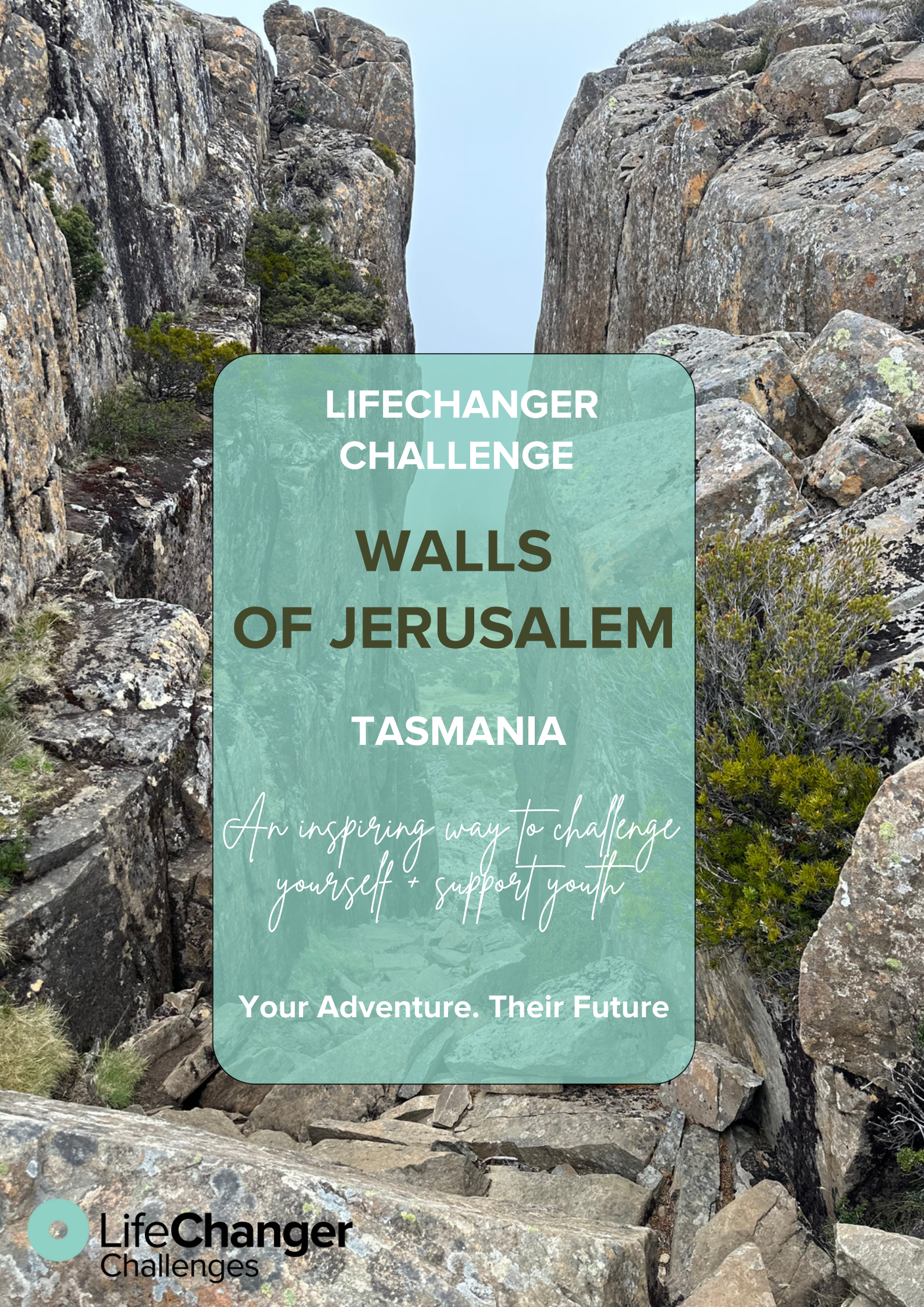




**LIFECHANGER
CHALLENGE**

**WALLS
OF JERUSALEM**

TASMANIA

*An inspiring way to challenge
yourself + support youth*

Your Adventure. Their Future



LifeChanger
Challenges

THE LIFECHANGER CHALLENGE EXPERIENCE



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

Designed to reset and regenerate your body, mind and soul LifeChanger Challenges transform your physical and emotional wellbeing.

This unique opportunity enables participants to retreat from their everyday, reset and reconnect, and then redirect their energy to creating the life they want to lead.

Whether exploring pristine country or watching the sun rise and fall over the mountains, you'll be immersing yourself in the transformative power of nature.

Mindfulness practices will be interweaved throughout your day as you partake in carefully curated activities, including yoga, breathing exercises and cold water immersion.

Participants are encouraged to switch off from technology, take a break and discover balance, wellbeing and community!

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: To be decided

STAY: 5 days 4 nights

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

ACCOM: The Change Overnight
Hotel + Camping

ABILITY: Moderate

FUNDRAISING:

If you would like to gather support and share this Walls of Jerusalem Challenge with your network, we can arrange a fundraising profile.



WELCOME TO WALLS OF JERUSALEM, TASMANIA

YOUR ARRIVAL IN TASSIE

Upon arrival in Tasmania a bus transfers will take you to The Change Overnight Hotel in Launceston, where everyone unwinds for a moment and then are run through a final detail and gear check. You will then enjoy dinner with the team before an early night.

LET THE CHALLENGE BEGIN...

The Walls of Jerusalem Challenge starts with a stunning 6 km hike through Eucalypt Forest, past the historic Trappers Hut, to reach the campsite at Wild Dog Creek for our first night under the stars.



THE CHALLENGE CONTINUES

The second day sees the track lead from Wild Dog Creek Campsite through Herods Gate into the Central Walls and out through Damascus Gate to the historic Dixons Kingdom Hut and camping area for the second night.

Side tracks leading to the Pools of Bethesda and the summits of Solomons Throne, The Temple, and Mount Jerusalem can be easily undertaken on this relatively short leg of the walk.



TREK TO LAKE ADELAIDE

From Dixon's Kingdom, the track is less defined as you make your way down Jaffa Vale towards Lake Ball, walking through ancient pencil pine groves and rich heathland.

Once at the Lake, the route heads west along the north shore of Lake Ball, where you will encounter peaceful myrtle forests and the historic Lake Ball Hut. A short but testing walk then leads to the camping area at the north end of Lake Adelaide for the third night



HOMeward BOUND

From Lake Adelaide camping area, the final leg follows the Junction Lake Track, traversing spectacular alpine grasslands interspersed with cushion plants, numerous small lakes and fragile tarns.

After crossing Stretcher Creek, the walk passes Lake Loane before the final descent to Trappers Hut and the main car park. It's then back to The Change Overnight Hotel to clean up before heading out to a celebratory dinner with the team.

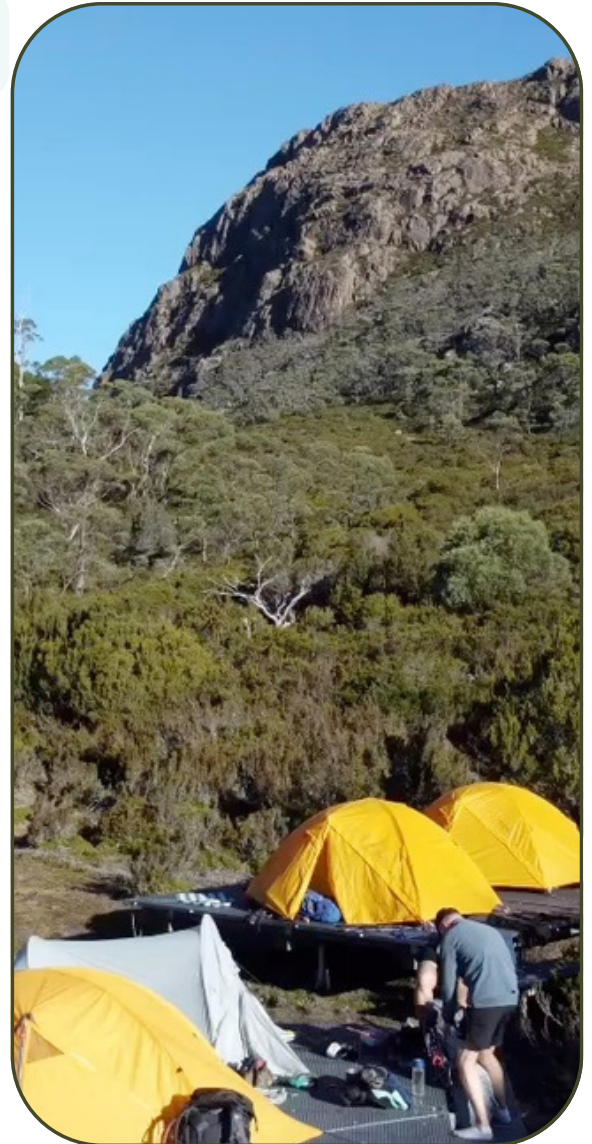


CHALLENGE INCLUSIONS

- LifeChanger Welcome Pack
- 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 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.

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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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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



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 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.

WHERE DO WE STAY?

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

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.

I STILL HAVE QUESTIONS....

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



CHALLENGE YOURSELF....

