

NAVIGATE



Veterans' Paddle



EXPLORE THE OUTDOORS WITH OTHER VETERANS

TAKE TIME OUT TO REST, REFLECT, RE-SET



The Navigate Program

The Navigate Program is a free outdoor adventure program that works with the Veteran community to provide meaningful support to Veterans as they navigate civilian life.

Supported by the Victorian Government and guided by Veterans, the Navigate Program is an evolving initiative of Adventure Works Australia (AWA) and Geelong Adventure Specialists (GAS).

What is involved?

GAS & AWA are looking for Veterans to join this innovative program. People who join will get the chance to experience the health and wellbeing benefits of time spent outdoors, as well as contribute to how the program is designed and offered to future groups.

Participation includes:

- two introductory adventure days, meeting other team members and getting outdoors;
- a three-night canoeing journey, with campfires, great food & company; and,
- one follow-up adventure day, to capture and share the highlights of the program together.

Participating Veterans will have the opportunity to:

- participate in, and comment on all components of the program; and,
- share personal insights with the team about how the program might help/hinder other Veterans to improve their health in various areas including mental health, physical health and social health.

When is it?

June – July 2024, Recruitment.

July - August 2024, Information dissemination and planning.

September - October 2024, Program dates to be confirmed.

November 2024: Follow up evaluation with participants.

How much?

The Program itself is free.

Supported by the Victorian

Government, Office for Veterans.

Geelong Adventure Specialists & Adventure Works Australia

Program contact: (03) 5222 1431

<https://adventureworks.org.au/navigate/>

<https://geelongadventurespecialists.com.au>

