Trek for CHILDHOOD

Australian Childhood Foundation - Larapinta 2019

Trek the iconic Red Centre

Discover a region rich in Indigenous culture

Make the safety of children and childhood a community priority

Organised by INSPIRED ADVENTURES
What is this adventure?

Imagine a journey that takes you right into the heart of Australia, across the vast and ancient landscape of the Red Centre.

The Larapinta Trail is regarded as one of Australia’s premier walking tracks. From the old Alice Springs Telegraph Station to the peak of Mount Sonder, the trail stretches 223 kilometres along the backbone of the West MacDonnell Ranges.

As part of this incredible – yet challenging – adventure, you will stand on ancient escarpments and gaze out upon the ochre-coloured landscapes of Central Australia. You will follow Aboriginal Dreaming tracks and trek beside one of the world’s oldest river systems.

By day, you will challenge yourself as you trek across the Red Centre, experiencing the diversity of desert habitats and learning the unique history of Australia’s Indigenous peoples. At night, you will fall asleep to the sounds of native wildlife under a blanket of stars.

Best of all, you will be helping to ensure that all children grow up safe, loved and cared about.

Fast Facts

Dates: 9 - 15 June 2019
Registration fee: $770 (non-refundable)
Fundraising target: $3,000 (excludes travel)
Travel quote: $2,499*, including taxes
Accommodation: 3-star hotels and comfortable camping in tents and swags
Minimum age: 18 (younger ages considered on application)

*Subject to change

Highlights

● Discover the beauty of Central Australia and explore the mountains, valleys, rivers and desert landscapes of the Red Centre
● By day, learn about Australia’s unique Indigenous culture from local guides on traditional lands and sleep under desert stars at night
● Ascend Mount Sonder, one of the Northern Territory’s highest peaks as you trek one of Australia’s most magnificent trails
● Empower Australians to stand up and defend childhood
What will my impact be?

The funds raised will go towards a number of our trauma recovery programs including supporting our partnerships with Aboriginal families and organisations.

Our work in this area has significantly expanded, we have developed partnerships with Aboriginal organisations; combining our collective wisdom to support the development of culturally strong trauma-informed services.

An example of this work is our therapeutic kinship care program Woon-yah Ngullah Goorlanggass, which means “Caring for Our Children” in the Nyungah language of the South West of Western Australia. This program supports Aboriginal children and young people aged between 8-15 years and their carers.

Kinship carers are grandparents, uncles, aunts and other family members who step in to look after children when it is not safe for their parents to care for them.

Children and young people in kinship care have often been traumatised as a result of abuse and neglect and experience difficulties in many aspects of their lives. They find it hard to trust, to connect with adults and to make friends. They have trouble managing their feelings and behaviour. They can struggle at school. They can feel negative about themselves and hopeless about their lives.

The children’s behaviour and emotions can be difficult to understand; they often seem out-of-the-blue, or an over-reaction to the situation. They cannot easily calm themselves down when upset or angry.

The Woon-yah Ngullah Goorlanggass Program can help kinship carers to understand why children in their care experience these kinds of difficulties and provide them with strategies and support that will help them care for, and respond to their children’s needs. With this support, they can help their child grow up strong and healthy within their culture and to recover from their past traumatic experiences.
Since the Australian Childhood Foundation began supporting him, Dylan has become more engaged and responsive, and his high-risk behaviours have significantly reduced.

Meet Dylan

Dylan’s story shows how the Therapeutic Residential Care program run by the Australian Childhood Foundation can make an enormous difference to the lives of traumatised children and young people.

The program helps carers in residential care facilities to understand the changes to a child’s brain and body that result from the trauma of their experiences—so that they can respond in ways that helps those children to heal.

For Dylan, the help couldn’t come soon enough.

In his short life, Dylan had experienced multiple forms of abuse that left him feeling completely rejected and abandoned.

But just a few months ago, Stephen at the Australian Childhood Foundation began working with the staff at Dylan’s new residential care unit to help them understand the triggers for Dylan’s trauma. Stephen worked with the carers to build a highly-structured daily schedule for Dylan.

Stephen has also guided the care staff to identify ways in which they can maintain a consistent approach, so that they all respond to him in the same way.

There has been a significant reduction in Dylan’s running away and other high-risk behaviours. Dylan has become much more engaged, more responsive and more open to building relationships based on trust and understanding.

We are confident that with the support of the carers in his unit, we can continue to build around this boy the safe, strong and connected relationships that will help him to recover from the trauma of his experiences.
Trip Notes

The travel component of this adventure will be operated by Inspired Travel. All travel payments should be made directly to Inspired Travel.

B = Breakfast, L = Lunch, D = Dinner

∗ Day 1, Sunday, 9 June 2019
 Alice Springs

The adventure of a lifetime begins! Upon arrival in Alice Springs, we are transferred to our hotel in the heart of Central Australia. This afternoon at 2pm, we will all gather together for our first team briefing. We will have the rest of the day free to explore this ruggedly beautiful town. Tonight, we will all gather together to attend a 'Welcome to Country' ceremony and our first team dinner.

Meals: B L D

∗ Day 2, Monday, 10 June 2019
 Alice Springs to Simpsons Gap

This morning we say goodbye to the city and hello to the wilderness! The majestic West MacDonnell Ranges are rich in natural wonders and traditional culture; they’re considered to be the best in Australia. Our first walk is a 13.8-kilometre “leg stretch”, beginning on the outskirts of Alice Springs. Here, we witness some vast and beautiful stretches of land. The view is particularly inspiring at Euro Ridge. On our walk, we allow ourselves to be immersed in the wonder of the region and get a taste of what's coming in the next four days. After dinner, we will try and spot some of the local wildlife, before travelling to our campsite for our first night under the stars.

Trekking distance: 13.8kms
Meals: B L D

∗ Day 3, Tuesday, 11 June 2019
 Serpentine Gorge to Serpentine Chalet Dam

This morning, after breakfast, we transfer to the western section of the Larapinta Trail. Today’s trek is more challenging, however we are continuously rewarded with spectacular views of the high quartzite ridgelines that typify the West MacDonnell Ranges, including Haasts Bluff and Mount Zeil, the highest point in the Northern Territory. Tonight we return to our campsite to enjoy dinner and rest.

Trekking distance: 13.4kms
Meals: B L D

∗ Day 4, Wednesday, 12 June 2019
 Ormiston Gorge to Glen Helen

Today we traverse the low lying regions surrounding Ormiston Gorge, gradually winding through rolling limestone hills towards the back reaches of the Finke River—one of the world’s oldest river systems. With majestic scenery from start to finish, this area is steeped in traditional culture. As we trek, we are rewarded with spectacular views of Mount Sonder in the distance. Tonight we transfer to our campsite on the riverbank and watch as the sun sinks behind red sands.

Trekking distance: 9.9kms
Meals: B L D
Day 5, Thursday, 13 June 2019
Mount Sonder Ascent

This morning we rise early and transfer from our campsite to Redbank Gorge at the base of Mount Sonder (1,380m). The climb to the summit is arduous along a rocky and loose path that occasionally disappears into brush. However, once again, our efforts are rewarded with incredible panoramic views of the ranges, plains, valleys and salt lakes below. Here, we will take time to catch our breath and bask in the grandeur of the desert landscape. After descending, we transfer back to our campsite.

Trekking distance: 15.8kms
Meals: B L D

Day 6, Friday, 14 June 2019
Ormiston Pound Circuit to Alice Springs

Today we transfer to Ormiston Gorge to trek the Ormiston Pound circuit. Punctuating the West MacDonnell Ranges, this circuit is regarded as one of the best small walks of the Larapinta Trail and offers sensational views of the Chewings Range and Mount Giles. Although relatively short, the trek is quite challenging and takes approximately four hours to complete. Setting off, the trail winds around low peaks before descending into the ‘pound’, a flat area enclosed by a ring of mountains. With our trek complete, we enjoy a packed lunch together before transferring back to Alice Springs. Tonight’s dinner is hosted by Australian Childhood Foundation. For our last dinner we will join local staff from the Australian Childhood Foundation to hear about the work they are doing in the Northern Territory with local communities.

Trekking Distance: 9kms
Meals: B L D

Day 7, Saturday, 15 June 2019
Depart Alice Springs

This morning, we bid farewell to Alice Springs, the Red Centre and our Larapinta adventure. As the runway comes into view, you will be filled with the memories and moments that have made this adventure one you will never forget.
Work with us to make the safety of children and childhood a community priority

About The Australian Childhood Foundation

The Australian Childhood Foundation works to prevent child abuse and reduce the harm it causes to children, families and their communities.

Abuse, neglect and family violence have devastating impacts on the lives of children, and the trauma that results from their experiences can continue to shatter their lives long after the abuse itself has stopped.

Trauma impacts the brain of children and young people, shaping their behaviour and reactions to the world around them. It robs children of their childhoods. It steals their self-confidence, their sense of safety and carefree innocence. It also affects their ability to trust others and even their ability to learn.

Without specialist help and protection, the experience of abuse can become the starting point for a lifetime of struggle, confusion, conflict and breakdown.
About Inspired Adventures

“In 2001, I had a chance meeting with ex-Tibetan political prisoner, Palden Gyatso. He told me to do dharma, do good work. So I returned to Australia and founded Inspired Adventures.

We are now the leading adventure fundraising agency in Australia and New Zealand, partnering with Australian and international charities to create and manage amazing fundraising adventures around the world.

At Inspired Adventures, we believe that we are all capable of far more than we imagine. In fact, with the support of people just like you, since 2004 we have helped raise over $30 million for charity! So rest assured, from registration to destination and beyond, our team of professional fundraising coordinators will help you reach and even exceed your fundraising, fitness and adventure goals.

We are excited to partner with the Australian Childhood Foundation and look forward to working with you to raise funds for their vital work. The Trek for Childhood 2019 is a real adventure as well as a privilege, so train well and enjoy every moment!”

– Justine Curtis, founder & CEO, Inspired Adventures

Fundraising Support

As soon as you register, your dedicated fundraising team will work with you to create a comprehensive and personalised fundraising plan. Your fundraising coordinator will contact you regularly with ideas, advice, encouragement and plenty of inspiration!

In addition to this personalised support, you will receive the Fundraising Toolkit. We have supported more than 4,000 people in reaching their fundraising goals in the past and the Toolkit is a compilation of the most successful ideas, case studies, advice and practical suggestions to help you reach yours.

The Fundraising Toolkit will show you how to:

- Plan an event
- Write a press release
- Set up an online fundraising page
- Approach corporates for support
- Launch your fundraising plan

Fitness training

“We can be a rollercoaster of successes and obstacles, but using the same determination it takes to trek the Larapinta Trail, you can achieve and even exceed your fundraising target. I’m here to support you with all your fundraising and training for the incredible adventure you have ahead. Together, we can create a fundraising plan tailored to help you reach your goal. Remember, fundraising is the gentle art of teaching the joy of giving.”

– Rebecca Pitt, Fundraising Coordinator
FAQs

What does it cost?
Upon registration, you pay a registration fee of $770. You will pay the travel quote $2,499* and the donation to Australian Childhood Foundation (fundraising target: $3,000).

*Subject to change

How do I fundraise?
Past participants have successfully fundraised in many creative and fun ways. We will send you a comprehensive Fundraising Toolkit upon registration to help you reach your target. You will also have regular support from the Inspired team, who will help you develop and manage your fundraising plan, as well as support from the charity for which you are fundraising.

Is my donation tax-deductible?
The funds raised for the Australian Childhood Foundation are tax-deductible (conditions apply).

Do I need travel insurance?
Yes, travel insurance is compulsory for all Inspired Adventures and must provide adequate cover for cancellation, delays in travel, loss or damage to baggage and valuables, medical and hospital expenses for injury or illness, and emergency evacuation.

Is the travel cost guaranteed?
We will do our best to keep the travel costs as quoted. However, please bear in mind they can change due to group size or factors out of our control. The travel cost will be confirmed at the time of invoicing.

What’s included?
- Transfers as per itinerary
- Accommodation based on twin share
- Meals as per itinerary
- Water on trekking days
- Local guide
- National park camping fees

What’s not included?
- Domestic flight to Alice Springs (if required)
- Airport transfers
- Travel insurance (compulsory)
- Personal expenses
How fit do I need to be?

Your adventure is ranked 3/5 (moderate).

While no extensive trekking experience is required prior to registering, our adventures are specifically designed for people who are relatively fit and willing to train. The Trek for Childhood 2019 is a physical challenge, and the fitter you are, the more you’ll enjoy the experience.

We recommend that in the months leading up to your trip, you increase your physical fitness with aerobic exercise. Walking, running and cycling will all strengthen your legs and improve stamina.

What is the minimum age/general age range of participants?

The minimum age for this adventure is 18, however younger ages are considered on application. We have had participants aged 16–84 take part in our charity challenges, all united by their sense of philanthropy and adventure.

Can I extend my stay?

Of course! Many of our participants decide to extend their stay to get the most from their overseas adventure. If you want to see more of Alice Springs, let the Travel Team know and we’ll arrange a booking for you!

Will I get a chance to meet other people before we go?

Absolutely! We will organise a get-together evening for everyone, geography permitting. There will be regular email and phone communications, and an online Facebook community leading up to the trip.

How do I register?

You can now register online by visiting www.inspiredadventures.com.au/events/acf-larapinta-2019. Alternatively, you can register over the phone by calling Inspired Adventures on 1300 905 188, or simply complete and return the enclosed booking form.

Cheques and money orders for the registration fee ($770) are payable to:

Inspired Adventures Pty Ltd
Trek for Childhood 2019
Australian Childhood Foundation
Larapinta,
PO Box 107, Darlinghurst NSW Australia 1300

Or fax your booking form to us at 02 8915 1457.

Have any more questions?
Please contact us on 1300 905 188 or email info@inspiredadventures.com.au
### Countdown to your Inspired Adventure

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<thead>
<tr>
<th>To Do</th>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration fee</td>
<td>Immediately</td>
<td>$770 secures your spot. You’re going to Larapinta!</td>
</tr>
<tr>
<td>Connect with your team online</td>
<td>After registration</td>
<td>Get to know your fellow adventurers on Facebook or via the social media hashtag #Trek4Childhood</td>
</tr>
<tr>
<td>Travel deposit</td>
<td>6 weeks after registration</td>
<td>Pay $650 travel deposit. Your travel booking is held.</td>
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<tr>
<td>Half travel cost balance</td>
<td>December 2019</td>
<td>Send signed invoice and pay half travel costs to Inspired Travel. You will be invoiced by Inspired Travel.</td>
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<tr>
<td>Fundraising deposit</td>
<td>Wednesday, 9 January 2019</td>
<td>Congratulations! You’ve reached your first fundraising milestone of $1,000 for the Australian Childhood Foundation.</td>
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<tr>
<td>Participant dinner</td>
<td>April 2019</td>
<td>Meet your fellow adventurers in person, share ideas and ask us questions.</td>
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<tr>
<td>Travel cost balance</td>
<td>March 2019</td>
<td>Pay remaining travel costs to Inspired Travel. You will be invoiced by Inspired Travel.</td>
</tr>
<tr>
<td>Fundraising balance</td>
<td>Thursday, 9 May 2019</td>
<td>Final fundraising payment of at least $2,000. Well done! You’ve reached your fundraising target!</td>
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<tr>
<td>Go!</td>
<td>Sunday, 9 June 2019</td>
<td>All your hard work and dedication pays off today—you’re ready to trek the Larapinta Trail for the Australian Childhood Foundation!</td>
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