



The Recre8 Program

>>> recreate your life <<<

YOUNG MEN'S HIKING & CANOEING ADVENTURE

Our upcoming Recre8 Program is for 14-19 year old young men in the Northern Rivers NSW and Southern Gold Coast regions who would like to take part in an awesome expedition adventure program.

Are you looking for an opportunity to make changes in your life?

If you've been having a bit of a tough time lately - struggling with family, school, friends, relationships, life...we are running a ten-day hiking and canoeing adventure expedition that will give you a chance to get away from it all, and could help you sort some things out for the better.

Who are we?

We are a fun-loving crew of experienced adventure therapy practitioners who have been working with youth in the outdoors for over eight years. We are passionate about providing unique opportunities for positive change for young people.

What do we do?

We'll start with a two-day camp to meet everyone, have some fun and get a taste of expedition life. Next is our ten-day expedition, which is a chance to experience an awesome wilderness adventure, travelling out West to the Great Dividing Range, where we hike, camp and canoe through the headwaters of the Clarence River. You'll be immersed in incredible scenery, learn to navigate, set up camp, make fire, prepare and cook food together, stargaze, share stories and great times with new friends. We'll keep in touch after the expedition, and then after a month we'll all get together again for a two-day rainforest reunion retreat.

Important dates

Applications close - October 2, 2018

Preparation camp - October 30-31, 2018

Expedition - November 12-21, 2018

Reunion camp - December 10-11, 2018

Numbers are limited to up to 12 young people from across the region. We'll be selecting a crew who are keen for the experience and are wanting a bit of extra support.

To find out more -

Call our office number: 0476 796 720

Email: recre8@humannature.net.au

Visit our website at www.humannature.org.au

