

Mt Binga Experience

Year 9 2014





THE MT BINGA EXPERIENCE

In 2009, the first class of Year 9s from Prince of Peace Lutheran College attended Mt Binga as a highlight of their 12 month “Ubuntu” program.

The Mt Binga Outdoor Education Centre is committed to providing a distinctive Christian education based on the unconditional love of Jesus Christ.

All who participate in the Mt Binga program are challenged to grow in their lives in Christ. This is stimulated through experiencing a life closer to creation and developing a deeper understanding of living with God and all He created.

The Mt Binga experience is designed to enable personal and spiritual growth. By experiencing a lifestyle reliant on community effort, individual strengths and gifts are brought to the forefront, allowing each person to build confidence and self-esteem. Such an opportunity also enables the development of new life skills.

Mt Binga provides an opportunity for spiritual growth and expression. Learning and living together in ‘God’s Great Outdoors’ enables prayer and worship to take place in unique places, a reminder that God walks alongside us at all times.

Mt Binga was established by St Peter’s Lutheran College as part of its outdoor education program during the early 1980s. In 1984, Immanuel Lutheran College was able to acquire one week of Mt Binga time for each of its Year 10 classes. Immanuel Lutheran College took over management of the site in 1996.

Prince of Peace has been able to obtain access to Mt Binga for students in their Pastoral Care Class groups enabling each student greater opportunities to experience the activities and to get to know each other better.

Each group is accompanied by the Year Level Coordinator and returns with their Pastoral Care Class Teacher.

The aim of this handbook is to introduce you to Mt Binga, its location and lifestyle, and to inform you of the aims and learning experiences that students will enjoy. This booklet also provides you with information on what to include and exclude in your preparations for the camp.

It is College policy that **all** Year 9s participate in the program of learning experiences at the Mt Binga Outdoor Education Centre. This takes place at the end of Semester One and the beginning of Semester Two. Attendance is compulsory and is regarded as part of the curriculum.

All food is provided, however students will be rostered to prepare, present and clean up after meals under staff supervision.

A feature of the camp for many is the fact that it is based on the natural aspects of daily living. iPods, mobile phones, electronic gadgets, soft drinks, chewing gum or lollies are not permitted. The emphasis is on camp and bush life, and making your own entertainment.

Parents are informed the year before of the dates that each group will be away at Mt Binga. There is a full briefing for parents and students who are in Year 9 prior to their visit. Any

concerns that parents have about the Mt Binga Program, must be discussed with the Year Level Coordinator **before** the commencement of the Year 9 program.

It is strongly recommended that students do not bring money with them other than \$15.00 for a t-shirt, as there is nothing to purchase at Mt Binga. Students should ensure that they bring a sufficient amount of consumable items such as batteries, stationery, stamps etc to last them for the duration of the camp.

Mt Binga has several resident staff members, with the heads of Mt Binga being responsible for the effective running of the site. Mt Binga staff have a great deal of experience in outdoor education and youth ministry, which fosters an environment of personal and spiritual growth. Teachers from the College may attend Mt Binga for a day or overnight throughout the group stay. This ensures that there are consistent links between the experiences of the students and the activities at the College.

AIMS AND OBJECTIVES

Mt Binga provides an opportunity for personal growth, while students participate in activities they may never otherwise have had the opportunity to do, or do again.

Independence, Self Reliance and Self Sufficiency

This means students do their own cooking, washing and preparation of camping rations.

Social Interaction and Group Dynamics

Essentially, the students work together and live together. They generally begin to depend upon and appreciate each other far more than in the normal school setting and routine.

Manual Work

Students participate in a variety of manual activities and learn to appreciate what results can be achieved through physical application to daily tasks and projects during the course.

Self Reflection and Thinking About Other People

Through quiet times and writing journals, students learn a little more about themselves, as well as having time to think about others.

Spiritual Needs

Through morning and evening devotions, solo or duo experience and the very solitude and natural wonder of Mt Binga, there is a constant reminder of God's presence.

Facing Challenges

The solo/duo, hikes, survival, abseiling and other outdoor activities are but a few of the challenges put before students.

Appreciation of the Bush

Students interact with rural folk working at or around Mt Binga. They learn to think practically about country matters, from the necessity of opening and shutting gates for stock protection, to the vital part water plays in the lives of everyone.

The Value of Family and Friends

As students work towards building family and community at Mt Binga they come to value family relationships and friends in their home environment.

DATES FOR 2014

9.1

Monday 02 June

Departing from the Secondary Campus **8:30am** to travel to Mt Binga- please meet at **8:00am** in order to pack the luggage.

Saturday 14 June

Parents arriving at **10:30am** at Mt Binga where there will be an opportunity to meet the staff, see the camp and have a communal lunch which will finish at approximately **1:00pm**
Directions can be found at the back of the booklet.

9.2

Monday 16 June

Departing from the Secondary Campus **8:30am** to travel to Mt Binga- please meet at **8:30am** in order to pack the luggage.

Saturday 28 June

Parents arriving at **10:30am** at Mt Binga where there will be an opportunity to meet the staff, see the camp and have a communal lunch which will finish at approximately **1:00pm**
Directions can be found at the back of the booklet.

9.3

Monday 14 July (Student Free Day)

Departing from the Secondary Campus at **8:30am**. Please meet at **8:00am** in order to pack the luggage. School begins for all other students on Wednesday 16 July.

Saturday 26 July

Parents arriving at **10:30am** at Mt Binga where there will be an opportunity to meet the staff, see the camp and have a communal lunch which will finish at approximately **1:00pm**
Directions can be found at the back of the booklet.

OTHER EXPERIENCES

Apart from the normal day-to-day program, students will have an opportunity to experience the following (not all experiences will be the same for all student groups).

- Examine the geology of the Mt Binga area
- Learn about the historical significance of the area when visiting local sites
- Participate in service projects on site
- Experience rock climbing and abseiling
- Participate in a horse riding program
- Participate in low rope course
- Participate in initiative and group trust activities
- Learn basic mapping and orienteering skills
- Learn bush camping and survival skills

All students participate in two hiking experiences (the first a short training hike, and the second a longer hike in the latter stages of the camp). Both hikes are staff accompanied, however student initiative and leadership is encouraged. These hikes are through countryside surrounding Mt Binga. Students undergo map and compass work prior to the hikes, as well as preparing food and camping equipment for their treks. Time is also spent developing survival skills in the bush. These skills include building shelters and developing knowledge of the use of vegetation, food, water conservation, campfire and camp oven cooking. In addition to the hikes, students have an opportunity to experience a twenty-four hour solo/duo experience in the bush adjacent to the camp.

The solo/duo takes place during the last days of the experience, once the students have become familiar with the bush and gained confidence in their survival skills. Please note that staff are in close proximity at all times.

LIVING AND LEARNING

The challenge of living together and learning to cook, clean, wash, chop wood and endure the strengths and weaknesses of other students are valuable experiences for our Year 9 students. Mt Binga makes every attempt to foster trust and understanding through personal relationships and the development of community spirit. The fostering of christian ideals is an important part of the community life of Mt Binga and students participate in morning and evening devotions on a daily basis. They are encouraged to take some leading part in these devotions and the regular Sunday services which are held at Mt Binga. God's presence at Mt Binga is deeply felt.



A DAY IN CAMP

- ✚ 6:15am Wake up call
- ✚ 6:30am Morning devotion and jobs
- ✚ 7:30am Breakfast
- ✚ 8:45am Assembly
- ✚ 9:00am Program activities
- ✚ 10:30am Morning tea
- ✚ 11:00am Program activities
- ✚ 12:30pm Lunch
- ✚ 1:30pm Program activities
- ✚ 3:00pm Journaling
- ✚ 3:30pm Afternoon tea
- ✚ 4:00pm Afternoon jobs
- ✚ 5:00pm Showers (3 minutes)
- ✚ 6:00pm Dinner
- ✚ 7:30pm Evening program/Free time and letter writing
- ✚ 9:00pm Evening devotion
- ✚ 9:30pm Bed time
- ✚ 9:45pm Lights out



OTHER THINGS TO NOTE

Normal school rules apply to students found with cigarettes, alcohol or illegal substances whilst at the Mt Binga campus. A serious breach of rules will see students sent home from Mt Binga.

The Mt Binga staff members are not able to take responsibility for valuable items that are on the **“Leave Behind”** list. While every effort will be made to safely store and return them at the completion of camp, any loss or damage is the student's liability. Do not expect consumables to be returned. PLEASE LEAVE THEM AT HOME.

Please bring old clothes, as clothing can get very dirty. White t-shirts are not recommended. Clothes and belongings need to be clearly named.

Wilful damage to property and equipment will be added to the school fee account.

MEDICAL ISSUES

Every student will receive a medical form to fill out prior to leaving for Mt Binga. These, along with consent forms and further information, are enclosed in this booklet. It is important that the medical information is current, the Medicare number has been filled in and that dental checks and tetanus shots are in order before students leave for Mt Binga. All Mt Binga staff hold current First Aid certificates. A doctor at Blackbutt, Yarraman, the Nanango or Kingaroy Hospitals or the Toowoomba Base Hospital attends to all other medical needs.

Please be specific and clear about the supply and dispensing of all medication, pain relief, prescription drugs etc. *Parents must supply the drug in its original packaging with Doctor's/pharmacist's instructions.* These will be held in the First Aid room and dispensed as directed with Workplace Health and Safety requirements.



NOTES

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STUDENT MEDICAL DETAILS AND CONSENT FORM YEAR 9 - MT BINGA EXPERIENCE 2014

PLEASE RETURN TO THE COLLEGE BY FRIDAY 28 March

STUDENT AND FAMILY DETAILS

Surname:	Christian Name:	D-O-B:	Class:
Address:			
Mother/Female Caregiver Surname:		Christian Name:	
Phone (H):	Work:	Mobile:	
Father/Male Caregiver Surname:		Christian Name:	
Phone (H):	Work:	Mobile:	
Family Residential Address:			

EMERGENCY DETAILS

Emergency Contact Name No. 1:		Relationship:
Phone (H):	Work:	Mobile:
Emergency Contact Name No. 2:		Relationship:
Phone (H):	Work:	Mobile:
Emergency Contact Name No. 3:		Relationship:
Phone (H):	Work:	Mobile:

MEDICAL DETAILS

Family Doctor's Name:		Doctor's Telephone No:	
Family Dentist's Name:		Dentist's Phone No:	
Medicare No:	Private Health Fund:		Private Insurance No:
Tetanus Immunisation:	Year of Last Tetanus Immunisation:		
IN CASE OF EMERGENCY, AN AMBULANCE WILL BE CALLED			

MEDICAL DETAILS continued...

Please **Tick** any condition listed below which applies to your child and provide details of the condition.

Allergy to drugs	<input type="checkbox"/>	Allergic Reactions	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Attention Deficit Disorder	<input type="checkbox"/>
Blood pressure	<input type="checkbox"/>	Bed wetting	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Dyslexia	<input type="checkbox"/>
Hearing problems	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	Fainting	<input type="checkbox"/>	Glandular fever	<input type="checkbox"/>
Hay fever	<input type="checkbox"/>	Heart condition	<input type="checkbox"/>	Recent illness	<input type="checkbox"/>	Allergies (food or other)	<input type="checkbox"/>
Kidney Problems	<input type="checkbox"/>	Surgical operations	<input type="checkbox"/>	Migraine	<input type="checkbox"/>	Muscular problems	<input type="checkbox"/>
Respiratory problems	<input type="checkbox"/>	Skeletal problems	<input type="checkbox"/>	Phobias	<input type="checkbox"/>	Puffer/Spacer required	<input type="checkbox"/>
Touretts Syndrome	<input type="checkbox"/>	Vision/sight problems	<input type="checkbox"/>	Skin problems	<input type="checkbox"/>	Travel sickness	<input type="checkbox"/>
Other _____							

Please provide details of any existing medical conditions.

What special care is recommended to treat the medical condition?

Medication – Is your child taking any prescription medications?

YES ☐ NO ☐

If YES, please state name of medication and dosage: _____

PERMISSION TO DISTRIBUTE MEDICATION AT MT BINGA

If you consider it advisable for medication to be taken on the Mt Binga Experience for use by your child on a regular basis or in cases of emergency, please follow the procedures outlined below.

The dispensing to any student of the prescribed dosage of medication submitted to the school will be carried out only if the following is provided:

1. The medication supplied to the First Aid Officer at Mt Binga needs to be in an appropriate container dispensed from the chemist with the student's name, dosage and frequency of dosage required.
2. Parental permission is granted by written signature below.

Please note:

- Herbal preparations and vitamins **will not** be administered at any time.
- Painkillers eg: Panadol cannot be given unless they are in their original packaging with a pharmacy label attached.

I/we give permission for the First Aid Officer at Mt Binga to dispense the specified medication for my/our child according to the following instructions:

Name of medication: _____

Times and dosage of medication: _____

Parent/Caregiver Signature: _____

Please print name/s below signature

Date: _____

Parent/Caregiver Name: _____

MEDICAL CONSENT

Any medication to be administered on the Mt Binga Experience **must** be handed to the Year Level Coordinator in the week prior to the Trip (where practicable), and be clearly labelled with the student's name and dosage requirements as per doctor's instructions.

If it is necessary or appropriate for your child to carry their own medication, (for example, asthma puffers and insulin for diabetes) it must be with the knowledge and approval of the First Aid Officer, Year Level Coordinator in charge and the parent /caregiver.

CONSENT FOR MEDICAL ATTENTION

Where the teacher or first aid officer in charge is unable to contact the parent/caregiver, or contact is not possible, I authorise the teacher in charge or first aid officer to:

- Consent to my child receiving such medical or surgical attention as may be deemed necessary by a medical practitioner.
- Administer such first-aid as the teacher in charge or first aid officer may judge to be reasonably necessary.
- Furthermore, I agree that the College or its agents will not be held responsible for any expenses so incurred.

I further authorise qualified medical practitioners to administer anaesthetic should the need arise.

Parent/Caregiver Signature: _____

Date: _____

Parent/Caregiver Name: _____

Please print name/s below signature

STANDARD OF BEHAVIOUR ON THE MT BINGA EXPERIENCE

The standard of behaviour expected on the Mt Binga Experience is that which is expected of the child whilst at the College. In extreme cases, following consultation with and the approval of the Head of College, the Mt Binga staff may determine that a student should return home. If serious misbehaviour warrants this action, parents will be advised immediately of the situation and of the necessary travel arrangements.

In signing this form, parents/caregivers agree that their child shall be required to follow the instructions of staff member(s) and adults accompanying the group, and any costs associated with the student's return will be the responsibility of the parents/caregivers.

As the parent/caregiver, I _____ give my consent for _____ to participate in the Prince of Peace Lutheran College's Mt Binga Experience, and agree to delegate my authority to the staff involved.

Parent/Caregiver Signature: _____

Date: _____

Parent/Caregiver Name: _____

Please print name/s below signature

PARENT DECLARATION

I agree with the terms and conditions outlined above and further, I declare that the details completed are true and correct and undertake to inform the College immediately should there be any change in these details.

Parent/Caregiver Signature: _____

Date: _____

Parent/Caregiver Name: _____

Please print name/s below signature

NOTES

WHAT TO BRING TO MT BINGA

- ✓ Pillow and pillow case
- ✓ 2 Sleeping bags (temperatures reach below zero in winter), sleeping bag liner, 2 sheets, blankets
- ✓ Roll Mat/yoga mat to sleep on when camping out
- ✓ 2 towels and a face washer
- ✓ Personal toiletries – toothbrush, toothpaste, soap, shampoo, non-aerosol deodorant, insect repellent, etc
- ✓ Washing powder – environmentally friendly brands please (students have the opportunity to wash their clothes once a week – using cold water)
- ✓ Slip-on boots **with** a heel or school shoes. **Large lace-up boots or sneakers are NOT suitable for horse riding. NO SUITABLE SHOES = NO HORSE RIDING.**
- ✓ Bring your own riding helmet if you have one
- ✓ Track shoes/sports shoes x 2 pair
- ✓ Raincoat – a poncho is preferable
- ✓ Underwear, socks (6 – 8 pairs)
- ✓ Warm clothing: jumper, shirts, tracksuits, shorts, jeans, swimming togs
- ✓ Pyjamas
- ✓ Bible
- ✓ Books, novels
- ✓ Torch and spare batteries and bulbs
- ✓ Pens, coloured pencils and two exercise books
- ✓ Musical instruments (optional)
- ✓ Stationery, stamps and envelopes for correspondence (**Hint:** pre written addresses help!)
- ✓ Wide-brimmed hat (not a cap or sunshade) and sunscreen
- ✓ Garbage bags for dirty clothes
- ✓ Cloth bag for your provisions for your camp outs
- ✓ Own enamel or plastic mug, plate, bowl, cutlery – clearly named
- ✓ Good hand cream and lip protector
- ✓ Rubber boots (if you have them)
- ✓ 2 x 2 litre durable water bottles with strap (**a recycled disposable water bottle or cordial bottle is not acceptable**)
- ✓ Pegs
- ✓ Any medication that you may need – clearly labelled and in original packaging with doctor or pharmacy label
- ✓ \$15.00 for Mt Binga T-Shirt
- ✓ Hot Water Bottle (optional)
- ✓ Camera (optional)

LEAVE BEHIND

- ✗ Mobile phones, computers, iPods, all electronic devices
 - ✗ Sweets/lollies, chewing gum, chocolates, soft drink, junk food etc
 - ✗ Any aerosol packs – only pump type action or roll on deodorants are acceptable
 - ✗ Knives and other potentially dangerous implements
 - ✗ Make-up, nail polish, hairspray etc.
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DIRECTIONS TO MT BINGA

For Emergencies only and for pick up at the end of the camp

Mt Binga is a former forestry camp set in the beautiful Blackbutt Ranges. It is located some 24 kilometres from the township of Blackbutt, which is on the Kilcoy-Yarraman Road.

The trip to Mt Binga takes about 2 hours from Brisbane.

Directions are as follows:

1. Take the road to Kilcoy
2. Take the Yarraman Road to Blackbutt from Kilcoy
3. Turn left at the Blackbutt Hotel and follow the road toward Crows Nest.
4. About 2km out of Blackbutt, follow the sealed road around to the right at the T junction
5. Travel approximately 22 kilometres (8km of dirt road) until you reach the intersection, which is sign-posted **“Cooyar 18; Mt Binga 2”**.
6. Proceed another 1km to campsite.

Please exercise care on the Blackbutt – Mt Binga Road. Logging trucks travel on this road (even on Sundays) and the road is quite slippery when it is wet.

CONTACT DETAILS

Coordinators: Pam and Steve Grieger

Mail Address:	Mt Binga Outdoor Education Centre, MS 2161 Blackbutt QLD 4306	Site Address	Mt Binga OEC 13 Mt Binga Road Mt Binga QLD 4306
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Mail is delivered on Monday, Wednesday and Friday

Phone: 07 4163 0352

Fax: 07 4163 0665

Please note:

The phone and fax are generally not for student use.

Students are encouraged to write letters and they enjoy receiving mail from their family and friends.

Students need to bring their own stationery, envelopes and stamps.

Letters and parcels from parents, family and friends are **not** to contain any foodstuffs (including gum) or other items that are on the **“Leave Behind” list**.

STUDENT INTRODUCTION AND BEHAVIOUR EXPECTATION/RULES

Mt Binga is a campus of Immanuel Lutheran College

In so far as students are at school while resident at Mt Binga, ILC's rules as well as the rules of other schools/colleges using Mt Binga apply.

Students can expect to be treated with courtesy and respect. They are also expected to treat staff and their peers with the same courtesy and respect.

Mt Binga also has some specific campus procedures and rules

First Aid/Medication

- All staff hold current Senior First Aid certificates.
- All medication both prescription and over the counter must be collected and stored within a personal file in the First Aid cabinet. Exceptions are asthma and diabetes medication and vitamin supplements.
- Standard medication dispensary times are 7.45am and 5.30pm.
- All medication and first aid treatment must be recorded.
- All medication must be taken in the presence of the dispensing staff member

Safety issues

- Solid, covered shoes must be worn at all times out of dorm areas. The exception is the quadrangle area in the evenings, but not around the fire.
- Clothing must protect the wearer including their shoulders from the elements.
- Hats must be worn in the sun.
- A broad-spectrum sunscreen is advised whenever exposure to the sun is an issue.
- Safety instructions must be followed. Failure to do so will mean being stood out of that activity.
- Tree climbing is not allowed unless as a supervised activity with appropriate safety procedures in place.
- Beware when handling hot water. Burns and scolds are a real danger.
- Macadamia nuts may be cracked and eaten, but only in the area beside the trees. Do not throw nuts.
- Sporting equipment may not be used in the camp area. Please use the oval.

Fire safety

- Please read and observe the posted Fire Drill and Evacuation procedures.
- On hike, solos etc. please observe correct fire cautions and bans in place.

Livestock

- All Mt Binga livestock have been selected for their quiet natures, however, caution should always be exercised when near or handling stock. Remember they are large, strong, animals.
- Mistreatment of stock will not be tolerated under any circumstances.

Communication:

- UHF Radios are for staff use only except for in emergency situations.
 - Please observe the ringing of the bell and congregate in the quadrangle area ASAP.
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Hair, Nail Polish etc.

- Due to the number of disastrous hairstyles and colours previously experimented with, no hair colouring or cutting is permitted.
- Nail Polish is not permitted at Mt Binga.

Out of Bounds areas

- Gender specific areas include dorm area, verandas, kitchens and showers.
- The cold room, pantry and workshop are out of bounds unless under staff supervision.
- Staff quarters and grounds are out of bounds.
- Evening boundaries are the fence lines around the immediate camp area unless under staff supervision.
- Staff room, except for specific stated purposes.

Daylight Rule

- Physical contact between male and female students is not permitted.

Lights out

- Standard evening times are:
 - 9:00pm evening devotion
 - 9:20pm bed time
 - 9.30pm lights out
 - 9.45pm all quiet

These times will be adhered to.

Water

- Water is a precious commodity at Mt Binga, use it conservatively.

Camp tidiness

- Please keep the camp and your personal space tidy. Room inspections will be carried out daily.
- Bins: please use the separate bins for specific rubbish and waste.

Mail

- Mail arrives and leaves at approx. 10.30am on Mondays, Wednesdays and Fridays.

Rosters

- Daily rosters for jobs will be posted on notice board in quadrangle.

Contraband

- Individual Schools/Colleges may decide specific policies for their students regarding such things as: junk food, soft drinks, walkmans etc. Students are expected to respect their School/College policy. Failure to do so will result in the goods being confiscated.
 - The possession of illegal substances will result in suspension or expulsion from Mt Binga to face disciplinary action from the School or College.
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This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the top left corner, there is a bold black heading that reads "NOTES".

