

**LIFECHANGER
ADVENTURE
CHALLENGES**

MARIA ISLAND

Tasmania

*An inspiring way to challenge
yourself + support youth*

Your Adventure. Their Future

THE LIFECHANGER CHALLENGE EXPERIENCE



Whether exploring pristine country or watching the sun rise and set over the breathtaking mountain ranges, you and your team will be immersed in the transformative power of nature while being led through invigorating and reflective health and wellbeing practices by some of Australia's best leaders in holistic development.

Our LifeChanger Challenges offer a unique chance for profound and frequently life-changing individual and team growth, all while visiting some of the most untouched, infrequently seen, and awe-inspiring areas in Australia and New Zealand.

LifeChanger Challenges provide a rare opportunity for participants to explore their personal wellbeing, refresh and rejuvenate mind, body, and spirit, plus performance and community connection.

Your contribution powerfully supports the LifeChanger Foundation to empower and inspire thriving, resilient youth through their preventative mental health and wellbeing programs in Australia and New Zealand.

Participants are prepared over six weeks for a physical, spiritual, and emotional journey and are guided by LifeChanger founder and former elite sportsman, Scott Watters.

THE DETAILS...

DATES: To be confirmed

STAY: 5 days, 4 nights

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

ACCOM: Wrest Point, Hobart
+ Camping

ABILITY: Moderate

FUNDRAISING:

If you would like to gather support and share the Maria Island Challenge with your network, we can arrange a fundraising profile.



CHALLENGE INCLUSIONS

- LifeChanger Welcome Pack
- Pre-Challenge Training + Nutrition Guide
- Kathmandu Gear Up Discount
- 2 nights twin share accommodation, Hobart
- 2 nights camping under the stars
- Return Hobart airport transfers
- All transfers to + from Maria Island
- All meals on-track
- All hiking + National Park fees
- Emergency communications + group first aid kit
- Video compilation of the Challenge

NOT INCLUDED:

- Travel Insurance or Ambulance Cover
- Flights
- Personal hiking gear



CHALLENGE HIGHLIGHTS:

- Incredible wildlife spotting opportunities
- Summitting the Bishop and Clerk Pinnacles
- Seeing the Fossil Cliffs
- Camping near the old convict village in Darlington
- Stopping by the Painted Cliffs
- Walking to the Isthmus and Point Lesueur
- Camping at Frenchs Farm
- Summiting Mount Maria

WELCOME TO MARIA ISLAND TREK, TASMANIA

Upon Arrival in Tasmania

You will be transferred to your Hobart accommodation and be guided through a final gear check, supplied with on-track meal packs, and prepared for the days ahead. You will then enjoy a team dinner before an early night.

Bus to Maria Island National Park

The Challenge begins with a shuttle bus to Triabunna where we will board a 30-minute ferry to Maria Island. Maria Island National Park blends extraordinary landscapes with teeming wildlife, off Tasmania's East Coast.

The Winding Trails Begins

After arriving on Maria Island, we will start exploration from Darlington Probation Station – a World Heritage Australian Convict Site. The Challenge will continue over the next two days by weaving along the numerous trails leaving your ordinary life behind.



Spectacular cliffs wrap around the eastern side of Maria Island, providing a perfect vantage point for watching birds dive and swoop into the ocean.

On the western side of the island, the Painted Cliffs are one of Maria Island's more memorable spectacles, showcasing the power of nature in their weathered contours, where the combination of wind and waves has eroded the sandstone to reveal a striking facade.

The highlight of the journey will see us ascend Mt Maria, rising 711m above the sea. Mt Maria peers down onto McRae's Isthmus and along Tasmania's east coast.

FUNDRAISING

Individual and/or team targets are set to support youth

100% of funds raised support LifeChanger's preventative youth mental health programs

LifeChanger is proud to be recognised as a Tier 1 DGR Status Charity.



Maria Island is a special place where long sandy beaches, turquoise water, mountaintop vistas, abundant wildlife and a multi-layered human history come together to create a perfect challenge destination.

After returning to Hobart we will celebrate our achievements at a team dinner before returning to the airport and flying home the next day.



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.

TRAVEL COSTS?

LifeChanger Challenges will always attempt to keep costs consistent with our quotations. Sometimes, factors beyond our control such as hotel amendments, unforeseen circumstances, and group sizes can affect travel costs. A 50% deposit upon booking will confirm costs.

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 medical clearance from a physician 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 moderate fitness levels are recommended with some pre-training that includes hills, stairs and outdoor hiking.

The Challenge will see you complete 50-60 km over the 3 days including steep inclines and rock scrambles.

ARE MEALS INCLUDED?

All meals will be included for the time you are in Tasmania. If you have any dietary requirements, please be sure to let our staff know.

WHERE DO WE STAY?

Accommodation will be twin share in Hobart on the first and last night, and camping under the million-star rated Maria Island in between.

Please feel free to BYO tent if you own one. We will supply a gear list and information on hire equipment if you wish to do so.

I STILL HAVE QUESTIONS....

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



CHALLENGE YOURSELF....

