

TYPY 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



Moderate Challenge

7

Day

Trip

5

Day Challenge



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)

Visit: inspiredadventures.com.au/ events/acf-larapinta-2019

*Subject to change

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.

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





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.

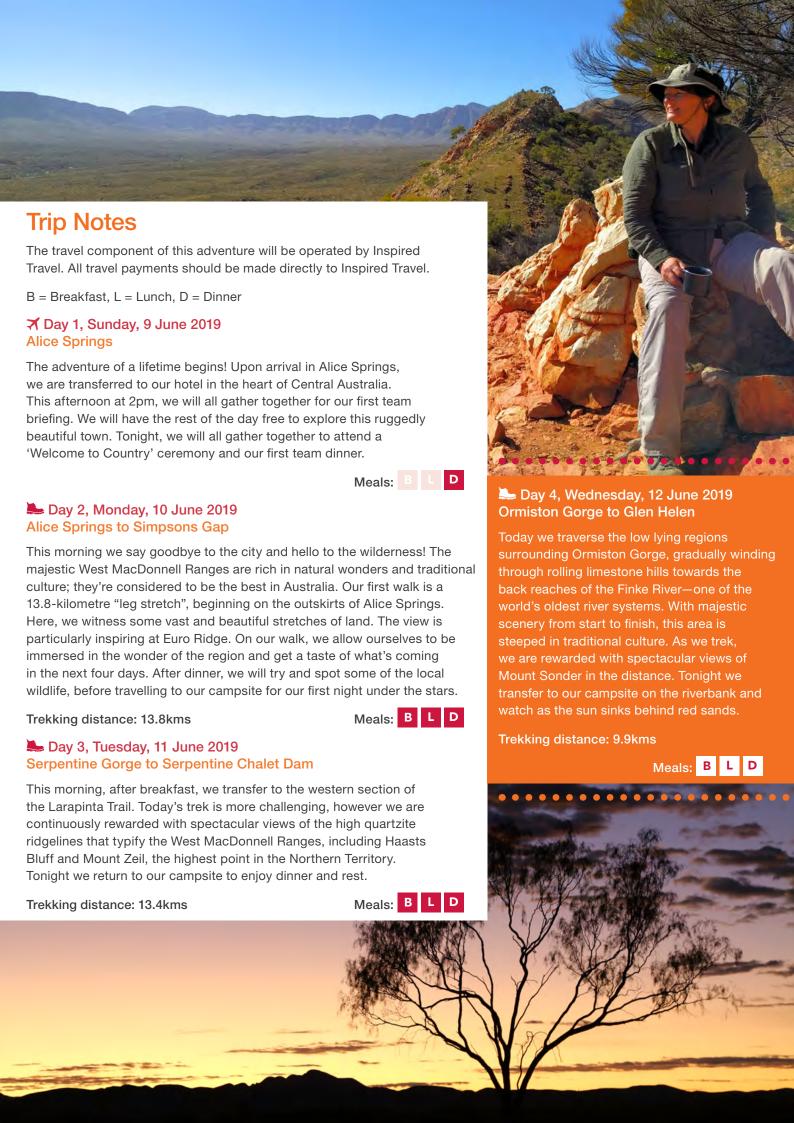


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Trekking Distance: 9kms



Meals: B L D



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.





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 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

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 will send you a booklet with advice on preparing for your adventure. While your fitness training and health is your responsibility, we are here to guide you all the way to the end of your adventure. We advise that you discuss your training plans with your GP before embarking on a fitness regime.



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 taxdeductible (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





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

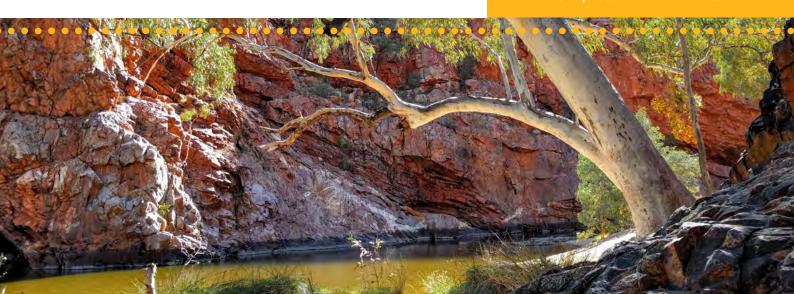
Inspired Adventures Pty Ltd
Trek for Childhood 2019
Australian Childhood Foundation
Larapinta.

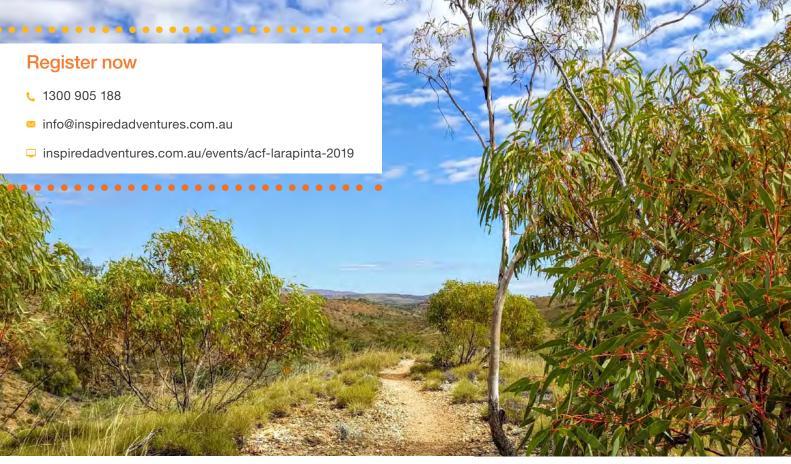
PO Box 107, Darlinghurst NSW Australia 1300

Or fax your booking form to

Have any more questions?

Please contact us on 1300 905 188 or email info@inspiredadventures com au





Countdown to your Inspired Adventure

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