MARYMOUNT COLLEGE

2016 DISCOVERY WEEK
12 - 15 April

Hospitality  Compassion  Stewardship  Reconciliation
Discovery week is an important part of the curriculum at Marymount College. It is an expectation that all students participate in an activity. All Year 7 students will travel to Canberra. Students in Years 6, 8, 9 are required to choose from the activities following. This booklet is designed to help you choose your activity. Read it carefully.

1. **Amazing Asia in Adelaide**  
   **2 days Tue/Wed or Thu/Fri**  
   All Years  
   Available Spots: 30  
   Cost: $60  
   external, includes transport  
   Day One will involve a variety of workshops at school focussing on traditional Asian art and cultural activities from paper cutting and puppet making to a Bollywood dance experience. Day Two students will travel in to the city and explore Adelaide through the lens of Asia with a trail through the South East Asian rainforest, explore the central markets and enjoy an authentic Asian dining experience.

2. **Amazing Italy in Adelaide**  
   **2 days Tue/Wed or Thu/Fri**  
   All Years  
   No of Spots: 30  
   Cost: $60  
   external, includes transport  
   A two day experience of Italy in Adelaide involving enjoying authentic Italian food, discovering Italian art, a trip to the city to the museum to explore the past and view a cultural performance.

3. **Art**  
   All Years  
   Available Spots: 20  
   Cost: $120  
   internal, art room  
   Students will spend the four days working on 2 pieces of art work. This activity is completely “hands on” with students being guided through the process step by step to create 2 wonderful and unique expressions of art.

4. **Arts Discovery**  
   **2 days Tue/Wed or Thu/Fri**  
   All Years  
   Available Spots: 30  
   Cost: $60  
   external, includes transport  
   Explore the magic of artistic expression, starting with a visit to the 2016 Adelaide Biennial Exhibition – Magic Object. Get involved with an art studio workshop and learn some of the techniques viewed. Enjoy an art discovery walk through the Botanic Gardens, the Samstag Museum of Art and the Jam Factory. Then bring your inspiration to life with a full-day art workshop, exploring some of the techniques you have discovered.
5. **Aquatics at Port Noarlunga**
   
   All Years  
   Available Spots: 24  
   Cost: $350  
   
   This activity includes canoeing, kayaking, snorkelling, fishing and wave skiing. Wetsuits and other necessary equipment are provided. Be prepared to get wet and try something new! A bus will depart and return from Marymount daily.

6. **Cirkidz**
   
   All Years  
   Available Spots: 35  
   Cost: $180  
   
   Each day the students will travel by bus to the new Cirkidz base at Bowden, to participate in a 4 day circus workshop. Students will learn a wide variety of skills including clowning, aerial, trampolining, plate spinning, balancing, juggling, stilt walking and acrobatics, with a show performance on the final day. www.cirkidz.org.au

7. **Community Minded**
   
   Year 9  
   Available Spots: 16  
   Cost: $0  
   
   Students can choose to spend the 4 days doing volunteer work within the community. Students can arrange their own activity or a placement can be assigned in pairs to one of the following tier 1 schools: Christ the King; Our Lady Of Grace; St Mary's Memorial; St Teresa's or Stella Maris Parish School. Students will be expected to find their own way to and from ‘their placement’ each day. Students will be expected to conform to the policies and practices of their chosen environment. Marymount staff will visit students to monitor their progress.

8. **Extreme Sport**
   
   2 days Tue/Wed  
   
   Year 9  
   Available Spots: 22  
   Cost: $300  
   
   Push yourself to the limit and try this activity! You will experience the excitement of High Ropes in Douglas Scrub, paintballing at Bull Creek. Then tent camping overnight at Douglas Scrub followed by a day of mountain biking and at Onkaparinga Gorge natural surface rock climbing. All transport for these activities will be provided by bus. This activity is not for the faint hearted! The program for this activity is at the back of this booklet.

9. **“I want to ride my bicycle” 🚴‍♀️ 🚴‍♂️**
   
   2 days Tue/Wed or Thu/Fri  
   
   All Years  
   Available Spots: 30  
   Cost: $60  
   
   Two days riding and exploring local sustainable sites leaving from Marymount. Day 1 will incorporate Oaklands Park wetlands and Warriparinga Living Kaurna Site. Day 2 will have a coastal focus and will include the West beach coast track, River Torrens linear track, returning along the Patawalonga. Own bicycle and proficient riding skills a must.
10. **Outdoor Activities Program**  
**Years 8/9**  
Available Spots: 30  
Cost: $400  
external, includes transport  
This four day program will leave from Marymount College each day travelling to different locations to participate in the following activities – Snorkelling, fishing, kayaking, problem solving, high ropes, rafting and horse riding. The program for this activity is at the back of this booklet.

11. **Self-Development & Model Program**  
**Year 9**  
Available Spots: 20  
Cost: $280  
internal/external, plus multi-trip  
Students participate in a self-development program that promotes positive self-esteem, confidence and grooming 3:00pm each day. Students will participate in a variety of sessions on skin care, make-up, hair care, deportment, etiquette, personality and confidence. The students will also have a photographic session, which includes in a relaxed and fun environment. The program will be run by Tanya Powel modelling agency from 10:00am – hair and make-up preparation.

12. **Sprout Cooking**  
**All Years**  
Available Spots: 24  
Cost: $400  
*at Sprout Cooking, Hilton*  
Four day interactive cooking series with celebrity cook Callum Hann (Master Chef Runner –up) and Dietician Themis Chryssidis in the Sprout Cooking Kitchen, Sir Donald Bradman Drive, Hilton. The four days include, Interactive cooking classes, cooking demonstrations, nutrition presentations, Instruction regarding cooking skills, trip to the Central Market, Education regarding the influence of cooking techniques on the nutritional composition of foods, Food quizzes/games, Nutrition quizzes/games. A folder complete with all recipes cooked over the four days for all participants. www.sproutcooking.com.au

13. **Wallaroo Camp**  
**Years 8/9**  
Available Spots: 60  
Cost: $500  
external, includes transport  
Students will travel to the CU@Wallaroo venue where they will stay in dorm style accommodation. Over the 4 days students will participate in a number of aquatic activities including beach games, fishing, rafting, snorkelling and visit some local attractions. The program for this camp is at the back of this booklet.
## Wallaroo Camp Program (Years 8/9)

Program changes and provisions will be made for inclement weather.

<table>
<thead>
<tr>
<th>TIME</th>
<th><strong>DAY 1</strong></th>
<th><strong>DAY 2</strong></th>
<th><strong>DAY 3</strong></th>
<th><strong>DAY 4</strong></th>
</tr>
</thead>
</table>
| 8:00am - 9:00am | 8:30am Meet at school  
9:00am Depart on bus | Breakfast  
(group on clean up) | Breakfast  
(group on clean up) | Breakfast  
(group on clean up) |
| 9:00am - 11:45am | Travel to campsite  
Unload gear and settle in  
Short Recess Break | FISH  
KAYAK  
RAFT | SNORK  
LAWN BOWLS  
AMAZING RACE | LAWN BOWLS  
AMAZING RACE  
SNORK |
| 11:00am - 12:30pm | 11:45am Introduction, Camp  
Rules and Agreements | Morning Tea  
INITIATIVE  
KAYAK  
BEACH CHALL | Morning Tea  
SNORK  
LAWN BOWLS  
ARCHERY | Morning Tea  
LAWN BOWLS  
ARCHERY  
SNORK |
| 12:30pm - 1:30pm | Lunch | Lunch | Lunch | Lunch |
| 1:30pm - 3:00pm | KAYAK  
RAFT  
FISH | RAFT  
FISH  
KAYAK | AMAZING RACE  
SNORK  
LAWN BOWLS | | |
| 3:30pm - 5:00pm | Afternoon Tea break  
KAYAK  
BEACH CHALL  
INITIATIVE | Afternoon Tea break  
BEACH CHALL  
INITIATIVE  
KAYAK | Afternoon Tea break  
ARCHERY  
SNORK  
LAWN BOWLS | | |
| 5:00pm - 6:00pm | Free time/showers | Free time/showers | Free time/showers | | |
| 6:00pm | Dinner  
(group on clean up) | Dinner  
(group on clean up) | Dinner  
(group on clean up) | | |

1:30pm – 3:00pm  
Camp conclusion  
Depart on buses & return to Marymount
## Outdoor Activities Program (Years 8/9)

Program changes and provisions will be made for inclement weather.

<table>
<thead>
<tr>
<th>TIME</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15am</td>
<td>Meet at school</td>
<td>Meet at school</td>
<td>Meet at school</td>
<td>Meet at school</td>
</tr>
<tr>
<td></td>
<td>Depart on buses</td>
<td>Depart on buses</td>
<td>Depart on buses</td>
<td>Depart on buses</td>
</tr>
<tr>
<td>8:30am - 9:00am</td>
<td>Travel to Goolwa</td>
<td>Travel to Four Oaks Farm</td>
<td>Travel to Port Adelaide</td>
<td>Travel to Parks Sport and Rec Centre</td>
</tr>
<tr>
<td>9:00am - 12:00 noon</td>
<td><strong>BEACH CHALLENGE</strong></td>
<td><strong>SURF SESSION</strong></td>
<td><strong>MARITIME MUSEUM VISIT</strong></td>
<td><strong>ROCK CLIMBING WALL</strong></td>
</tr>
<tr>
<td>9:00am - 12:00 noon</td>
<td><strong>HORSE RIDE</strong></td>
<td><strong>ARCHERY</strong></td>
<td><strong>KAYAK GARDEN ISLAND</strong></td>
<td></td>
</tr>
<tr>
<td>9:00am - 12:00 noon</td>
<td><strong>ARTS &amp; CRAFT</strong></td>
<td><strong>ARCHERY</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 noon - 12:30pm</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30pm - 3:00pm</td>
<td><strong>SURF SESSION</strong></td>
<td><strong>BEACH CHALLENGE</strong></td>
<td><strong>Kayak Garden Island</strong></td>
<td><strong>POOL SPLASH DOWN</strong> (giant pool inflatable)</td>
</tr>
<tr>
<td>12:30pm - 3:00pm</td>
<td><strong>ARCHERY</strong></td>
<td><strong>ARTS &amp; CRAFT</strong></td>
<td><strong>Maritime Museum Visit</strong></td>
<td></td>
</tr>
<tr>
<td>12:30pm - 3:00pm</td>
<td><strong>HORSE RIDE</strong></td>
<td><strong>WHOLE GROUP ARCHERY CHALLENGE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00pm - 3:30pm</td>
<td>Travel back to Marymount</td>
<td>Travel back to Marymount</td>
<td>Travel back to Marymount</td>
<td>Travel back to Marymount</td>
</tr>
</tbody>
</table>
### 2-Day Extreme Sport Program Activities Program (Year 9)

Program changes and provisions will be made for inclement weather.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:00am Meet at school</strong>&lt;br&gt;8:30am Depart on bus&lt;br&gt;Travel to Kangarilla</td>
<td><strong>Breakfast</strong>&lt;br&gt;Pack gear and clean up campsite&lt;br&gt;Travel to Onkaparinga</td>
</tr>
<tr>
<td><strong>HIGH ROPEs</strong></td>
<td><strong>ROCK CLIMBING</strong></td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch&lt;br&gt;Travel to Prospect Hill Trails</td>
</tr>
<tr>
<td><strong>PAINT BALLING</strong></td>
<td><strong>MOUNTAIN BIKING</strong></td>
</tr>
<tr>
<td>Dinner&lt;br&gt;Evening activities run by school staff with the assistance of one instructor</td>
<td>Camp conclusion&lt;br&gt;Depart on bus &amp; return to Marymount by 4:00pm</td>
</tr>
</tbody>
</table>

SOUTH AUSTRALIA