



Can we talk on the phone?

We will issue all parents with a staff contact mobile phone number so that if there is a genuine emergency, you can contact us. Should your child bring a mobile phone, there will be certain times when they will be unable to call or answer the phone. Phones will be collected and kept secure by staff throughout the tour, especially while visiting Parliament House and the War Memorial. Travellers cannot guarantee that they will ring you at a certain time; however, **'Phone Home'** time will be made each evening so that you can share in the excitement of the day!

F
A
I
T
H

Faith Lutheran College,
Redlands



*National Capital
2016*



The following 5 items are absolutely essential:

- Wraparound sunglasses/ski goggles
- Lip balm
- Sunscreen 30+ (*small pocket sized tube*)
- Gloves (*They will be carried in the ski jacket pockets or worn*)
- **Tour cap**

All of the children's gear is their own responsibility.

Should they choose to bring electronic toys, mobile phones or iPods, watches or a camera, they do so at their own risk.



What do we bring?

We travel in the airconditioned coach and visit and stay in heated buildings. When we are on the snow we will be wearing the hired ski pants and jackets. There is no need for heavy jackets or thermal undies! **PLEASE ENSURE THAT EVERYTHING IS NAMED.**

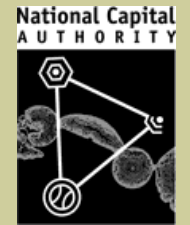
- In ONE suitcase/very large duffle bag, pack:
- Track pants
- Jumper/s
- Jeans
- T-shirts
- Underwear
- Socks
- Beanie
- Pyjamas
- Formal School Uniform, no hat (worn on Monday, Tuesday and Friday)
- Hanger in a named garment bag for Blazer
- School shoes, polished
- Socks/stockings
- Toiletries - soap, toothbrush, toothpaste, shampoo, conditioner, roll-on deodorant please, comb, brush etc.
- Camera and spare batteries (optional)
- 6 plastic shopping bags for dirty clothes, shoes etc
- \$60 Spending money (\$60 is the maximum)
- \$30 for meals - 2 lunches
- (Optional – gloves and scarves – Navy Blue or Faith scarf)

For Coach travel

- Pillow (optional)
- Small travel blanket (optional)
- College Sports Bag containing:
 - Games/cards for coach travel
 - Tissues
 - Novel/reading material
 - OPTIONAL – named electronic devices
 - Disposable rain poncho (for Taronga Zoo)

Snow Gear

- 2 x Cotton Shorts/bike shorts
- 2 x T-shirts
- 2 pairs of socks (same thickness)
- Scarf/beanie
- Ski Goggles/Wrap around sunglasses
- Ski Gloves



Dear Year 7 Families

As you are all aware we are in the process of finalising our plans for the 2016 National Capital Tour. This year we are travelling around Canberra and the Snow Fields with Kangaroo Bus Lines, on two luxury coaches. Kangaroo Bus Lines have taken on the role of tour organisers and have made all of our flight, accommodation and sightseeing bookings. As with all College activities, it is important to us that each child attends. We know that a lot more than 'a week's worth of school learning' happens during this week! This trip will provide your children with a once in a life time opportunity to experience many new things including:

Educational opportunities through:

- ⇒ Experiencing first hand, the workings of the Federal Government by visiting the Parliament House Education Program and the Museum of Australian Democracy;
- ⇒ Visiting Taronga Park Zoo, the Australian War Memorial, Questacon, the Australian Institute of Sport, the Royal Australian Mint, Black Mountain Tower, Embassies and other National icons; and
- ⇒ The learning, challenge and practising of new physical skills.

Personal development through:

- ⇒ The growth of interpersonal relationships;
- ⇒ An increase in independence and personal responsibility;
- ⇒ The development of skills in being part of a team;
- ⇒ The experience of interdependence on the tour in general and on the ski slopes;
- ⇒ Experiencing new environments and activities;
- ⇒ The development of self esteem through the acquisition of new skills; and
- ⇒ Developing friendships.

Through all of these new experiences a great sense of camaraderie develops, where tolerance, concern, care and love abound - the stuff wonderful memories are made of!



DAY THREE – Wednesday, 3 August 2016

- 7:00am Breakfast at accommodation
- 9:00am Depart for **Jindabyne** for Perisher Valley
- 10:30am Arrive at **Smiggins Holes** for a day of skiing
- 11:00am Morning Ski Lesson
Lunch - passenger's own expense
- 4:30pm Depart Perisher Valley and return to Jindabyne
- 5:30pm Arrive back at the accommodation
- 6:00pm Dinner at accommodation

DAY FOUR – Thursday, 4 August 2016

- 7:00am Breakfast at accommodation
- 8:00am Depart for Jindabyne - Perisher Valley
- 9:00am Arrive at **Smiggins Holes** for a day of skiing
- 10:30am Morning Ski Lesson
Lunch -passenger's own expense
- 2:30pm Depart Perisher Valley and return to Jindabyne
- 3:00pm Arrive back at **Snowy Mountain Skis** to return ski equipment
Collect luggage from Alpine Gables
- 4:00pm Depart Jindabyne and return to Canberra
- 6:30pm Arrive at Accommodation in **Canberra - Ibis Styles Resorts**
- 7:00pm Dinner at accommodation

DAY FIVE – Friday, 5 August 2016

Important - FORMAL UNIFORM TODAY

- 6:30am Breakfast at accommodation - collect packed lunches. Drive by tour of Embassies, High Commissions and Prime Minister's Lodge.
- 9:00am **Parliament House** - tour Senate and House of Representatives
- 10:00am **Parliament Education Office** - PEO role-play member of parliament
- 10:30pm Refreshments provided by the Parliament
- 12:00pm Packed lunch at Parliament House
- 1:00pm **Australian War Memorial** - introductory talk and video, continue with a self-guided tour learning about Australia's involvement in war
- 5:15pm Arrive at accommodation and have dinner
- 7:00pm **Black Mountain Tower** - Canberra's iconic telecommunication tower offering 360 degree panoramic views of Canberra

DAY SIX – Saturday, 6 August 2016

- 7:00am Breakfast at accommodation - collect packed lunches
Self-guided walk along shores of **Lake Burleigh Griffin**
- 10:30am Depart Canberra for express transfers to Sydney
- 2:30pm Arrive at **Sydney Domestic Airport** for check in
- 4:00pm Virgin Blue flight** - Sydney to Brisbane - **VA0957**
- 5:30pm Flight arrives at **Brisbane Domestic Airport**
- 6:00pm Depart airport for transfer to College

FAITH LUTHERAN COLLEGE, REDLANDS

ITINERARY 1-6 AUGUST 2016

DAY ONE – Monday, 1 August 2016

Important - FORMAL UNIFORM TODAY

- 5:45am Arrive at College, load luggage on Bus.
 6:30am Depart for transfers to Brisbane Domestic Airport
 7:45am Arrive at **Brisbane Domestic Airport** for check in
9:00am Virgin Blue flight from Brisbane to Sydney – **VA0932**
10:35am Flight arrives at **Sydney Domestic Airport**
 11:00am **Kangaroo Bus Lines** collect from airport (Canberra transfer)
 12:15pm **Sydney Harbour Ferry**– catch the ferry across the Sydney Harbour from Circular Quay to Taronga Park Zoo taking in the spectacular views featuring Australia's finest collection of native animals and a diverse collection of exotic species.
 Lunch (Subway) at Taronga Park Zoo
 12:30pm **Taronga Park Zoo** - tour of the Nation's leading zoological garden, featuring Australia's finest collection of native animals and a diverse collection of exotic species.
 3:30pm Depart for express transfers to Canberra with comfort stops en-route
 7:30pm Arrive in Canberra - **Ibis Styles Resorts Eaglehawk**
 Dinner at accommodation upon arrival

DAY TWO – Tuesday, 2 August 2016

Important - FORMAL UNIFORM TODAY

- 7:00am Breakfast at accommodation - collect packed lunches
 8:30am **Australian Institute of Sport** - Visit one of Canberra's most popular tourist attractions and go behind the scenes at Australia's premier elite sporting precinct. You might catch some of Australia's top athletes in training. Each tour is guided by an athlete.
 10:30am **Questacon** - the National Science and Technology Centre provides enriching, inspirational and engaging experiences.
 Lunch at Questacon
 1:00pm **Museum of Australian Democracy, Old Parliament House**
 2:00pm Depart Canberra and travel to Jindabyne
 3:30pm Arrive at accommodation - **Alpine Gables Motel - Jindabyne**
 Dinner at accommodation
 8:00pm Arrive at **Snowy Mountain Skis** for ski fit out

What's included

For all travellers:

- ◆ All travel
- ◆ Entry to all venues in Canberra
- ◆ 3 nights accommodation at the Ibis Styles Resorts Eaglehawk
- ◆ 2 nights accommodation at the Alpine Gables Motel, Jindabyne (Linen, blankets and towels provided)
- ◆ 5 breakfasts, 4 lunches, 5 dinners
- ◆ 2 day pass - lift hire and lesson tickets – Smiggins Holes and Perisher Blue
- ◆ 2 day hire - skis, stocks, boots and ski wear (pants and jackets) and Ski Helmets
- ◆ 2 days entry Kosciuszko National Park
- ◆ Travel Food (water, chips, chocolates, fruit, muesli bars and snack foods)
- ◆ Students' educational material
- ◆ Souvenir Ski tour Cap

How much?

Student Costs

Kangaroo Bus Lines + Flights	\$1,535.00
Government Rebate	- \$ 60.00
Snacks/Cap	\$ 30.00
Total	\$1,505.00
+ Cash to take: (Held by Tour Adults)	
2 meals	\$ 30.00
Spending money	\$ 60.00
TOTAL	\$ 90.00

Adult Costs

Kangaroo Bus Lines + Flights	\$1,700.00
Snacks/Cap	\$ 30.00
TOTAL	\$1,730.00
+ Personal spending money for 3 meals and souvenirs	

PAYMENT (BILLING INFORMATION)

Invoices will be sent to families. Fares may be paid in full or by instalments to the College Business Office on the Link Rd Campus. Payment arrangements must be communicated directly to the Business Office and must be finalised prior to travel. **These figures apply as at 10 March and are subject to change due to confirmation of the number of travellers and other details.** Please be aware that withdrawal from the tour on or after 29 April will result in forfeiture of the \$300 deposit. Please make payments according to the invoice schedule or in a lump sum ahead of the due dates.

INVOICE SCHEDULE

Date	Schedule
11 March	Invoices Issued
17 March	Attendance forms
1 April	\$300 deposit
29 April	\$300
27 May	\$300
24 June	\$300
15 July	Balance

Why Smiggins Hole?

Smiggins is an excellent site for skiers who are learning. All of the slopes are easily visible from the carpark, and it is a small enough area that the children feel safe.

There are 3 main runs to use when they have acquired the skills to ride the lift, stop, start and turn. Another faster run is also there for the more advanced skiers. The lessons are given by qualified instructors, and are modified to suit the ability of the students. Those who have skied before will be able to take a more advanced class. Everyone is allowed to progress at their own speed.

Over the past years the children have experienced the most amazing sense of achievement when even those who are less co-ordinated, less athletic or less positive than others managed to master the slopes. The whole trip is worth it, just to see the smiles on their faces, when they have their first unassisted run!

Depending on the weather and the progress of the skiers, we may try the slopes at Perisher or Blue Cow on the second afternoon.

What's this tour cap?

The children and staff select a cap to wear on the tour. These will be embroidered on the front with the College name and 'Canberra Tour 2016' or something like that (whatever they design). On the back, they will also have their name or nickname embroidered. This ensures the caps don't get lost and are wonderful souvenirs of the trip. These caps also serve as a great identification feature when we are touring. The members of the tour group are readily identified wherever they are, and when the adults get lost or separated from the group, it is easy to spot them!



Medication

Should your child need to have medication issued to them for the tour, please have this **packaged in a named sealable plastic bag** with **detailed usage and dosage** noted. This is to be signed in on Monday to your Tour Leader, prior to departure. If you give permission for your child to take Panadol for headaches **please mark** this on the permission slip.

Ski Gear

On Wednesday morning, the group will be taken to the Snowy Mountains Skis, Ski Hire Company (The Shed) near Alpine Gables Motel. Here everyone will be measured and appropriate **skis, stocks, boots, jackets, pants and helmets** issued. This gear (which is all numbered and identifiable) will be registered as being the responsibility of each person. They will then have to look after that gear for the two days. The operation of these establishments is under the jurisdiction of the state Health Department and is subject to stringent regulations. The clothing is washed in huge on site washing machines and is thoroughly cleaned and in very good condition. The boots are fitted very carefully and because of this it is important that the **socks for the two days of skiing are the same thickness.**

On Wednesday morning, on our way to the slopes, everyone will be issued with their lift passes. Clothing, boots, skis, helmets and stocks may not be swapped with other people. Should there be a problem with any of the equipment after the first day, adjustments can be made or gear swapped back at the ski hire room under the direction of the Snowy Mountain Skis' staff.



What do we wear on the plane?

On Monday morning, ALL students will be required to wear their **full formal winter uniform** including blazer, stockings, as per the Student Organiser should they desire. Jumpers are also recommended. If you are considering the purchase of gloves please purchase Navy Blue to be worn with the College uniform. College scarves can be purchased from the College shop.

- Hats are NOT required and can remain at home.
- **College Sports Bags** are to be used as carry-on luggage. (Please do not bring surf brands).

Accompanying adults are requested to wear business style attire for Days 1, 2 and 5.

Snacks

Snacks will be provided for all travellers throughout the tour, including the time spent on the ski slopes.

Who's coming?

- ◆ Invited Year 7 students
- ◆ Staff Supervisors (proportional to travellers)
- ◆ Coach Captains
- ◆ Parents



Meals

Provided ✓ Buy your ♦ own

Meal	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Breakfast		✓	✓	✓	✓	✓
Lunch	✓	✓	♦	♦	✓	✓
Dinner	✓	✓	✓	✓	✓	

But I want more information!

For more information you can search the internet:

<http://www.alpinegables.com.au>

www.perisherblue.com.au

Bona Fides

- Full public liability insurance;
- A no-snow guarantee - the facility of snow making at Perisher Blue;
- Medical insurance – the College Medical Policy for College related activities applies here (maximum of \$1,000); and
- Travel insurance – provided by College.

Organisations

PARENT INFORMATION

- Parent Information Night – **Thursday, 10 March 2016** at 7pm in the Auditorium
- Supervising parent application and student attendance form due **Thursday, 17 March 2016**
- Supervising parent information meeting – to be advised.

MEDICAL FORMS

Please ensure that these are carefully completed and handed in to the Middle School Office by **Friday, 10 June 2016**.

MONEY

Please place the money into two separate small plastic snap seal bags and mark the front with your child's name, amount and **Spending** or **Meal Money**.

ALL money must be submitted to the Middle School Office by **Monday, 18 July 2016**.

This money will be held securely by the adult accompanying each group and available for use upon request.

GROUPS

The students will be organised into small tour groups of 5/6 and have an adult supervisor allocated to them. The supervisor will look after their spending money and meal money and distribute this when required.