



GEN Z:
MIND SHIFTERS

Round Square Conference

7 - 11 April 2019

Activity Days Pamphlet

Overview: As part of the Round Square Conference, participants are being offered the opportunity to participate in a variety of workshops.

Details: **Environment Day - Monday 8 April**
Delegates will participate in 2 x 90 minutes sessions, one in the morning and one in the afternoon.

Adventure Day - Tuesday 9 April
Delegates will participate in an adventure-based activity on the Mornington Peninsula.

Community Partnerships Day - Wednesday 10 April
Delegates will participate in a program with one of our community partners.

Process: All sessions are elective-based using an online ballot program. Delegates will need to select 6 preferences for each activity day: Environment, Adventure and Community Partnerships. Following the ballot process, some Adventure activities will require additional waiver forms to be completed by parents.

Environment Day Activities

Australian Bush Nature Experience

This experience will take place in the *Langwarrin Fauna and Flora Reserve* just a 5-minute bus drive from Woodleigh School. Langwarrin Flora and Fauna Reserve is an island of relatively undisturbed natural bushland surrounded by the suburbs of Frankston and Langwarrin. It is used for recreational activities and is a haven for native wildlife. The Reserve also has an important place in history with an almost 100-year military use spanning from 1886 to 1979.



Delegates will be led by Woodleigh staff and Parks Victoria Ranger, Alison Bolden, through the natural bush setting via vehicle and walking tracks. Along the way we will be participating in environmental engagement activities, observing and identifying native bush and wildlife. This activity offers delegates the opportunity to reflect on the importance of preserving natural environments and strategies for achieving this.

Eco Crafts to Help Save the Planet

In this workshop, delegates can explore how they can help make a positive difference to the world through a combination of activities that consider the effect of self, others and the environment. You will have the opportunity to make and keep your own soy wax candle, scented with essential oils using repurposed glass jars. You will also learn the process of making beeswax wraps, a sustainable alternative to single-use plastic such as 'cling-wrap', using funky fabrics and beeswax. We will identify the connection between the materials used in the production of these eco craft items to develop an appreciation and understanding of how they contribute to the sustainability of the planet.

Environmental Monitoring and Action

This activity will take place in the Brian Henderson Wildlife Reserve at Woodleigh School and in the native gardens on campus. The Reserve currently holds population of Eastern Grey Kangaroos, two Emus, Swamp Wallabies, a breeding population of the endangered Brush-tailed Rock Wallaby, a breeding population of the endangered Rufous Bettong and Eastern Barred Bandicoots retired from a breeding program. We have also held breeding populations of Eastern Quoll, Southern Brown Bandicoots and Squirrel Gliders.

The Reserve and the beautiful native gardens on campus give us plenty of opportunities to investigate the environment. Delegates will participate in a number of activities, including learning how to collect native plant seeds from around the Reserve and the school gardens, prepare those seeds for planting and plant out the seeds. You will also discover how to identify native animals from their scats and how to measure water quality by identifying the bugs and by conducting chemical tests.

How the Environment Shapes Your Perspective

In this workshop, *Sean Choolburra* will take delegates through a workshop that will help them realise how much their daily environment shapes their perspectives on the world.

Sean is a dynamic and versatile comedian, rap singer, dancer, storyteller, actor & hip-hop didge player. He has performed at the Sydney Opera House and the Melbourne Comedy Festival with his one-man show, *Oil of my Land*, which drew on his life experiences as an Aboriginal growing up and gave him the perfect opportunity for blending his skills as a dancer and didge player.

Hailing from Townsville, Sean has an established career as a dancer: he created the Ngaru Dance Company, and performed all over the world with the Bangarra Dance Company, including by invitation for the Dalai Lama, Hale & Pace and Prince Charles.

Introduction to Aromatherapy

Plant based remedies have been used for centuries across all cultures to cure the body, mind and soul. In this workshop, delegates will learn how important the environment is for human wellbeing. The wondrous properties of essential oils will be demonstrated, how to blend them safely and the different ways they can be used to enhance health and wellbeing. With an emphasis on using aromatherapy to help with a myriad of different ailments, you will learn which oils can be used to help alleviate stress, treat insomnia, improve concentration and stimulate the immune system. Harnessing the power of plants, aromatherapy is a beautiful way to improve wellbeing in a way which treads gently on the earth. Delegates will take away a perfume roller with a signature scent they have blended themselves.

Living Culture – Indigenous Perspectives

Lionel Lauch from *Living Culture* has been educating and healing individuals on the Mornington Peninsula over the past decade. Lionel is passionate about sharing his knowledge of Indigenous culture, spirituality and use of the natural environment. Lionel will take delegates on a guided walk around the school grounds where they will gain an understanding of Indigenous Culture and discover what First Nations People used from the bush for everyday food, medicine and utensils, in an ancient time where no modern amenities were available. He will explain and show the use of artifacts and different things that the land has to offer.



Environment Day Activities

Making Music from Junk

This workshop will see delegates explore the power of expressing important ideas, such as sustainability, through music. You will work with Mal Webb, a vocal adventurer, multi-instrumentalist and looping beatboxing songwriter, and Kylie Morrigan who provides violin and voice in a perfect balance to Mal's nuttiness. Drawing on your thoughts on sustainability, you'll write a song together. Mal sings his brain-provoking songs using all sorts of vocal techniques, guitar, mbira, slide trumpet, trombone, chromatic harmonica and a loop recording pedal called Derek. Their arrangements are intricate and playful and their music stomps all over stylistic boundaries. Find out more about Mal and Kylie [here](#).

Mal will teach all the ways the face can make sounds and how to use those sounds, plus the sounds of leaves, bottles and other found objects, as music, to be incorporated into the song. This will culminate in a group-devised personal anthem of sustainability!

Monash University Precious Plastics

This hands-on workshop will help delegates to understand recycling, raise awareness of waste minimisation and how we can all work together to reduce the waste we put into our planet. You will work with a team of Monash University Engineering students, who, through the [Precious Plastic Monash program](#), have taken on the mission to tackle plastic pollution, by recycling waste into valuable, useable products.

A plastic prototype machine was developed by [Dave Hakkens](#) when he was a student at The Design Academy in Eindhoven. Hakkens was concerned by the volume of plastic waste going to landfill and not being recycled into useful products (just 10% of the plastic we use is recycled). Monash Engineering students came across the online published blueprints of Hakkens' machines and created their own.

Delegates will learn about how the actions of humans are impacting the earth and, using the Precious Plastic machine, create a useful product made from plastic waste. You will also be exposed to strategies that you can take back to your own school to bring about change. Let's work together to make a difference to the environment.

Nature Inspired Art

In this creative art workshop, leading local fibre artist, [Zetta Kanta](#), will guide delegates to make a large woven and felted tapestry. You will participate in the weaving process and then assist Zetta with felting. The tapestry will be woven using tactile textures from raw sheep fleeces and hand-spun yarns. Zetta has previously thoroughly enjoyed working with young people to make these amazing communal art projects. Once complete, the tapestry will then be a centrepiece at the Round Square GenZ communal tent as a celebration of the beauty of nature, and as a tactile and sensory piece of art.

Adventure Day Activities

Beginner Surfing Lesson

The Mornington Peninsula is home to a wide variety of surf breaks. You will travel to Pt Leo on Westernport Bay where the team from [East Coast Surf School](#) will introduce you to the sport of surfing during a 2 hour lesson. Wetsuits, surfboards, booties and helmets will be provided. Those delegates who are allocated to this activity will need to bring bathers, sunscreen, drink bottle and towel, as well as warm clothing to change into in case the weather is cold. Please note East Coast Surf School require a medical indemnity form to be completed by parents/guardians prior to participation.



Bushrangers Bay Indigenous Walk

The Mornington Peninsula is home to the Boon Wurrung/Bunurong people of the Kulin Nation, who have lived here for thousands of years and who have traditional connections and responsibilities for the land we walk on. Join Lionel Lauch from [Living Culture](#) on a guided walk down to Bushrangers Bay.

'On our guided walks, our aim is to empower, educate and engage all different folks from different backgrounds and ages and bring them in close contact to the land. On our walks we can show in a practical way, what the traditional people have known and used for everyday food, medicine and utensils from the bush, in an ancient time where no modern amenities were available. We explain and show the use of artifacts and different things that the land has to offer.'

The walk is approximately 5km in rough terrain. Those delegates who are allocated to this activity will need sturdy walking shoes, drink bottle, snacks and clothing appropriate for changing weather conditions.

Point Nepean Bike Ride

Taking in the stunning views of the Mornington Peninsula, delegates will participate in a 3-hour bike riding tour through Point Nepean National Park covering Fort Nepean and the Quarantine Station. You will learn about the history of the area in terms of immigration, quarantine and defence and you may also spot some local wildlife which may include bottlenose dolphins frolicking in the water, Australian fur seals playing out on rock formations, echidnas and colourful rosellas. Those delegates allocated to this adventure will need to bring warm clothing in case it is cold and a wind-proof/water-proof jacket, as well as sunscreen and a hat. You will need comfortable shoes to ride in and to walk around the Fort.

Port Phillip Bay Boat Ride

This experience will give delegates an opportunity to explore Port Phillip Bay on a 3-hour sailing and sightseeing charter. You will see Australian fur seals and if you are lucky you may see our resident pod of dolphins and learn about the unique Victorian marine life. Please bring warm clothing in case it is cold and a wind-proof/water-proof jacket, as well as sunscreen and a hat.

Sea Kayaking

Sea Kayaking is a great way to explore the coastline of the Mornington Peninsula in a fun and healthy way. Using eco-friendly and quiet kayaks gives you an opportunity to encounter dolphins, seals and penguins up close as you paddle around. This 3-hour experience covers the Dolphin Sanctuary, Quarantine Station and the historical Pt King. Those delegates who are allocated to this adventure will need to bring bathers, towel, sunscreen and a hat, as well as warm clothing to change into in case it is cold.

Snorkelling with the Weedy Sea Dragon

Go below the waterline on a 3-hour guided tour showcasing the local marine life of Port Phillip Bay, including our famous Weedy Sea Dragon. Experienced guides will demonstrate the basics of snorkelling, covering equipment usage



and terminology, in-water communication, snorkel and free diving skills, as well as information on the marine life you can expect to encounter. Those delegates who are allocated to this adventure will need to bring bathers, towel, sunscreen and a hat, as well as warm clothing to change into in case it is cold.

Stand Up Paddle Boarding - Lesson and Guided Tour Experience

The Mornington Peninsula offers a range of world class locations which are perfect for Stand Up Paddle Boarding adventures, combining a mix of fun and excitement to create lasting memories. This 2.5-hour activity session will see delegates learning the skills of Stand Up Paddle Boarding with an experienced guide before exploring the bay where you may encounter some of the unique marine life. Those delegates who are allocated to this adventure will need to bring bathers, towel, sunscreen and a hat, as well as warm clothing to change into in case the weather is cold.

Community Partnerships Day Activities

Beach Patrol - Beach Clean Up

Delegates will be volunteering on the Mornington Peninsula beaches with a local environmental organisation, Beach Patrol. Beach Patrol is an organised network of volunteers and community beach cleaning groups each originating under and proudly part of the Beach Patrol Movement in Melbourne. Beach Patrol Australia addresses the marine litter crisis through direct action. Direct action involves the engagement of the community via individual suburb based groups to clean their local beach and foreshore and collecting data on the results of each clean up.

Brotherhood of St Laurence

The Schools Engagement Program at the Brotherhood of St. Laurence (BSL) aims to inspire and equip young people to be agents of social change through exploration of social justice and meaningful community engagement. Empathy and genuine human connection are at the core of the program.

This program aims to:

- Increase understanding of poverty and disadvantage in Australia
- Meaningfully engage with individuals experiencing poverty and listen to their stories
- Develop a stronger understanding of current political and social issues
- Develop strong leadership and team-building skills
- Become more familiar with local community services and organisations
- Learn about themselves and develop an appreciation for their own lives
- Learn about the dignity of all people

There will be 2 different Brotherhood of St Laurence excursions that you can ballot for:

❖ Brotherhood of St Laurence Coolibah Community Centre

This excursion will involve delegates planning, preparing and serving a meal to 30 community members at the BSL's Coolibah Community Centre in Fitzroy.

❖ Brotherhood of St Laurence Sunshine Warehouse

This excursion will see delegates travel to the BSL's Sunshine warehouse to help sort donations of clothing and books and learn about social enterprise.

Creating Australian Felt Animals for Aboriginal Bush Playgroups

Delegates will learn the art of needle felting from international felt artist, *Zetta Kanta*. You will create a myriad of small Australian animals that will be donated to Willum Warrain's Aboriginal Bush Play Group. Bush Play Groups are held right across Victoria and support local Aboriginal children and their families. This activity will be held at Woodleigh School.



Nature Links Environmental Landscape Management

Nature Links is an innovative and sustainable program that specialise in bushland conservation, restoration and revegetation of local bushland. Delegates will be learning about the environment on the Mornington Peninsula with a bushland walk and talk, and then follow up with a weed control session working at Moorooduc Quarry in the Mt Eliza Regional Park.

Port Phillip EcoCentre, St Kilda

Pamper the Penguins citizen science excursion involves delegates participating in a habitat restoration activity for the Little Penguin colony at St Kilda Pier. Visiting the colony site, you will learn about the penguins and then try and find them (being wild animals they are not always easy to find). Other activities you will participate in include a shell (mollusc) survey that gathers citizen science data relating to the penguins and climate change, a litter transect (microplastic) activity and a nurdle hunt to explore the human impacts to the marine ecosystem that is Port Phillip Bay and to identify solutions.

World Vision Australia Head Office Visit

Delegates visiting World Vision Australia will see what makes up the operations of the world's largest Child focused NGO. On a visit to World Vision, you will have a tour of the facility, showing how the different departments work in unison to achieve our vision and mission. With over 400 staff at the Burwood East head office, there is a lot going on and a lot to learn about.

After the tour of the facility, we will end in the boardroom where you will be given a short explanation of some of the key programs World Vision run. Delegates will then volunteer their time packing Birth Kits for distribution.

The topics covered on the visit include:

- How Child Sponsorship works and how it is used to alleviate poverty in a whole community
- The focus on health, nutrition, child protection and education
- The involvement of the community in projects to identify needs
- Emergency Response
- Discussion or perhaps a problem-solving scenario that would have them apply what they have learnt to a situation

Delegates will also be challenged to think about an area of social justice that they are passionate about and think about how they can start to make a small impact in their world.