for a student to attend any Optimum Experiences camp, they must first register using VenueLife. This allows the organisers of the program to be aware of any medical requirements or dietary requirements of the student. The steps of registration are as follows.

1. follow the registration link provided by the organising teacher and enter the password provided.
2. Accept the terms and conditions.
3. Answer the questions in the questionnaire.
4. Click Submit



The screenshot shows a web form for registration. At the top, it says 'Register Registrant Details'. Below this, there are sections for 'PERSONAL DETAILS' and 'CONTACT DETAILS'. The 'PERSONAL DETAILS' section includes fields for 'First Name', 'Last Name', 'Gender', 'Age', and 'Size of Feet (centimeters)'. The 'CONTACT DETAILS' section includes fields for 'Email' and 'Mobile Phone'.