

Your Adventure Their Future

*An inspiring way to challenge
yourself + support youth*

LifeChanger Challenge

**Freycinet National
Park**

TASMANIA

THE LIFECHANGER CHALLENGE EXPERIENCE



Share this inspiring Life Changing Tasmanian experience with LifeChanger Co-founder Scott Watters in the spectacular wilderness of Tasmania.

Crafted to revitalise and restore your body, mind, and spirit. Your physical and mental well-being are transformed by LifeChanger Challenges.

This special chance allows participants to take a break from their daily routine, recharge, and refocus their energies on building the life they truly desire.

You will be fully engrossed in the transformational force of nature, whether you are hiking through beautiful terrain or taking in the sunrise and sunset over the mountains.

Your day will be filled with breathtaking hiking locations and mindful activities such as yoga, breathing techniques, and immersion in cold water.

Participants are encouraged to switch off technology, take a break, and find community, well-being, and balance!

LifeChanger Challenges are a rare combination of a mind, body and soul experience that also powerfully supports the LifeChanger foundation and their inspiring programs that empower youth!

THE DETAILS...

DATES: TBA

STAY: 5 days/ 4 nights

COST: \$2500.00 + GST pp
(excl flights)

ACCOM: The Change Overnight
Hotel + Camping

ABILITY: Moderate

FUNDRAISING:

We will arrange a fundraising profile for each participant to share this Freycinet Challenge with networks.



WELCOME TO FREYCINET N.P TASMANIA

YOUR ARRIVAL IN TASSIE

Upon arrival in Tasmania a bus will transfer you to Change Overnight Hotel in Launceston, where everyone has a chance to grab last minute essentials before receiving your food packs. You will then enjoy dinner with the team before an early night.

LET THE CHALLENGE BEGIN...

The Freycinet National Park Challenge begins with a stunning 14 km hike through coastal heathland, blue gum woodland and sheoak forest to Hazards beach, where you'll notice the large mud oysters washed up – hence the name Great Oyster Bay. We will continue to Cooks beach for our first night under the stars.



THE CHALLENGE CONTINUES

The second day sees the track continue along the Peninsula Track, summiting Mount Graham and Mount Freycinet as a side trip. Ascending these peaks is steep and challenging with excellent views south to the southern end of Freycinet Peninsula and Schouten Island. You will then descent to Wineglass Bay, where we will spend the second night.



WINEGLASS BAY

From here, you're a hop, step and jump from 'home' along one of the top 10 beaches in the world, before climbing up and over The Hazards saddle to return to our pickup location. It's then back to Change Overnight Hotel to clean up before heading out to a celebratory dinner with the team.

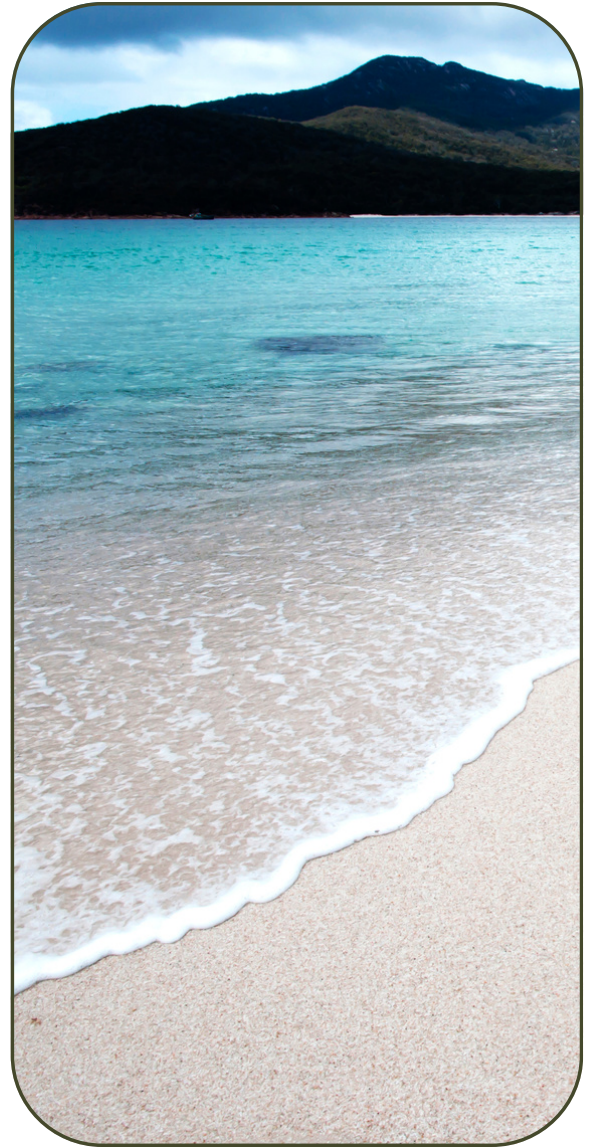


CHALLENGE INCLUSIONS

- LifeChanger Welcome Pack
- Event Website
- Pre-Challenge Training + Nutrition Guide
- Kathmandu Gear Up Discount
- 2 nights Twin Share at Hotel
- Return Airport Transfers
- Tent Hire
- Camping meals
- All hiking + National Park fees
- Emergency communications + group defib and first aid kit
- Experienced Trek Leaders
- Video Compilation

NOT INCLUDED:

- Travel Insurance or Ambulance Cover
- Personal items
- Melbourne Return Flights to Tasmania
- Meals Pre and Post Hike



HOW YOUR FUNDRAISING INVESTS IN YOUTH...

\$28



Provides one young person a wellbeing and pathway journal and program activity book

\$88



Enrols one young person in the 6 workshop program

\$220



Helps 15 young people attend a workshop

\$440



Funds a 90 minute workshop for 30 youth

ABOUT LIFECHANGER FOUNDATION

Our vision is to empower youth with the courage to thrive by building their social, emotional and resilience skills.

Right now we are confronted by a youth mental health crisis! Over the last 2 years 80% of young people have experienced mental health issues and 1 in 4 young people have reported suicidal thoughts!

Evidence shows that LifeChanger's preventative, empowering, youth mental health programs have never been more critical!

At LifeChanger we empower thousands of young people to live thriving, resilient lives by developing their social, emotional and resilience skills, and by building connections with mentors in their community.

Our programs engage with youth, teachers, parents and mentors to build a sustainable village of support. These powerful, interactive workshops allow young people and local mentors to connect, share and interact, building resilient communities.

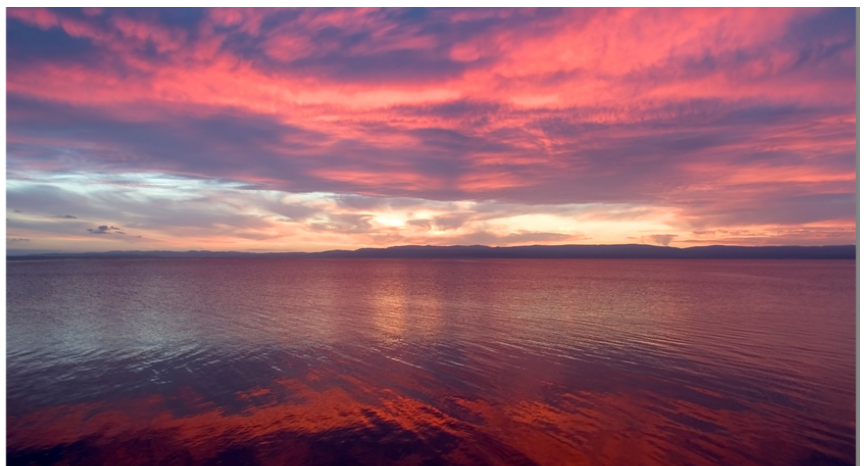
Young people are amazing!

With your support LifeChanger can continue to help them develop the tools to navigate life, and to be empowered to overcome challenges and pursue their infinite potential.

Infinite Possibilities,



Scott Watters
CEO | Founder
LifeChanger Foundation



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“If young people are to live a full life, it’s fundamental that they take the time to form a complete view of what they are capable of and what a thriving human being is. Our programs provide that critical space.”

– Scott Watters CEO/Founder

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FAQS

AM I REQUIRED TO FUNDRAISE?

Fundraising is always appreciated. 100% of fundraising supports the delivery of LifeChanger Youth Programs. For more information please reach out.

ARE DONATIONS TAX-DEDUCTIBLE ?

Yes! All donations over \$2.00 are tax deductible.

DO I NEED TRAVEL INSURANCE?

LifeChanger takes your safety seriously, but all adventure comes with some risk. Travel insurance with adventure cover, including ambulance cover is mandatory for all LifeChanger Challenge participants.

DOES MY PRE-EXISTING MEDICAL CONDITION PREVENT ME FROM PARTICIPATING?

You will be required to fill out a medical declaration form and receive a medical clearance from a doctor prior to participating in the Challenge.

All participants are required to complete a medical waiver 60 days prior to departure to ensure they are physically ready to participate.

DO I NEED TO BE SUPER FIT?

No, but a moderate fitness level is recommended with commitment to pre-training that includes hills, stairs and outdoor hiking.

WHERE DO WE STAY?

Accommodation will be twin share at Change Overnight Hotel, Launceston on the first and last night, and camping in the wonderful Tasmania wilderness in between.

ARE MEALS INCLUDED?

Meals will be catered for the time you are in on the hike, but we ask that you bring your own supply of snacks that you may enjoy.

If you have any dietary requirements, please be sure to let our staff know.

I STILL HAVE QUESTIONS....

Great! We love questions! Reach out to the LifeChanger Challenges Team at lcchallenges@lifechanger.org.au



CHALLENGE YOURSELF....



 **LifeChanger**
Challenges