

Dear AT friends and colleagues,

It's now just two weeks until we will meet together at the Stanwell Tops for the Eighth International Adventure Therapy Conference - and we are very excited!

This email provides information to help you make the most of the conference. We encourage you to read through all the details - after all, most of you will be devoting at least five days of your life to this conference!

This email includes:

- **Your registration details** – please check these are accurate
- **What to expect** in terms of culture, program and choices
- **What to bring** - practical things, as well as ways you can add to the atmosphere and ambience of the conference - but read on...)
- **General information** - basic information on location, contact details, registration support, where to find an automatic teller, useful local phone numbers, internet access, meals, accommodation, taking of photographs and merchandise.
- **Getting to and from the conference** - Visa information, arriving and departing, shuttles to and from the nearest train station
- **Conference program** - the '8IATC app' and a suggestion for language translation
- **'International AT Training Survey'** - collecting information on current training around the world
- **Outdoor Ed app** - a handy resource for field-based practitioners
- **Documentary Filming** - filming onsite of an exciting project
- **Where to find more information**

But first, WELCOME! This conference has been more than 3 years in the making and is going to be brilliant. Your active participation will make it even better. We're looking forward to gathering, and looking around to see so many new and old (OK, 'familiar') faces. We look forward to extending our 'circles' and to sharing an inspiring time together.

As conveners and hosts, we wish to help you mentally prepare for the conference by letting you know that you have NEVER EVER been to a Conference like this before. Are you ready for that?

### **What to Expect**

The 8IATC will engage a wide range of participants, including those who live, eat and breathe adventure therapy through to those who are interested in the topic but have little prior exposure to the field.

We take seriously that the first inhabitants of Australia have shaped the spirit of the land and our practices, so elements of Aboriginal culture will be present throughout the conference.

There will be a wide range of activities ranging from 'academic' style presentations to highly interactive and experiential workshops. Other key elements include a strong social program, a book launch, a historical/ retrospective timeline of adventure therapy that will be co-constructed by conference participants, a family program, morning activities for relaxation and wellbeing, and an overall theme of inclusion, heart and collaboration.

The 8IATC is a complex fabric of events. It is worth looking through the whole conference program from cover to cover, to make sure you choose wisely and make the most of your five days.

### **What to Bring**

#### **For your comfort**

Please be sure to look at the suggested clothing and equipment lists provided on the website.

Special note should be made of the recommendation to bring a warm blanket to use at night on

top of the light blanket provided. We also recommend bringing a down jacket and woollen hat, maybe even gloves - and a sunhat! The nights will be cold and warm clothing will help you enjoy everything on offer, day and night. More information on what to bring is provided below.

### **To help you connect with others**

When you pack your bag, make sure you include some clothing, shoes, hats, bags etc. that are special to you because during the conference we will encourage participants to use these items as 'conversation starters'.

### **To help co-construct a history of international adventure therapy**

To help us all understand the rich and diverse evolution of this field on a global scale, participants are encouraged to bring old photos, documents, conference programs and mementos from previous adventure therapy (and related) conferences. A large space will be set up in the conference auditorium where participants post their mementos on a 'history wall' that will emerge as our shared IAT retrospective'. More information is provided below.

### **To have fun**

We also encourage you to bring a frisbee for an international frisbee tournament in the open space, and personal musical instruments so you can join the many possible occasions to play music together in informal spaces. Another recommendation we make is that you consider doing some extra daily stretches between now and then - after all, you've only got two weeks before some pretty raucous social events!

### **To meet your i-needs**

The conference venue is in a relatively isolated rural venue, and with over 400 delegates we are not confident wifi performance will meet everyone's needs. For this reason, we suggest that international delegates purchase a SIM card for your phone with some data allowance. SIM cards are available at Sydney airport. Also, there may be limited power points for charging your devices, so bring a double adaptor from your country to increase the number of electricity points you have available. You may also need a supplementary battery pack for your smartphone.

### **To add to the Conference vibe**

If you would like to contribute to the ambiance and atmosphere for the Conference, you might like to consider bringing along a decoration or art piece of some kind, for placement on tables or walls. We encourage homemade, or a small craft supply donation. Likewise, if you have a skill or talent that you would like to share with people during free time, please get in touch with Kelly: [kelly@aabat.org.au](mailto:kelly@aabat.org.au)

## **General Information**

### **Conference Venue**

The 8IATC will be held at The Tops Conference Centre, one hour south of Sydney. The Tops is set on 200 acres of pristine bushland above Stanwell Park Beach, making it an ideal venue for this conference.

**Address:** 51 Bendena Garden, Stanwell Tops, NSW 2508

**Telephone:** 1800 816 496

**Website:** <http://www.thetops.com.au/>

*Please note, you are not permitted to bring nuts or BYO alcohol to this venue*

## **Registration Support**

Please check in at the Registration Desk upon arrival to receive your registration pack, including name badge and satchel.

The Registration Desk will be open as follows:

Tuesday 28 August            3.30pm - 6.00pm located at the Tops Conference Centre entry  
Wednesday 29 August        9.00am - 10.30am located in the Crawford Room

The Conference Secretariat office will be located at the Crawford Room and will be staffed as follows:

Thursday 30 August           11.30am - 5.30pm  
Friday 31 August             9.00am - 5.30pm  
Saturday 1 September        9.00am - 5.30pm  
Sunday 1 September         9.00am - 12.30pm

*Lanyards must be worn at all times to allow access to 8IATC sessions.*

The 8IATC Secretariat is able to take calls from delegates at the registration desk. Please call 0481 719 326 if you have any queries about the Conference between 29 August - 2 September 2018.

### **Automatic Teller Machines**

There are no ATMs at the Tops Conference Centre, however there are ATM facilities in nearby township Helensburgh. Purchases of drinks during the conference will be arranged via a voucher system, payable by card on site at the Conference.

### **Useful Local Telephone Numbers**

Emergency Services: 000

Police Assistance Line (non-emergency): +61 2 6256 7777

13CABS: 13 2227

Premier Cabs: 13 10 17

Public Transport Information (NSW Transport): 131 500

### **Photographs, Filming & Recording**

Please note that photographs will be taken of Conference delegates throughout Conference sessions and social functions, and selected sessions may be filmed. Please contact the registration desk during the Conference if you do not wish to be photographed or filmed.

### **Meals**

Daily catering will be served the Dining Room. Please refer to the map attached. If you have a dietary requirement please make yourself known to the Tops staff who will be able to assist.

### **Accommodation**

The Conference Secretariat makes accommodation allocations. If you have any concerns, please contact the Secretariat.

*Linen packs must be pre-booked and will be available for collection at registration.*

### **Merchandise**

If you have pre-purchased merchandise this will be available for collection upon registration at the Conference. Limited merchandise is also be available online, [click here](#) to order. All attendees will require a cup for the evening social functions. If you do not plan on purchasing a limited edition Adventure Cup please make sure you BYO something to drink from in the evenings.

## **Getting to and from the Conference**

### **Visa Information**

Most international delegates will require a visa to enter Australia.

Participants, attendees and speakers who will not be working, performing or otherwise be paid to contribute at the event may be eligible for the following visa options. Please note, volunteers will fall under this category.

Visitor (subclass 600)(Business stream) visa.

Electronic Travel Authority – ETA (subclass 601).

eVisitor (subclass 651)(Business Stream) visa.

Attendees, speakers and exhibitors who will be working, performing or otherwise be paid to contribute at the event may be eligible for the following visa options:

Temporary Activity (subclass 408)(Invited Participant) visa.

Temporary Work (subclass 400)(Short Stay Specialist) visa.

### **Arriving by car**

Free parking is available at the Tops Conference Centre, however it is limited to 100 places, available on a first come first serve basis.

### **Arriving by train**

The venue is located close to a Railway Station. For your convenience, we will provide a shuttle service between the Station and the venue on arrival and departure days.

If you are flying in to Sydney airport, you will see signage to the Train station at your arrival gate. You can use the airport's free Wifi to gain more information should you need it. To travel by train you will need to purchase either a one-off ticket for the train or an Opal card for multiple trips. The cost per non-concession adult each way on the train will be approximately AU\$19, and you can pay by credit card or cash at a booth just before the platform. You will need to catch 2 trains to get from Sydney Airport to Helensburgh train station and the total time will take approximately 1hr.

First train: T8 Airport & South Line towards Macarthur via Airport (get off at Wolli Creek Station)

Second train: South Coast Line towards Kiama via Hurstville (get off at Helensburgh Station)

For more information or alternative routes go to: <https://transportnsw.info/>

### **Shuttles to the venue from Helensburgh Train Station**

- For those arriving Tuesday 28 August – 8IATC shuttles will depart Helensburgh Station at 15:00 PM, 15:45 PM, 16:30 PM, 17:15 PM and 18:00 PM.
- For those arriving Wednesday 29 August – 8IATC shuttles will depart Helensburgh Station at 08:00 AM, 08:45 AM, 09:30 AM, 10:15 AM and 10:45 AM.
- Departure times on Sunday 2 September – Helensburgh Station shuttles will depart The Tops at 12:30 PM, 13:15 PM, 14:00 PM, 14:45 PM and 15:15 PM.

Tickets for these transfers must be pre-purchased, they are \$11 per person each way. Please [click here](#) to purchase yours.

## **Conference Program**

The detailed Conference program is available here and is available (with much more information) via the Conference App. We recommend downloading the app on your mobile devices before your arrival at the Tops Conference Centre.

### **Conference App**

We are pleased to advise that an app is available for use at the Conference. This can be downloaded from the iTunes store for your iPhone and iPad or from the Google Play Store from your Android device. Search for “**EventsAIR**”. Once you have downloaded your app, to access the app, the conference code is “**8iatc2018**”.

The app is a native application for smart phone (iPhone and Android), and has numerous functions, including:

- View the full program
- Read detailed bios for each of the presenters
- View speakers’ abstracts and learning objectives
- Interact and keep up with the latest feeds on the live newsfeed
- Access the site map
- Connect with your colleagues
- Receive up-to-minute changes and announcements through the alerts feature.

### **Language and Translation**

Given this is an international conference, we encourage participants who are not very fluent in English to bring someone who speaks the same first language and who is fluent in English. The person who is more fluent in English can then whisper a translation during presentations and even can help translate during social times. We call this ‘whisper translation’. If you need help finding a ‘translation friend’ during the 8IATC, please let the Conference Secretariat know.

### **More Suggestions on What to Bring**

#### **Personal clothing and equipment**

Temperatures at The Tops are likely to be around 17-19 degrees Celcius (62-66 degrees Fahrenheit), which means you will need some warm clothing.

We also want to let you know that there are some nice bushwalks, forest trails and beaches close to the venue. If you think you might want to scramble around, and possibly even climb, feel free to bring appropriate climbing shoes and clothing. The following list offers some guidance on clothes and personal items you might like to bring:

- Personal clothing for 5 days + 4 nights
- Wet weather gear/rain coat
- Personal Medication
- Jumper and/or Jacket - down jacket recommended for at night
- Wool hat and gloves if you feel the cold
- Sun hat and sun screen
- Covered shoes (thongs & sandals are not recommended for outdoor use on site)
- Insect repellent
- Water bottle
- Torch
- Beach towel
- Linen - if you have not hired it
- Blanket - a light comforter will be provided for each bed, however you may wish to consider bringing a blanket or sleeping bag along
- Paper / pens and other stationary – to keep costs and ecological footprint down, the 8IATC is not providing paper or pens.

## **International Adventure Therapy (IAT) Retrospective**

We invite you to bring items with you to contribute to an emergent history timeline of international adventure therapy.

The 8IATC is taking place 21 years after the first was held in Western Australia in 1997. To celebrate our rich history and the dramatic development of adventure therapy worldwide, we invite all attendees to contribute to a history timeline. The idea is that you bring with you objects from previous events that you feel were a significant part of your involvement in adventure therapy. Whilst some items will be from major conferences and events, this is not a prerequisite. The items just need to be significant to you. In this way, we will build a rich picture of what has contributed in a personal way as well as a more public way to the development of adventure therapy globally. Lighter items are limited only by your imagination. They can be hand-written notes, printouts of emails, photographs, cartoons, artworks and so on.

Lighter artifacts will be pinned in chronological order on a very long piece of paper mounted on a wall in the main gathering area of the conference. We aim to supply glue, pins and writing materials to help you to create and place your materials. Larger and heavier items will be placed on tables under this. Items such as Conference proceedings, Conference handbooks, souvenir items and so on will be arranged at relevant points underneath the timeline pinned on the wall. More valuable items may need to be secured in place.

So - please bring items with you to be pinned on the timeline or placed underneath. The timeline will be in place for the whole of the conference, and will be photographed before it is taken down. At the end of the conference you will be able to take back any materials that you wish to keep.

## **'International AT Training' Survey**

With international collaboration, a small group from Australia have developed an international survey to gain information on AT Training currently being offered around the world. The purpose of the survey is to share current AT Training via the International Adventure Therapy website. Anyone will be able to submit information about AT Training, update and edit at anytime. The submitted information will be made live for all to see and use. Our ambitious goal is to receive and upload AT Training information in time for the 8IATC. If you have information to share, please go here <https://internationaladventuretherapy.org/international-training-survey/> to submit your AT Training details or email: [anita@adventureworks.com.au](mailto:anita@adventureworks.com.au).

## **Outdoor Education App**

We'd also like to let you know about a practical resource being made available to 8IATC delegates called the 'Outdoor Ed App'. This is an insightful little resource you can hold in the palm of your hands that contains icebreakers, readings, meaningful activities, environmental games, inspiring words, OH&S, connection to nature readings and activities, and more. Made by passionate Outdoor Teachers striving to share collective practice wisdom, this is a resource you can download, add your contributions and collectively inspire! The Outdoor Ed app is available on Apple and Android for \$8.99 (including APP platform and fees). For further information and to download the app visit:

<http://www.wildexposure.com.au/outdoor-ed-appbag-of-tricks/>

## **Documentary Filming**

During the 8th International Adventure Therapy Conference an Icelandic film company "Task 4 Media - Production" have asked permission to record some video footage as the basis for a documentary film on Adventure Therapy.

*"With the film, we want to introduce and evoke people's general interest in AT and point out the benefits of this type of therapy, outside and possibly inside the health care sector. Our end goal is to make a full feature international documentary that will be premiered during the 9IATC in Norway in 2021 and then release it to the world afterwards. The working title of the documentary is "RECONNECTED" we would like to invite you to take part in this process by allowing us to film sessions, workshops and other activities during the conference. We furthermore invite you to share different approach on AT, interesting points that you feel are important for world to know, stories, ideas and anything that could be beneficial to this project. You can contribute by sending an email to [reconnected.task4media@gmail.com](mailto:reconnected.task4media@gmail.com) or meet up with us during the Conference and have a chat".*

If you prefer not to be filmed, when we are filming, please inform Harpa Ýr Erlendsdóttir or Eirikur Ingi Bodvarsson via the email address above and they will respect your wishes.

### **Where to find more information on the upcoming 8IATC**

The [8IATC website](#) is a rich mine of information. Have you taken the time to browse through it yet?

Should you have any queries or require any assistance in the lead up to the Conference, please do not hesitate to contact our office.

We look forward to welcoming you to the **8th International Adventure Therapy Conference**.

Kind regards

**Brittany Crawford**  
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