



# Ignite

camp

WHAT TO EXPECT

# ABOUT IGNITE CAMP

Ignite Camp builds upon the foundation of 10 years of camp programs offered to young people that have attended from around the globe. Working in partnership with Burn Bright, Ignite Camp has access to awesome strategies that can help your young person not only develop their leadership capabilities but also thrive at school and home.

**Our goal as a camp is that every young person feels known, loved and empowered to take action in their own life, family and community.**

We create this space by following our pillars that lead into each other. **Me, We, Us**. Each of these stages help us to grow an awareness from self, to others, to thinking about the world.

**Is about leading yourself.  
Growing self-efficacy and  
taking charge of your  
own wellbeing.**

**ME**

**Building hope  
together. How can  
we build hope for the  
future, gain  
excitement for what  
is to come? The way  
we like to think of  
H.O.P.E is by Helping  
Other Possibilities  
Emerge.**

**We can all  
contribute. What  
can you do to  
contribute to  
your family and  
community?**

**US**

**WE**

# IGNITE CAMP 5 DAYS



**\$1,899**

**Cave Hill  
Creek, VIC**

**Campers from across Australia**

*Experiential outdoor learning  
Leadership  
Self development*



[www.ignitecamp.com.au](http://www.ignitecamp.com.au)





# BRANCHES OF LIFE

Each day at camp has an overarching theme that influences discussions and outcomes for each of the activities our campers experience. Our facilitators guide the campers to capture what each of these branches of life mean to them. Then reflect on how they show it currently or what they could do to improve, be that by asking for help or by being intentional in their actions. Each day has two branches that are explored and unpacked through activities, facilitated content, team challenges and more.

## MESSAGES

The way I speak, act and treat people sends messages to the world around me about who I am. What messages am I sending?

## EMOTIONS

My wellbeing is innate and my emotions are a compass for the world. All emotions are valuable, valid and worthy.

## VALUES

When your values and behaviours align, you create balance in your life through clarity and certainty.

## KINDNESS

Practicing kindness with ourselves, others and the world around us. Speaking and acting kindly, whether it's in person or virtual.

## CONNECTION

Build meaningful, intentional and respectful connections with friends, family and those around you.

## BOUNCE FORWARD

Through a feedback lens, every experience is an opportunity for growth.

## VISION

Take time to get clear and define the steps to achieve your visions, so you can move forward with confidence. Set the location in maps before you hit go!



# CORNERSTONES OF IGNITE CAMP



## FACILITATORS

Our facilitators are responsible for helping set the daily tone and overall engagement of the camp. They run all main sessions and facilitate activities, learning and participation from the front of the room. The facilitators provide a space to experience activities and then engage in a debrief to apply learnings and further action. With a variety of facilitators on stage the campers will find one they best connect with!

## TEAM LEADERS

Are the success of any of any team. They are the catalysts for team building, personal reflection and growth. Team leaders help mentor and act as a role model for participants, leading activities, exploring discussions, and building the energy with the campers. Team Leaders guide campers through team time and activities that happen in their small teams. They are the first point of contact for support for each camper at camp.

## TEAMS

Teams have 8-10 campers in them. Each team will be similar in age so they are able to relate similar experiences from school and home. Two team leaders are assigned to each team. These are the people your camper will connect with directly each day. Having the same team leader allows the opportunity to see each camper step into their own confidence or learn how to support them stepping outside of their comfort zone. Teams will have the opportunity to eat meals together at breakfast and dinner.

## TEAM TIME

## FACILITATOR CONTENT

## MESSAGES + THEMES

## INDOOR EXPERIENTIAL LEARNING

## EVERY DAY OUTDOOR ACTIVITIES

## REFLECTION TIME

When given challenges or activities to do during camp, more than likely this is the group campers will be working together in to solve the problems. They will be able to cheer and support each other along on the entire journey. Each evening the team will have the chance to connect and reflect together.



“The best thing about Ignite was the community. I felt safe and accepted. I could be myself at the camp and connected with so many people.”

~ Aurora M.



“Ignite Camp was uplifting, loving, nurturing, positive and everything you need life.”

~ Mia H.



“Ignite helped me to learn real life skills... School teaches you things but this camp taught me things that I will really use.”

~ Jack B.



“Is that they have really nice team leaders, and staff. Because they have all been really nice and supportive from day one.”

~ Harry B.

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# A TYPICAL DAY

7:00	WAKE UP
7:30	Breakfast
8:30	Morning Whole Group Challenges
9:35	BRAIN BREAK
9:50	Branch and Theme of the Day Part 1
10:10	Branch Reflection
10:20	BRAIN BREAK
10:40	Application of Branch/Theme Through Activity
11:15	BRAIN BREAK
11:30	Life skill experiential content / activity
12:30	LUNCH
1:30	Team Challenge
2:10	BRAIN BREAK
2:30	Outdoor hands on learning activities
3:20	BRAIN BREAK
3:30	Afternoon Activities (Sport, Art, Chill out)
5:30	DINNER
6:30	Branch and Theme of the Day Part 2
7:10	Branch Reflection
7:20	BRAIN BREAK
7:30	Evening session - Connection Time with Team
9:00	Wind down and details for following day
9:10	Bed time routine - Shower and into bed
9:40	LIGHTS OUT







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# OUTCOMES OF IGNITE CAMP



Ignite Camp is designed to help each young person step outside of their comfort zone where they feel comfortable and supported. Together our facilitators and our team work together to create an environment which allows each young person to step up, lead themselves, and the rest in their team. Afterwards, in their teams of 8-10 similarly aged campers, they are able to debrief what they were able to learn about themselves, how they can apply it for the duration of camp and what it means when they go back home to be a leader in their own community.

By the end of camp, campers have the opportunity to explore and understand what a vision is. What does it mean to have a goal? What could it look like? Most importantly, how to create action steps towards that goal/vision.

Ignite Camp is a great place for young people to understand who they are and explore the impact they can make in their families, school, and wider community.



**Improved self-confidence**

**Enhanced problem-solving skills**

**Teamwork and collaboration**

**Increased resilience**

**Greater appreciation for nature**

**Increased understanding of self**

**Leadership development**

**Increased emotional regulation**

**Improved communication skills**

**Greater sense of connection & belonging**







# FREQUENTLY ASKED QUESTIONS

## *Can I send more than one child?*

Of course! When it comes to siblings coming together, we will also place the campers in separate teams and cabins. They will certainly be able to check-in with each other and will have plenty of opportunities to share a meal together and catch up. However, they won't be spending their whole day together!

## *What happens at Ignite Camp?*

Ignite camp uses experiential learning and debriefs to ensure our campers are fully engaged in what happens here. At Ignite Camp, campers will engage in activities that focus on varying levels of social, emotional, practical, creative, introspective and self development skills (to name a few) - these activities are then debriefed as a group with our experienced facilitators so they can get the most out of the experience. We are indoors and outdoors, and often moving; the camp program is very dynamic and uses different mediums of delivery to tailor to all preferences. At many moments throughout camp we also encourage our campers to do solo reflection on their experiences - this reflection journal is also a great tool for them to look back on, but also for families and their support networks to connect with the content.

## *How many meals are provided per day?*

We are so fortunate to have the staff at our venue cooking up a storm for Breakfast, Lunch and Dinner with Morning and Afternoon Tea every day to get our hungry campers through their day! We also cater for all dietary requirements which are considered when an enrolment form is completed.

# FREQUENTLY ASKED QUESTIONS

## *How can i support my young person post camp?*

The best way you can support your young person is by being a part of their journey. On the final day of Camp we provide a session for parents where they are able to learn about what has been covered at Camp. This creates a common foundation so that when you have your young person return home you will be able to ask better questions to find out what they got up to, what were some of their own learnings or pieces for reflection. Good news, we offer this live streamed out to Camp parents as well, because not everyone can make it!

## *What are the transport options to get to Camp?*

If you're a Victorian local you can drive out to camp on the morning everything commences. For those of you that are further away from camp, your child has the option to fly into, or be dropped off at Tullamarine airport the day prior to camp. There will be members of our staff on site at the airport ready to greet and take your young person to camp via our Camp bus. Please note, for those arriving early there will be an additional fee due to the early night stay.

## *What happens with technology at camp?*

As much as we know your young person loves technology, when they arrive on site they will hand in any devices so that they can remain in one piece for the duration of camp, and also to provide the campers with an opportunity to connect with one another. There will be an opportunity for them to connect with home on alternative nights after the first night. Reception at the camp site is not the strongest, we do have a few camp phones they can try to call home on.





**WE LOOK FORWARD  
TO WELCOMING YOUR  
YOUNG PERSON TO  
IGNITE CAMP!**



## **PLEASE REACH OUT!**

**IGNITE CAMP Office**  
**03 9448 8985**

If you have any questions  
regarding any of the above, please  
do not hesitate to make contact  
with a member of our team!



**IGNITE CAMP WEBSITE**

