

## Sport and Recreation Excursions

Excursions are now included as a part of our Sport and Recreation courses and are also available to students studying other courses.

### **BUSHWALKING**

Students will visit the Venman Bushland National Park, which is 40 km south of Brisbane city. Venman Bushland has two sign-posted tracks to explore which are considered Class 3 (Gentle Slope) and winds through bushland for 2.5km. While we are there, we also visit the Daisy Hill Koala Centre which features a large outdoor koala enclosure and many interactive displays.

### **SURFING (Gold Coast Only\*)**

Broadbeach Surf School teach students the skills and safety techniques of surfing.

### **KAYAKING**

Cabbage Tree Creek, also located at Frank Doyle Park and Currumbin Creek are also popular destinations for kayaking. Students have the option to kayak in a double or single kayak through the creek.

### **FISHING**

Students will visit Frank Doyle Park which is located in the suburb of Shorncliffe, Brisbane or Currumbin Creek on the Gold Coast. The small jetty is a popular destination for fishing especially on the change of the tides. Students are provided with all the necessary fishing equipment.

### **STAND UP PADDLE BOADING (Gold Coast Only\*)**

Students can go stand up paddle boarding at Currumbin Creek on the Gold Coast. It's a fun water activity that helps improve balance and co-ordination. All students are shown how to paddle board before entering the water.

### **ROCK CLIMBING**

At Kindilan Outdoor Education Centre in Redland Bay, students will have the opportunity to complete two rock climbing routes on a 12m abseil tower, with for different levels of challenge. This activity is a great physical challenge for participants to step outside of their comfort zone and set a goal for themselves.

### **ABSEILING**

Abseiling is also completed at Kindilan! Students are taught to abseil on 6m, 12m and 18m platforms. Abseiler's are controlled by a safety rope. Abseiling pushes participants to step outside of their comfort zone and is a rewarding experience.

### **LOW ROPES**

Cables, logs and ropes run throughout the trees at Kindilan for participants to challenge themselves in different ways, approximately 40cm off the ground. This activity requires build-up of trust through trust exercises, as participants are not wearing harnesses and keep each other safe through 'spotting'.

Visit our Facebook Page to see students enjoying themselves at multiple excursions!



\*If an activity is not available from your campus please speak to administration to find out how you can attend. Students studying courses other than Sport and Recreation may attend excursions for a set excursion fee.