



Immanuel Lutheran College

Walk as Children of the Light



Mt Binga Outdoor Education Centre Parent Handbook

Contents

Attendance	3
General Information	3
The Mt Binga Experience	3
Mt Binga's Mission Statement.....	3
Mt Binga's Values.....	4
Dates for 2025	4
What to Expect.....	5
Living and Learning	5
What to Bring to Mt Binga.....	6
What Not to Bring	7
Things to Note	7
Medical Issues	7
Directions to Mt Binga - Do Not Follow Google or Apple Map Directions.....	8
Contact Information	9
Please be Aware	9
Checklist for Mt Binga.....	9
Appendix	10
Wellbeing Guidelines - Camps and Excursions.....	10



Mt Binga is very much a part of the life of Immanuel Lutheran College. While it is a separate and less formal campus, it is owned and operated by the College and strives to enrich and enhance the experience of our students. The staff of Immanuel, including those who live and work at Mt Binga, believe and trust that this experience will offer your child a unique and long-remembered experience that will aid his/her personal and spiritual development.

Attendance

Mt Binga is a pinnacle experience of an Immanuel education. It is instrumental for the formation of a senior cohort, is formative to the process for student leadership positions and creates lasting memories that cannot be replicated. Mt Binga aims to provide independence, connection, and challenge. Therefore, it is compulsory that all students attend the Mt Binga camp, which forms part of a student's mandatory schooling. Likewise, students are to attend for the full four weeks to achieve the desired outcomes and to avoid disruption to the program and for camp providers. We understand that there are sometimes extenuating circumstances to be considered. Elite level sporting competition, such as state level sport or equivalent, or significant medical matters can be catered for. To be considered for such a departure, applications must be in writing and addressed to the Head of Secondary School.

General Information

The aim of this handbook is to introduce you to Mt Binga, its location and lifestyle, and to inform you of the aims and learning experiences that students will enjoy. The booklet also provides you with information on what to include and exclude in your preparations for the camp.

A feature of the camp for many is the fact that it is based on the natural aspects of daily living. Mobile phones, MP3 players, iPods, computer games, radios, soft drinks, chewing gum and sweets are not permitted. All food is provided; however, students will be rostered to prepare, present and clean-up after meals under staff supervision. The emphasis is on community living, and making your own entertainment. It will be the responsibility of everyone to care for their own belongings.

Parents are informed the year before of the dates that each group will be away at Mt Binga. There is a full briefing for parents and students in Term Four of Year 9. Any concerns that parents have about the Mt Binga program must be discussed with the Head of Secondary School prior to the completion of the preceding year (2024 for 2025).

There is no reason for students to bring money with them as there is nothing to purchase at Mt Binga. Students should ensure that they bring a sufficient amount of consumable items such as batteries, stationery, stamps, etc., to last them for the duration of the camp.

The Mt Binga Experience

Mt Binga has several resident staff members, with the Head of Mt Binga being responsible for the effective running of the site. Mt Binga staff have a great deal of experience in outdoor education and youth ministry, which fosters an environment of personal and spiritual growth. House Group Teachers from the College may visit Mt Binga during the group's stay. This ensures that the College has first-hand experience of how our students are performing.

The Mt Binga Outdoor Education Centre was established by St Peter's Lutheran College as part of its outdoor education program in the early 1980s. In 1984, Immanuel was able to acquire one week of Mt Binga time for each of its Year 10 classes. In 1995, Immanuel took over management of the site and since then the College's outdoor education program has evolved into a month-long program for all Year 10 students.

Mt Binga is committed to providing a distinctive Christian experience based on the unconditional love of Jesus Christ. It is hoped that all who participate in the Mt Binga program develop a deeper, spiritual understanding of living with God and all that He created.

The experience is also designed to build personal growth based on a lifestyle that promotes community effort. By working as part of a community, individual strengths and gifts are brought to the forefront allowing each person to build confidence and self-esteem while at the same time developing valuable life skills.

Mt Binga's Mission Statement

Mt Binga exists to empower, motivate and challenge young people to discover their potential.

Mt Binga's Values

Mt Binga provides an opportunity for students to participate in activities they may never otherwise have had the chance to do, or do again.

- Challenge Ourselves
- Collaborate
- Engage In Community
- Persevere
- Respect Our Environment
- Show Initiative
- Take Responsibility
- Show Gratitude

The Mt Binga program focuses on five key elements:

Personal Development - developing a sense of confidence, independence and responsibility to others

Authentic Community – appreciating the importance of family and friends

Spiritual Experiences – appreciating God's presence and all that He created

Leadership Development – providing opportunities for personal responsibility, to serve others and demonstrate character

Environmental Appreciation – becoming more aware of the people and places around them and the impact they have on this environment.



Dates for 2025

Group 1: Tuesday 4.2.25 to Saturday 1.3.25

Departure: Immanuel Lutheran College (Bus Turnaround)

Family Day and Return: Saturday, 1 March 2025

Group 2: Tuesday 4.3.25 to Saturday 29.3.25

Departure: Immanuel Lutheran College (Bus Turnaround)

Family Day and Return: Saturday, 29 March 2025

What to Expect

During their stay at Mt Binga, students participate in the following activities.

- High Adventure Activities
- Agricultural skills
- Attending and preparing Worship/ Devotions
- Outdoor adventure program
- Feeding and handling livestock e.g. milking cows
- Horse riding
- Camp oven cooking
- Gardening
- Navigation/ orienteering through bushland
- Hiking
- Cross country running/ sporting games
- Solo campout
- Challenge activities
- Community living tasks
- Preparing food
- Manual labouring tasks e.g. building projects
- Cleaning dorms
- Washing clothes
- Participate in group trust activities

All students participate in one four-day hike. All hikes are staff accompanied; however, student initiative and leadership is encouraged. The hike is through countryside surrounding Mt Binga. Students undergo map and compass work prior to the hike, as well as preparing food and camping equipment for their trek.

In addition to the hike, students experience a twenty-four-hour solo experience. The solo takes place during the latter part of the course, once the students have become familiar with the bush and gained confidence in their survival skills. Please note that members of staff are in close proximity at all times.

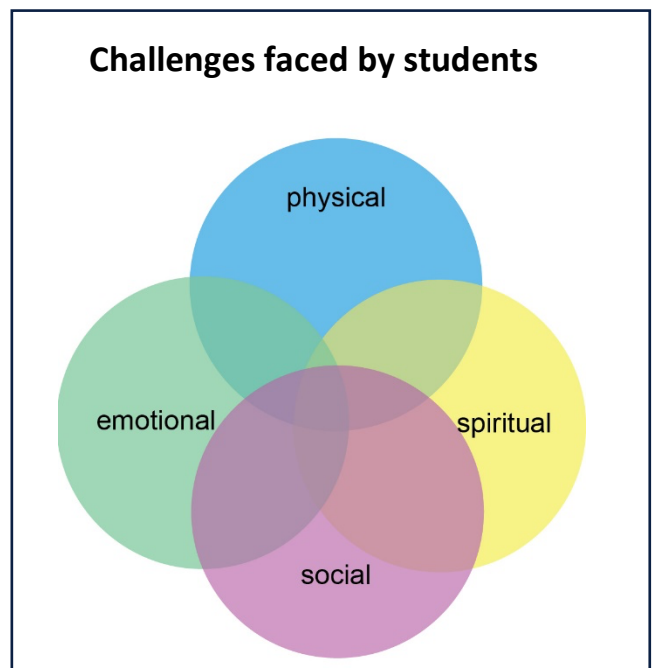
Living and Learning

The challenge of living together and learning to cook, clean, wash and endure the strengths and weaknesses of other students are valuable experiences for Year 10 students. Mt Binga makes every attempt to develop trust and understanding through interpersonal relationships and the development of community spirit. The fostering of Christian ideals is an important part of the community life of Mt Binga and students participate in morning and evening Devotions on a daily basis. They are encouraged to take some leading part in these Devotions and the regular Sunday services which are held at Mt Binga. God's presence at Mt Binga is deeply felt.

A Typical Day in Camp

6.00am	Wake-up
6.30am	Morning prayer, fitness and jobs
8.00am	Breakfast and Cleaning
9.00am	Dorm group meeting, assembly and reflection
10.00am	Program activities
12.00pm	Lunch
1.00pm	Program activities
3.30pm	Afternoon jobs
6.00pm	Dinner and Cleaning
7.00pm	Evening program / free time and letter writing/ Shower time
9.00pm	In Rooms ready for bed
9.30pm	Bed time, quiet and lights out

Challenges faced by students



What to Bring to Mt Binga

Ensure all items are clearly marked with your name.

CLOTHING

- 7 Sets of underwear
- 7 pairs of dark-coloured socks
- 4-6 pairs of shorts
- 4-6 t-shirts or polo shirts
- 2-4 pairs of jeans/leggings
- 2-3 long sleeve shirts (collared)
- 2-3 jumpers
- 1 jacket
- 1 rain jacket
- 1 broad brimmed hat
- 1 beanie
- 2 sets of pyjamas
- 2 track suit paints
- 2 reusable shopping bags
- 4 heavy duty garbage bags

OTHER

- 2 dark towels
- 2 fitted single sheets
- 2 flat sheets
- 1 GOOD QUALITY COMPACT sleeping bag
- 1 blanket or duvet
- 1 foam or inflatable roll mat (NOT A 4WD STYLE INFLATABLE ROLL MAT) Students are required to carry this in their back pack
- 1 pillow + 2 pillow cases
- 1 pair of thongs/slides
- 2 pairs of good joggers
- 1 pair of mud boots
- 1 pair of WORN IN hiking boots
- Sunscreen
- Personal toiletries - toothbrush, toothpaste, soap, shampoo, **non-aerosol** deodorant
- Insect repellent – **non aerosol**
- Washing powder - environmentally friendly brands please (look for grey-water approved)

DAILY LIVING

- Pegs
- Any medication that you may need – clearly labelled and in original packaging or in a Webster Pack for students taking multiple medications daily
- Sunglasses
- Day Pack

CAMPING

- Torch and spare batteries
- Water bottles - 4L capacity minimum. (Golden circle juice or cordial bottles are ideal. Cheap water bottles from BCF, Anaconda, Kmart etc break easily)
- NOTE: Hike packs are supplied



STATIONERY

- Bible
- Books, novels
- Pens, coloured pencils and two exercise books
- Stationery, stamps and envelopes for letter writing

OTHER

- Musical instruments (optional)
- Playing Cards, board games

MEDICATION

- ALL medication is to be clearly marked in a zip lock or in a pharmacist supplied Webster Pack (when taking multiple medications daily) bag along with instructions and handed in to the Mt Binga staff upon arrival. A Pharmacist's prescription sticker is required for all scheduled and prescribed medications.
- You DO NOT need to provide any Paracetamol, Ibuprofen, Antihistamine, Band-Aids

What Not to Bring

- Mobile phones, laptops, iPods, MP3 players, computer games, radios, Vapes, all electronic devices
- Sweets/lollies, chewing gum, chocolates, soft drink, junk food etc
- Any aerosol packs - only pump type or roll on deodorants are acceptable
- Knives, multi-tools and other potentially dangerous implements
- Makeup
- Digital Cameras

Things to Note

Normal College expectations apply to students found with cigarettes, vapes, alcohol or illicit substances whilst at the Mt Binga campus. A serious breach of rules will result in students being sent home from Mt Binga, possibly with further sanctions.

The Mt Binga staff members are not able to take responsibility for valuable items that are on the "What not to bring" list. Do not expect consumables to be returned. PLEASE LEAVE THEM AT HOME.

Please bring old clothes, as clothing can get very dirty. White t-shirts are not recommended. Clothes and belongings need to be clearly named.

Willful damage to property and equipment will be added to the College fee account.

Medical Issues

Every student will be required to complete an online medical and consent form prior to leaving for Mt Binga. It is important that the medical information is current, the Medicare number has been filled in and that dental checks and tetanus shots are in order before students leave for Mt Binga. All Mt Binga staff hold current First Aid certificates. A doctor at Crows Nest, the Nanango or Kingaroy Hospitals or the Toowoomba Base Hospital attends to all other medical needs. Please be specific and clear about the supply and dispensing of all medication, pain relief, prescription drugs etc. When the student takes multiple medications daily, parents must supply the medication in a **pharmacist supplied WEBSTER PACK**. These will be held in the First Aid room and dispensed as directed in accordance with Work Health and Safety requirements.

Directions to Mt Binga - Do Not Follow Google or Apple Map Directions

Mt Binga is a former forestry camp set in the beautiful Blackbutt Ranges. It is located some 24 kms from the township of Blackbutt, which is on the Kilcoy-Yarraman Road. The trip to Mt Binga takes about 2 hours from the Sunshine Coast.

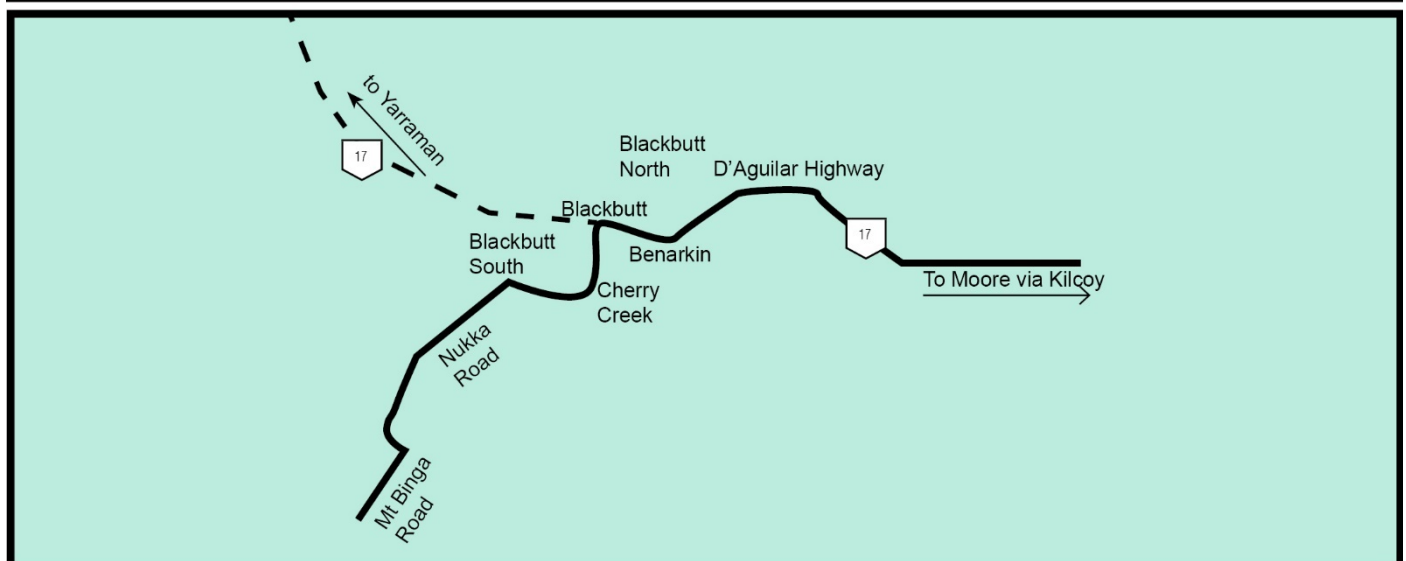
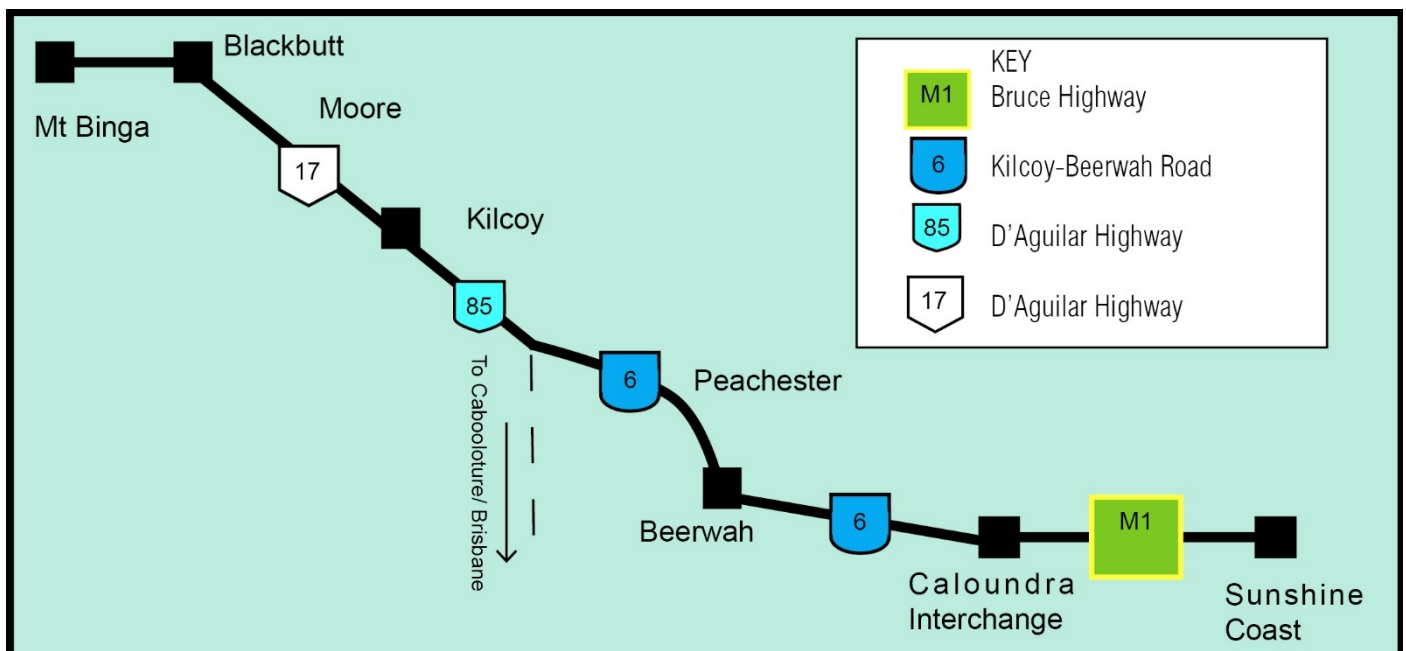
Directions are as follows:

1. Take the road to Kilcoy.
2. Take the D'Aguilar Highway to Blackbutt from Kilcoy.
3. At Blackbutt turn left at Hart Street and follow the Blackbutt/Crows Nest Road.
4. Travel approximately 24 kms
5. Turn right at the Immanuel Lutheran College-Mt Binga Campus sign.
6. Follow this road straight up into the State Forest crossing over the cattle grid.
7. Google and APPLE maps will not take you on the most direct route

Please exercise care on the Blackbutt - Mt Binga Road. Logging trucks travel on this road (even on Sundays).

Please see the Mt Binga website (www.mtbinga.com.au) for more information.

SUNSHINE COAST to MT BINGA - 148 KMS - 2 HOURS (approximately)



Contact Information

Head: Mr Dave Schefe
Mt Binga Outdoor Education Centre
13 Mt Binga Road QLD 4306
T: (07) 4163 0352
M: 0429 013 464
E: schefed@mtbinga.com.au

Postal Address
Mt Binga Outdoor Education Centre
13 Mt Binga Road
Mt Binga Qld 4314
(Mail is delivered on Monday, Wednesday and Friday)

Please be Aware

The phones at Mt Binga are not for student use.

Students are encouraged to write letters and they enjoy receiving mail from their family and friends.

Students need to bring their own stationery, envelopes and stamps.

Letters and parcels from parents, family and friends are not to contain any foodstuffs (including chewing gum) or other items that are on the "What not to Bring" list.

Checklist for Mt Binga

Please complete this checklist as part of your preparations:

4 weeks prior to departure

- ✓ Both student and parent have completed the consent form
- ✓ All sections of the medical form have been completed
- ✓ These forms can be resubmitted prior to attending if any new relevant information becomes known.

The night before departure

- ✓ Check off the packing list
- ✓ Medications (if needed) - in clearly marked zip lock bag in original packaging or in a pharmacist supplied webster pack
- ✓ Parent/s and student know contact details for postage

After your child has left for Binga

- ✓ Write letters to your child at least once a week
- ✓ Notify Mt Binga of any changes to emergency contact details



Appendix

Wellbeing Guidelines - Camps and Excursions

Purpose

Camps and excursions provide invaluable opportunities to extend learning beyond the confines of the classroom. They are an essential aspect of the College endeavour that the “whole person is the whole point”. To ensure a positive experience for all students, safety and wellbeing are deemed a priority.

Scope

The Wellbeing Guidelines - Camps and Excursions aims to ensure a duty of care at all Secondary School camps is extended to all Years 7 to 12 students in attendance, the accompanying staff (Buderim and Mt Binga campuses), all service providers and to any interactions with members of the community.

Student Wellbeing – Identified Risk

It is important that key camp and excursion staff are aware of students whose state of wellbeing places them at risk of self-harm. It is an expectation that parents/caregivers will provide this information via the following important processes, shared prior to attending the camp/excursion:

- College medical records are accurate and updated by parents (either via SEQTA Engage or by sending an email to the College with supporting documentation).
- Requested medical forms are completed with accuracy, e.g. Mt Binga Medical Information Form.
- A medical certificate that deems the student fit to attend.
- A safety plan, as prepared by a medical practitioner.
- Contact details of the medical practitioner (family doctor, psychologist, counsellor, etc.).

Identified Risk - Procedures

If, during the camp/excursion, it becomes evident that a student is self-harming or is at risk of self-harming, then the camp/excursion leader will immediately enact the following:

- The student will be withheld from their participation in activities, the procedure will be explained, and a member of staff will be assigned to their care and supervision.
- Emergency services will be contacted in the event of more serious incidents.
- Communication to the College will occur via the College Counsellor, Head of Secondary School, and/or House Leaders
- Communication to parents/guardians.
- Communication to the family's/guardian's identified medical practitioner, if warranted.
- Following the communication process and if the risk is deemed low-level, then the student will be able to remain on the camp/excursion. However, the student will be withheld from further camp/excursion activities, until a medical clearance has been obtained from a doctor, confirming their safe participation.
- If the level of risk is deemed unsafe for the student to continue on the camp/excursion, then one of the following two procedures will be followed at the discretion of the camp/excursion leader:
 - An ambulance will be requested, and the student will require immediate hospital support. A staff member will accompany the student to the hospital until parents/guardians arrive.
 - Or, parents/guardians will be required to collect the student, in a timely manner, to seek further professional support. The student will require a medical certificate deeming them fit to return to school and/or the camp (at the discretion of the Head of Secondary).
- The College values any medical information that better enables their ongoing support for the student.

Behaviour

Behaviour on camps/excursions is expected to be consistent with that which occurs at the College campus. It is expected that students engage respectfully with College staff, service providers and their fellow peers. Furthermore, that they adhere to all instructions as shared in the best interests of the welfare of themselves and others, and the program's objectives. It is understood that a greater level of responsibility is expected at Mt Binga due to the independence required by students.

In the event of low-level behavioural concerns (e.g. continuous interruptions or disrespectful behaviour etc.) the staff will:

- Engage in a restorative conversation with the student, explaining concerns and establishing expectations to move positively forwards.
- Consider a reflective timeout for the student. The student may be withheld from an activity to reflect on their choices and the impacts these have on others. They may be required to develop a solution to help restore the situation.
- Continued low-level patterns of behavioural concerns will be communicated to the camp/excursion leader, who may consider changing the student's group and/or dorm arrangement. The camp/excursion leader will contact parents/guardians. These instances will be communicated to the relevant House Leader at the College for recording on the student's file.

In the instance of elevated levels of behavioural concerns (e.g. student behaviour that jeopardises the safety of themselves or others, students entering into others' dorm rooms without staff permission, behaviour that severely undermines the intentions of the staff and/or programs, or participation in illegal activities, etc.), the Camp/excursion leader will enact the following:

- The student will be immediately withheld from all activities and supervised by a member of staff.
- The student will complete a reflection form.
- The College will be contacted: House Leader or Head of Secondary School.
- The camp/excursion leader will contact the student's parents/guardians to inform them of the situation, the actions being followed, and advise that a decision on a consequence will be forthcoming.
- In consultation with the Camp/excursion leader, the Head of Secondary School will determine whether the student will be eligible to continue with the camp/excursion or be withheld from further participation. The Head of Secondary School will notify the parents/guardians of the student.
- If the student is eligible to remain on the camp/excursion, then a conference call will be scheduled between the student, camp/excursion leader and parents/guardians, to outlay the conditions and expectations of continued participation.
- If it is deemed unsuitable for the student to remain on the camp/excursion, then suitable arrangements will be established for their timely return to the College. If the student is to remain overnight on the camp, then suitable accommodation arrangements will be determined by the Head of Secondary School, in consultation with the camp leader. A re-entry interview will be scheduled with the Head of Secondary School, prior to the student's return to normal College routines.
- Additional support will be offered via the College Counsellor.



Immanuel Lutheran College

Walk as Children of the Light

126-142 Wisers Road
Buderim Q 4556

T: 07 5477 3444
E: ilc@immanuel.qld.edu.au

www.immanuel.qld.edu.au



A co-educational school owned and operated by
THE LUTHERAN CHURCH OF AUSTRALIA
QUEENSLAND DISTRICT CRICOS Provider: #01457C