

Your Adventure. Their Future

*An inspiring way to challenge
yourself + support youth*

LifeChanger Challenge

Waves and Wisdom

URBNSURF MELBOURNE



LifeChanger
Challenges

THE LIFECHANGER CHALLENGE EXPERIENCE



Waves + Wisdom at URBNSURF Melbourne provides your team with an inspiring, fun-filled half day where insights are enlightened, boundaries pushed and an exhilarating experience is had by all whilst connecting in an exciting, game changing environment.

Beginning with a beautiful breakfast and coffee at the renowned Three Blue Ducks Restaurant, a fire side chat then follows where LifeChanger Ambassadors share experiences and perspectives that relate to the challenges our youth face today.

With the waves already rolling, wetsuits are fitted and boards selected, but by all means bring your own, then alongside our Lifechanger Ambassadors your team is led through a Surf Lesson with an expert UrbnSurf coach who provides 30mins of on-land practise and warm-up exercises.

At the Lifeguard Hut your team hits the waves for a Cruiser Surf Session. A gentle pointbreak-style wave, great for cruising on a longboard, mini-mal, fish or learner board.

Mixed with nervous excitement and invigorating thrills, surfing is a uniquely shared experience which builds firming relationships, fosters positive communications and is a LifeChanger Challenge not to be missed!!

THE DETAILS...

LOCATION: URBNSURF Melbourne
309 Melrose Drive,
Tullamarine,

DATES: To be determined

TIME: 8:30am - 12:30pm

COST: \$350pp + GST

ABILITY: Moderate

GROUP SIZE: Min 10 - Max 19
(at 19 participants
the wave is all
yours)

FUNDRAISING:

If you would like to gather support and share this Wave + Wisdom Challenge with your network, we can arrange a fundraising profile.



CHALLENGE INCLUSIONS

- Coffee on arrival
- Breakfast at Three Blue Ducks Restaurant
- Wave + Wisdom Fire Side Chat with LifeChanger Ambassadors
- Private Cabana for Storage
- Surfboard and Wetsuit Hire
- Surf Lesson
- Surf Session: Cruiser Wave
- Lagoonside Hot Tub Wind Up
- Video and Photo Compilation



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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CHALLENGE FAQs

Do I need to be super fit or have surfed before?

No, but moderate fitness levels are recommended, as with viewing the [Safety Video](#) before arriving.

What is the Cruiser wave like?

The Cruiser Wave Session offers an opportunity for beginner and competent surfers to improve their surfing and have a blast. They are a fun and friendly wave with:

Face Height: 1.0m

Ride Length: 12-16 seconds

Waves Per Session: around 10 -12 per surfer

What does a Waves + Wisdom Challenge day look like?

- 8:30 am Meet the LifeChanger Team at the Urbnsurf entrance.
- Sign in and grab a coffee
- 9:00 am Breakfast upstairs in the Three Blue Ducks Restaurant
- Fireside Chat with LifeChanger Ambassadors
- 10:00 am Wetsuit gear up and board selection
- 10:30 am Urbnsurf Surf Lesson and Safety Briefing
- 11 am Cruiser Surf Session
- 12 pm Lagoonside Hot Tub wind up

What temperature is the pool's water ?

The temperature of the water can vary depending on the session:

In Summer, expected to hit the low-to-mid twenties (C°) on hot days. In Autumn and Spring, water temperatures are expected to be in line with ocean temperatures (mid-teens C°). In Winter, water temperatures are expected to be slightly colder than the ocean (low-to-mid teens, sometimes high single digits C°)

And remember, it's Victoria! It can be hot, and it can be cold. But that's part of the fun. Catch a bunch of waves, enjoy a hot shower, enjoy the lagoonside hot tubs (subject to conditions of use), and grab a steaming up coffee post-surf. You'll be toasty in no time.

Is there somewhere to place all our gear?

Yes, there will be a cabana designated for the group to keep bags, towels, board covers and gear. There are also lockers available if you would like to store more valuable belongings.

What time is Three Blue Ducks Restaurant open until?

The restaurant is onsite and open all day from 8am - 8:30pm for breakfast, lunch and dinner and caters really well for large groups if notified in advance.

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.

I still have questions...

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



CHALLENGE YOURSELF....

