



Birrigai

'Birrigai' means laughter in the language of the Ngunnawal peoples







School Program Options ***2023***

Programming Options

Outdoor Adventure

Please Note: All high ropes activities have a maximum weight limit of 95 kgs






Program Name	Description		Year Group	Duration	Curriculum Link
Abseiling	Visit a spectacular rock face and experience the Challenge by Choice and peer support opportunities offered by an abseiling session. Various suitable rock faces are easily accessible at or from Birrigai.		5 – 12	3 – 6 hours	Health & Physical Education
Crate Climb	Two participants work together to climb a tower of milk crates being built by remaining team members on the ground. Partners work to steady each other as they climb. A great activity for promoting teamwork and leadership.		4 – 12	3 hours per 30 students	Health & Physical Education
Flying Fox, Team Haul up	Flying Fox is a Challenge by Choice activity that addresses personal challenge and teamwork. Flying Fox operates on the principle of team haul-up with each participant towed to a starting position of their choice. Participant activates a release rope to commence their ride along the cable.		4 – 12	3 hours per 30 students	Health & Physical Education
Flying Fox, Off the Pole	On belay, participants climb a pole to the take-off platform and then launch themselves for a ride along the cable.		6 – 12	3 hours per 30 students	Health & Physical Education
Giant Swing	A Challenge by Choice activity where participants choose the height the haul-up team raise them to and release themselves for a swing with views over Paddy's River Valley & the Bullen Ranges.		4 – 12	3 hours per 30 students	Health & Physical Education




Giant Swing, Pod	<p>Using the same Challenge by Choice principles and team haul-up as Giant Swing, participants lie in a hang glider-like harness for a thrilling swing.</p>		7 – 12	3 hours per 30 students	Health & Physical Education
Glider Possum	<p>This Challenge by Choice activity resembles a glider possum in flight. Glider Possum operates on the principle of team haul-up with a single participant raised and lowered by a team of peers.</p>		2 – 3	3 hours per 30 students	Health & Physical Education
Leap of Faith	<p>Leap of Faith is a Challenge by Choice activity. Participants climb a pole and stand on a platform about 6 meters high. They leap forwards and attempt to slap a suspended ball, after which they are lowered. Each climber is supported by an adult belayer.</p>		6 – 12	3 hours per 30 students	Health & Physical Education
Low Ropes	<p>Low Ropes is a Challenge by Choice activity that develops trust and communication in small teams. Teams have fun working together to complete the nine elements that constitute the course. Learn how to spot and keep your team members safe on the elements.</p>		3 – 12	1.5 hours per 30 students	Health & Physical Education
Top Roping	<p>Visit a spectacular rock face and experience the Challenge by Choice and peer support opportunities offered by a rock-climbing session. Various suitable rock faces are easily accessible from Birrigai.</p>		5 – 12	3 – 6 hours	Health & Physical Education
Vertical Playpen & Dangle Duo	<p>Vertical Playpen and Dangle Duo are Challenge by Choice activities. Participants attempt to climb a variety of obstacles to reach the top of each structure. Each climber is supported by a 3-person belay team.</p>		4 – 12	3 hours per 30 students	Health & Physical Education

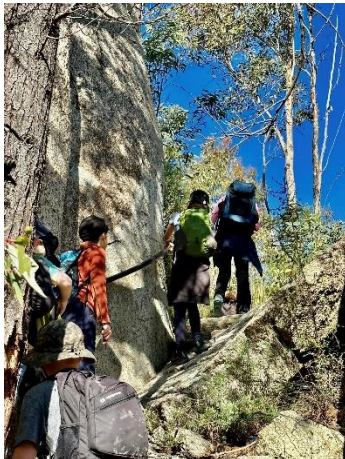
<p>Adventure Bushwalk</p>	<p>Love an adventure? Love to explore? Love to rock scramble? We have the bush walk for you. Students can crawl, scramble and squeeze through hidden natural landscape features. Track grades range from easy or moderate through to challenging. Extended walks in neighbouring Tidbinbilla and Namadgi NP are further program options including Gibraltar Peak.</p>		<p>P - 12</p>	<p>1 – 6 hours</p>	<p>Health & Physical Education</p> <p>Geography</p> <p>Humanities</p>
<p>Passport to Nature Adventures</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>An early childhood program aiming to connect students to nature through fun activities and unstructured play. We provide opportunities for children to build self-esteem and social skills through hands-on learning in a bush environment. Sessions include</p> <ul style="list-style-type: none"> • Bush cooking • Nature art • Building bush shelters • Nature scavenger hunts • Walks • Creek play • Aboriginal plant use <p>Students are empowered to manage their own risk in physical activities.</p>	 	<p>P – 2</p>	<p>3 – 4 hours</p>	<p>Health & Physical Education</p> <p>Geography</p> <p>Arts</p> <p>Science</p>







Leadership and Team Building

Program Name	Description		Year Group	Duration	Curriculum Link
Team Initiatives	The Team Initiatives obstacle course is a dynamic way to build leadership, problem solving, cooperation and communication skills in small groups. Groups discuss ideas and formulate solutions to each of the initiatives and have fun putting the ideas into action.		3 - 12	1 hour	Health & Physical Education
Team Rescue	In a rescue scenario, teams are challenged to negotiate a series of obstacles. Success requires a high level of cooperation and lateral thinking. The challenge can be increased in difficulty to suit a range of age groups and outcomes of your group.		3 - 12	1 hour	Health & Physical Education
Team Trek	Using a map, groups work in small teams to locate numbered boxes and complete the challenge inside. Groups record their solutions on an iPad, with challenges developing confidence, communication, and problem-solving strategies. The challenges can be increased in difficulty to suit a range of age groups.		3 - 6	1 hour	Health & Physical Education
Scavenger Hunt Challenge Campfires	A great activity to promote teamwork, problem solving and navigation skills as well as learning about campfire safety and use. Students work in small groups to decipher clues and read a map to find all the resources they need to build, light, and cook damper twists on a fire.		3 - 6	3 hours	Health & Physical Education Humanities & Social Sciences Science
The Radiation Zone Program is in TRIAL & TRAINING phase - discount for day programs may apply	The "Radiation" Zone is a simulation game that immerses the group in a race against time to save the people of Birrigai Outpost from the threat of radiation exposure. The "Radiation" Zone exposes individuals to opportunities to develop capabilities around leadership skills, working collaboratively, making decisions, and developing reflective practices.		8- 12	3 hours	Health & Physical Education



Team Building Games	<p>Enhance your groups team building and leadership skills through a wide range of games and challenges. Groups collaboratively problem solve and network to reach solutions. Have a laugh and have some fun!</p>		3 – 12	1.5 hours	Health & Physical Education
Escape from Birrigai	<p>Groups will search for keys to unlock a box which will determine which team they are in and then progress through a number of team building activities to try an Escape from Birrigai. The session culminates with both teams taking on the challenge course. The activity promotes leadership, communication, cooperation and organisational skills as part of a team.</p>		2 – 6	3 hours	Health & Physical Education
Duke of Edinburgh Support Programs	<p>Individual programs can be tailored to your group’s needs for Bronze, Silver or Gold levels of the Award, with a particular emphasis on the ‘Adventurous Journey’ activities.</p>		9 – 12	Tailored to meet group’s needs	Health & Physical Education



The Australian Environment and Biodiversity

Program Name	Description		Year Group	Duration	Curriculum Link
Geology/ Geography Bushwalk	Embark on an interactive bushwalk investigating the signs of change to Birrigai's bushland over time. Conduct experiments, visit granite tors, explore rock formation, and discover how various impacts form today's landscape.		3 – 8	3 hours	Geography Health & Physical Education Humanities & Social Sciences Science
Mindfulness Bushwalk	Enjoy a scenic bushwalk and embrace the opportunity to engage, explore and interact with Birrigai's abundance of flora and fauna. Take the time to connect with a special space out in nature. Explore an area and create works of art with natural materials.		3 – 12	3 hours	Geography Health & Physical Education Humanities & Social Sciences Science
Adventure Bushwalk	Love an adventure? Love to explore? Love to rock scramble? We have the bush walk for you. Students can crawl, scramble and squeeze through hidden natural landscape features. Track grades range from easy or moderate through to challenging. Extended walks in neighbouring Tidbinbilla and Namadgi NP are further program options including Gibraltar Peak.		P - 12	1 – 6 hours	Geography Health & Physical Education Humanities & Social Sciences Science
Campfires	In small groups participants learn about fire safety, build their own campfire, and learn how to cook damper twists. Depending on desired learning outcomes, emphasis can be placed on the role of fire in the lives of Aboriginal Peoples, Early Settlers on the Australian Goldfields or in maintaining biodiversity. Campfires can also be run as part of Early Childhood programs with Preschool to Year 2.		P – 12	2 – 3 hours	Humanities & Social Sciences Science

Habitat Health and Biodiversity	<p>To develop understandings of habitat health and biodiversity, participants visit two habitats to collect real data. Participants establish survey sites in a managed area and a natural bush setting and compare findings of species found.</p>		3 – 6	2 hours	Science
Grassland Detectives	<p>Using two sampling techniques discover who/what lives in Birrigai’s grassy woodland habitat and explore their interconnectedness. Use microscopes to have a closer look at the special features of these plants and insects.</p>		2 – 6	3 hours	Science
Web of Life	<p>The Web of Life simulation game is one of the most popular environmental activities at Birrigai. Participants take on different animal roles to explore the interrelationships between animals and Australian ecosystems. They examine the effect of disturbances as they resonate through the whole food chain.</p>		3 - 8	3 hours	Science
Wetland Wonders Subject to levels of water at our wetland	<p>Have fun exploring wetland environments and the animals that live there. Build a model wetland with an ecology kit and develop techniques for catching and identifying macroinvertebrates in a safe environment. Use microscopes to see water bugs up close. Join in a picnic with some of the wetland animals and find out what they like to eat.</p>		Pre-School	3 hours	Science
Wetland Friends Subject to levels of water at our wetland	<p>Investigate habitats with a particular emphasis on identifying the variety of external features found in a vast variety of wetland plants and animals. Discover the wetlands on a binocular walk and dip a net in the water to catch macroinvertebrates. Use microscopes to discover what special features water bugs have that help them live in the wetlands. Find out how they breathe, move and eat. Model a clay animal with special features to thrive in the wetlands.</p>		K – 2	3 hours	Science

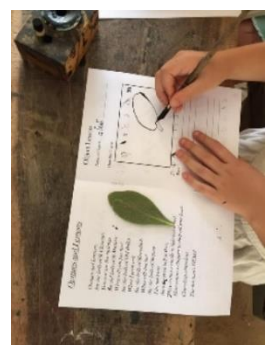
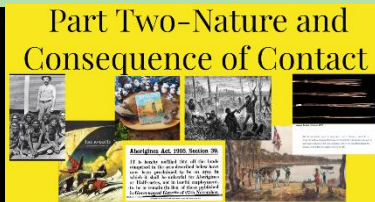
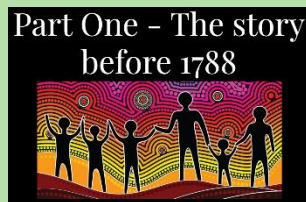
<p>Wetland Connections</p> <p>Subject to levels of water at our wetland</p>	<p>Find out who eats who in a food chain by exploring the plants and animals at Birrigai’s wetland. Join in an animal identification walk and using binoculars discover some of our amazing wetland creatures. Use nets to catch macroinvertebrates and our microscopes to identify and classify them according to their features. Learn ways to care for our sensitive wetland ecosystems.</p>		<p>3 – 4</p>	<p>3 hours</p>	<p>Science</p>
<p>Wetland Detectives</p> <p>Subject to levels of water at our wetland</p>	<p>Investigate the structural features and adaptations that help plants and animals survive in Birrigai’s wetlands. Collect evidence to assess the health of the water system. A guided walk through the wetlands, water testing and assessment of the macroinvertebrates will assist participants to judge the systems health. Use the microscopes to identify species. Examine the ecological role of wetlands and the need to conserve these ecosystems.</p>		<p>5 - 6</p>	<p>3 hours</p>	<p>Science</p>



Australian History – Early Settlers

Program Name	Description	Year Group	Duration	Curriculum Link
Early Settlers	The activity sessions outlined below make up a 2-day History program, each session may also be used as a stand-alone experience or in combinations.	3 – 4	See individual sessions	Humanities & Social Sciences
Explorers Walk	Participants imagine they have never seen Australia before. They take on an Explorer’s role: a Navigator to map the land; a Botanist to collect plant specimens to send back to England; a Geologist to take soil samples; an Artist to sketch the landscape. Participants investigate how local Aboriginal knowledge supported explorers in their journeys.		3 hours	
A Day in the Life of Beth and Tom	Experience life as a child during the 1820’s and enrol in Paddy’s River School for a day. A traditional classroom is recreated to give participants a valuable opportunity to compare and contrast life in the 1820’s with modern day schooling. They will learn to write using a nib pen, complete a subtraction lesson with a slate and lead, read poetry and play traditional bush games like bush billiards and marbles.		3 hours	
Campfires & Tent Pitching	In small groups participants learn about fire safety, build their own campfire, and learn how to cook damper twists. Participants discover the importance fire had for Early Settlers.		3 hours	
First Nations Program – the nature and consequence of colonisation	Through and immersive simulation activity, students explore what life was like for First Nations Peoples before 1788. Students then participate in an interactive workshop to explore the nature and consequences of colonisation of First Nations Peoples, on their ways of life, culture, and Country. The interactive workshop concludes with reflection on learning from the program (the story so far) and what actions can be taken towards reconciliation (our role in writing the ongoing story).		4 - 6 hours	

Program is in TRIAL & TRAINING phase - discount for day programs may apply



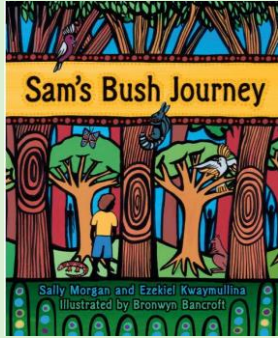
Australian History - Gold

Program Name	Description	Year Group	Duration	Curriculum Link
Gold	The activity sessions outlined below make up a 3-day History program, each session may also be used as a stand-alone experience or in combinations.	5 – 6	See individual sessions	Humanities & Social Sciences
Prospectors Walk	Experience the life of a prospector during the Australian Gold Rush. Participants explore the bushland for likely gold deposits, dig for and collect 'gold' and use traditional mining equipment like cradles, dolly pots and gold pans to see if they strike it rich.		3 hours	
1850's Classroom	Become a student during the gold rush of the 1850's and role play a traditional classroom scenario. Participants experience the rules and behaviours expected of children during this time, write with ink and nib pens, count in pounds and shillings and measure a claim in inches and feet. Beware those who choose to disobey the teacher as traditional punishment applies.		3 hours	
Tent Pitching & Campfires	Learn how to pitch a traditional A-frame tent by using tree branches and a canvas. Then build a campfire to cook your own damper. Participants discover the importance of a campfire during the Gold Rush Era and the sense of community a fire can create.		3 hours	
Gold Field Investigations	Learn about the challenges faced by men, women and Chinese miners on the diggings. In small groups participants work together to investigate and recreate a museum display of a goldfields character before presenting a dramatization of their findings.		1.5 hours	
Journey to the Goldfields	Experience the hardships endured by miners making their way to the goldfields. Miners have limited funds to decide what supplies to bring with them on their 100 mile journey and negotiate a series of obstacles as they try to make their way to the goldfields.		1.5 hours	
Democracy – Life on the Diggings Simulation	Visit Paddy's River goldfields and become a miner facing the hardships of living in the 1850's Australian goldfields. In small groups each team fossicks for gold, makes a claim and trades their gold for money at the Assay Office. Miners are subject to the whim of the Governor and soon understand why an uprising amongst the miners is necessary. The circumstances surrounding the Eureka Stockade are explored as participants learn how to find their voice.		3 hours	



Indigenous Perspectives

Program Name	Description		Year Group	Duration	Curriculum Link
Grass Trees & Bogong Moths – Bushwalk	Learn about the world’s oldest continuous cultures and why Tidbinbilla is a significant place for the Ngunnawal Peoples. Visit the Birrigai Rock Shelter where evidence of Aboriginal habitation has been found dating back over 25,000 years. Discover bush food and medicines, learn about traditional tools and how to find an animal by observing tracks and scats. Learn about the Bogong moths and their flight to the mountains each year and how they were used by the Ngunnawal people.		P – 12	3 hours	Geography History Humanities & Social Science Science
‘The Wombat’s Songline’ Program is in TRIAL & TRAINING phase - discount for day programs may apply	Students learn a song about a wombat’s journey to guide their own travel and learning on Ngunnawal Country. They develop an awareness and appreciation of Aboriginal and Torres Strait Islander knowledge sharing storytelling traditions through the concept of Songlines. Students learn how reading Country can tell us about changes in weather and how the plants can help us when we are hurt or sick. They learn about caring for Country and celebrate their new knowledge by cooking and sharing stories around a campfire.		P – 1	3 hours	History Humanities & Social Science Science
The River Program is in TRIAL & TRAINING phase - discount for day programs may apply	Inspired by Sally Morgan and Johnny Warrkatja Malibirr’s picture book, ‘The River’, this program connects students to Ngunnawal Country, following a Birrigai waterway. Students walk a sensory journey alongside the creek bed to explore and learn more about its features, plants, animals, and their connections to each other. The program finishes with time for students to connect further with Country and their learning through bush play and opportunity to contribute to Birrigai creek Landcare projects		K - 1	3 – 4 hours	History Humanities & Social Science Science

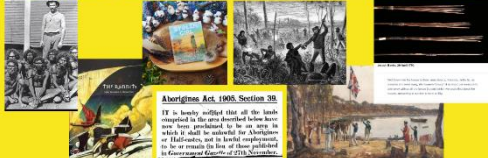
<p>Shelter Building</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>Investigate how First Nations Peoples' knowledge was used to inform the architectural design of traditional housing and shelters, their orientation and choice of materials. Participants discover the four main types of shelters built by Indigenous Australians and learn to construct a shelter.</p>		<p>K - 8</p>	<p>3 hours</p>	<p>History</p> <p>Humanities & Social Science</p> <p>Science</p>
<p>Our on-Country Bush Journey</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>Like Sam in Sally Morgan and Ezekiel Kwaymullina's story 'Sam's Bush Journey', students go on a journey of discovery developing knowledge and exploring skills about living and caring for Ngannawal Land. Following a walk on Country that explores themes of the story, students have the opportunity to reflect on their personal connections to Country. They will engage with a range of cultural activities that First Nations Peoples have been practising for thousands of years</p>		<p>1 - 2</p>	<p>3 - 4 hours</p>	<p>History</p> <p>Humanities & Social Science</p> <p>Science</p>
<p>First Nations Campfire focus, Seed Grinding, Bush Tea & String Making</p>	<p>Enjoy a campfires session where participants build and cook on open fires. This can include making wattle seed damper and lemon myrtle tea. Create string bracelets with raffia string using traditional Aboriginal methods and add decorations such as seed pods or beads.</p> <p>Ask our Birrigai staff member about including Indigenous fire management perspectives to this program.</p>		<p>3 - 12</p>	<p>3 hours</p>	<p>History</p> <p>Humanities & Social Science</p> <p>Science</p>
<p>Let's Stick it Together</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>Explore the use of resins and gums as adhesive tools with Aboriginal knowledge of chemical science. Students go on a bushwalk to a Grass Tree forest and learn the importance of this plant in the landscape and its traditional uses by Aboriginal people as a source of resin.</p> <p>Students then conduct a Science experiment to determine how strong a bond is formed when resin is used as an adhesive.</p>		<p>3-10</p>	<p>3 hours</p>	<p>History</p> <p>Science</p> <p>Humanities & Social Science</p>

<p>First Nations Plant Use</p>	<p>Groups will enjoy a beautiful walk in the bush and learn to identify a range of plants and how they are traditionally used in Aboriginal culture.</p>		<p>3 – 12</p>	<p>3 hours</p>	<p>Geography History Humanities & Social Science Science</p>
<p>Science of Spears</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>Experience and explore the design and construction of spears and spear throwers with Aboriginal and Torres Strait Islander knowledge and physics. Students discover how Aboriginal Australians considered many variables in the design and construction of spears and woomera, including force, mass and acceleration. This program has junior (K-4) and senior (5-10) options.</p>		<p>K – 4 5 - 10</p>	<p>3 hours</p>	<p>History Science Humanities & Social Science</p>
<p>First Nations Program – the nature and consequence of colonisation</p> <p>Program is in TRIAL & TRAINING phase - discount for day programs may apply</p>	<p>Through and immersive simulation activity, students explore what life was like for First Nations Peoples before 1788. Students then participate in an interactive workshop to explore the nature and consequences of colonisation of First Nations Peoples, on their ways of life, culture, and Country. The interactive workshop concludes with reflection on learning from the program (the story so far) and what actions can be taken towards reconciliation (our role in writing the ongoing story).</p>		<p>3 – 12</p>	<p>4 -6 hours</p>	<p>Geography History Humanities & Social Science Science</p>

Part One – The story before 1788



Part Two–Nature and Consequence of Contact



Aboriginal Act 1905, Section 38
 It is hereby enacted that all the lands mentioned in this section shall hereafter be and are hereby proclaimed to be an area which is added to the Aboriginal reserves, and to be held in trust for the benefit of the Aboriginals in that area.

Part Three – Action Towards Reconciliation




Creating with Country

The 'Creating with Country' programs are designed to engage students with natural settings and build deeper conceptual understandings and respect for natural environments. Indigenous perspectives can be readily and authentically interwoven into Creating with Country sessions.

Program Name	Description	Year Group	Duration	Curriculum Link
Sensory Journey Sticks Program is in TRIAL & TRAINING phase - discount for day programs may apply	Students are taken on a bushwalk (60-90 minutes) where they connect and explore Country through a range of fun activities that engage their different senses. Making and drinking bush tea, creating a sound map, exploring the miniscule of nature with hand lenses are just some of the activities offered. During the walk, students create a journey stick by attaching natural bush items to tell the story of their walk and what they discovered. This program works well combined with a Nature Art add-on session.	P - 4	1 - 2 hours	Arts Humanities & Social Science Science
Nature Art Program is in TRIAL & TRAINING phase - discount for day programs may apply	Students use natural materials to create a wide range of masterpieces individually or collaboratively. Clay nature pendants, ephemeral artworks, plant dye flags, string making, and bush weaving, charcoal drawings, bush potions, bush shelters, and bush cooking are just some of the many options available for students to get creative across a wide range of activity stations. This program can be combined with a bushwalk to collect natural bush treasures to create with.	P - 10	2 - 4 hours	Arts Humanities & Social Science Science
Landscape Writing Program is in TRIAL & TRAINING phase - discount for day programs may apply	Let the Birrigai landscape inspire great writing! This is a targeted program tailored for different age groups that explores the use of nature to inspire creative writing, storytelling, and reflections about Country. There are many options to scaffold students in, so they feel confident to allow creativity to flow.	2 - 12	1.5 - 3 hours	Arts English