

***'Unleash the wild'***

***with***

MOBILITY LX



**Embark on an Epic 10-Week Adventure with MobilityLX**

*Learn a new skill survival skill every week, for 9 weeks and wrap it up in week 10 with a game-changing overnight expedition. Join us for an unforgettable journey, connecting with nature, building teamwork, and embracing the great outdoors!*

## Introduction & Vision

### ***Embark on an Epic 10-Week Adventure with Mobility LX!***

Step into the extraordinary with [MobilityLX's](#) revolutionary Outdoor Education Program – a 10-week odyssey designed to transform your connection with nature. Our vision goes beyond mere skill-building; it's a journey of empowerment, teamwork, environmental awareness, and mastering survival techniques.

Picture this: a classroom where the great outdoors is your canvas, and every lesson is a brushstroke on the canvas of outdoor competence. Each week (weeks 1 – 9), our male participants embark on a 1.5-hour session focusing on a key skill – from survival basics to culinary mastery and shelter crafting; then, wrap it up in week 10 with a game-changing overnight expedition at Rapid-Bay Campground on the beautiful Fleurieu Peninsula. It's not just about learning; it's about cultivating resilience, adaptability, and a harmonious relationship with nature.

Join a class of like-minded individuals, age-appropriate teammates, and discover the progressive approach that defines [MobilityLX](#). Over nine weeks, you'll navigate through pre-planned lessons, make mistakes, and learn what truly works. This hands-on training ensures you're mentally and physically prepared for the grand culmination – the "Starry Night Adventure: Rapid Bay Overnight Odyssey."

And here's the icing on the cake – all the food for cooking activities in weeks 2, 5, and 8, along with every meal, drink, and snack during the overnight expedition, is included in the course fee. Imagine immersing yourself in the beauty of the Fleurieu Peninsula, surrounded by stunning landscapes in South Australia, all while indulging in delicious meals crafted for you.

We've got you covered every step of the way. From top-notch camping equipment to safety measures, our program ensures you're well-equipped and secure. Tents,

trangias, fishing gear, bushcraft essentials – it's a celebration of your 9-week training. In the unlikely event that a participant needs some downtime, our on-site luxury caravan awaits with a hot water shower, toilet, kitchen, heating, cooling, and a lounge with TV and Wi-Fi for emergency needs.

Adding a unique touch, each participant attending the overnight expedition can bring either their father or support worker to enjoy the experience. Ideally, this father-son weekend provides not only a practical survival experience but also a special bonding time. Participants are also welcome to bring a support worker, uncle, or male friend should their father not be available.

At [MobilityLX](#), we're not just teaching outdoor skills; we're fostering a lifelong connection with nature, building a community of outdoor enthusiasts, and making a positive impact on the environment. Get ready for a visionary adventure where the outdoors becomes a playground for growth, connection, and limitless possibilities.

Enrol now at [www.mobilitylx.com](http://www.mobilitylx.com) and embark on a journey that transcends boundaries, redefines learning, and invites you to discover the extraordinary within the ordinary. Your upfront payment & commitment covers essential overheads, insurance, and equipment costs, ensuring a seamless and enriching experience for all participants.

- **MobilityLX**

# Survival skills training (Weeks 1 – 9)

Week 0:	<p style="text-align: center;"><b>Client File Setup</b></p> <p style="text-align: center;">Registration, Medical and Medications, Risk Assessment, gift pack</p>
Week 1:	<p style="text-align: center;"><b>1a. Shelter: Preparing</b></p> <p style="text-align: center;">"Rope Rendezvous: Knots, Rigs, &amp; Ropes Extravaganza</p>
Week 2:	<p style="text-align: center;"><b>1b. Shelter: Building</b></p> <p style="text-align: center;">"Nature craft: Learn to craft your outdoor haven using tarps and nature.</p>
Week 3:	<p style="text-align: center;"><b>2. Water</b></p> <p style="text-align: center;">"Mastering Water Sourcing: Finding, Collecting, and Purifying Drinking Water</p>
Week 4:	<p style="text-align: center;"><b>3. Fire</b></p> <p style="text-align: center;">"Tangier Tastes: Culinary Safety &amp; Mastery Unleashed"</p>
Week 5:	<p style="text-align: center;"><b>4. Food</b></p> <p style="text-align: center;">"Breakfast Bonanza: Tangier Cooking Take-off"</p>
Week 6:	<p style="text-align: center;"><b>Shelter: Phase 3:</b></p> <p style="text-align: center;">"Tent Triumph: Mastering Setup and Pack Magic"</p>
Week 7:	<p style="text-align: center;"><b>"Trap Trek:</b></p> <p style="text-align: center;">Crafting Animal Ambushes - Phase 1"</p>
Week 8:	<p style="text-align: center;"><b>"Dinner Delights:</b></p> <p style="text-align: center;">Tangier Cooking Culinary Quest"</p>
Week 9:	<p style="text-align: center;"><b>"Fishing basics:</b></p> <p style="text-align: center;">Discover fishing, casting and traces" – Phase 2"</p>
<b>Week 10:</b>	<b>"Starry Night Adventure: Rapid Bay Overnight Odyssey"</b>

# "Mastering Wilderness Survival"

## *MobilityLX prioritise the 4 Essentials of survival*

If you choose to embark on this 10-week wilderness adventure, it's crucial to learn 4 essentials of survival. Let's delve into how our course prioritises these fundamental principles across the 10 weeks, ensuring you're prepared for any outdoor challenge.

Order of Survival taught in the 10-week course (*as detailed on the following page*).

- **Shelter:** From learning knots, building shelters to mastering tarp construction, our course begins by teaching you how to protect yourself from the elements and create a haven in the wilderness.
- **Water:** Next, you'll learn essential water-sourcing techniques, including finding, collecting, and purifying drinking water.
- **Fire:** Fire-building skills take centre stage as we guide you through creating warmth, cooking light, and signalling fires, essential for maintaining body temperature and attracting potential rescuers.
- **Food:** While vital for long-term sustenance, food procurement is addressed later in the course, allowing you to focus on immediate survival needs before delving into hunting, foraging, and fishing techniques.

Throughout our 10-week course, you'll follow and prioritize the order of survival, ensuring you're equipped with the knowledge and skills necessary to navigate the wilderness confidently. From shelter-building to fire-starting, water-sourcing to food procurement, we'll guide you step-by-step through each essential element, empowering you to thrive in the great outdoors.

# Detailed 10 week break down

WEEK	SKILL	TIME	Instructors
Week 0	Registration, medical and medications, risk assessment, client file, gift pack.	2 hours	Enrolment day via website
Week 1	1a. Shelter: Preparing "Rope Rendezvous: Knots, Rigs, & Ropes Extravaganza	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 2	1b. Shelter: Building "Nature Craft: Tarp Marvels and Building Brilliance"	1.5 hours <i>All Food provided</i>	X2 Qualified Outdoor Ed Instructors
Week 3	2. Water "Mastering Water Sourcing: Finding, Collecting, and Purifying Drinking Water	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 4	3. Fire "Tangier Tastes: Culinary Safety & Mastery Unleashed"	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 5	4. Food "Breakfast Bonanza: Tangier Cooking Take-off"	1.5 hours <i>All Food provided</i>	X2 Qualified Outdoor Ed Instructors
Week 6	1c. Shelter: Sustainment long term "Tent Triumph: Mastering Setup and Pack Magic"	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 7	"Trap Trek: Crafting Animal Ambushes - Phase 1"	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 8	"Dinner Delights: Tangier Cooking Culinary Quest"	1.5 hours <i>All Food provided</i>	X2 Qualified Outdoor Ed Instructors
Week 9	"Fishing basics: Discover fishing, casting and traces" – Phase 2"	1.5 hours	X2 Qualified Outdoor Ed Instructors
Week 10	"Starry Night Adventure: Rapid Bay Overnight Odyssey	Day 1 - Arrive: 12:00pm Day 2 - Depart: 3:30pm  <i>Fully catered for students / parent / carer</i>	X2 Qualified Outdoor Ed Instructors  (+1 parent or carer per student)

*DISCLAIMER: The expenses for camping gear, cooking ingredients for tangier sessions (weeks 2,5,8), beverages, and ALL meals, snacks and drinks during the 9-week training are covered. Furthermore, the oversite campground fees and all food, drink and accommodation are provided for both the students and the mentor or parent attending the overnight camp - T&Cs apply*

# What to bring on the overnight Expedition – week 10 / Rapid Bay

ITEMS	Check list
• Medications	
• Sleep bag (tent & self-inflating mat provided)	
• Pillow	
• Enclosed shoes	
• Thongs	
• X1 pair shorts	
• X1 long pants	
• X2 t-shirts	
• X1 jumper	
• X1 Waterproof jacket	
• X1 Thermal top or singlet	
• Gloves	
• Beanie	
• Spare socks and jocks	
• PJs	
• Bathers (just in case)	
• Sunscreen	
• Drink bottle	
• Hat	
• Additional snack or luxury foods	
• Camping chair (1 for student and 1 for parent)	

## The Menu provided for the overnight expedition (week 10)

Day one – Saturday			
Arrive Rapid Bay	12:00	Light snack upon arrival Fresh Fruit and, or Muesli bar	
Afternoon snack	2:30pm	Fresh Fruit and, or Muesli bar	
Dinner	5:30pm	Roast potatoes with Bolognese sauce or Spaghetti Bolognese	Prepared and cooked with tangiers
Desert	7:30	Pancakes, Custard, & maple Or Custard with canned fruit & maple	

Day 2 – Sunday			
Breakfast	7:30	Muesli with honey, or porridge with honey – with fresh fruit & Hot chocolate	Prepared and cooked with tangiers
Morning snack	10:30	Fruit and, or muesli bar	
Lunch	12:00	Eggs on toast Or Sausage, bread & sauce	Prepared and cooked with tangiers
Afternoon snack	2:15	Fresh Fruit and, or muesli bar	
Depart rapid bay	2:30pm	Fruit box, muesli bar and chocolate freddo frog	



# Overnight expedition daily schedule

## Day 1:

Day 1		
ACTIVITY	TIME	DETAILS
Arrive	12:00 – 12:30	Light snack and explore campground
Tents	12:30-1:30	Tent set up and bedding and move in
Coastal explore	1:30 – 2:30	Walk down the beach cave & explore coastline of Rapid Bay
Trap building & water preparation	2:30 – 3:30	Set traps for overnight hunt, and set water collection devices
Fishing	3:30 – 5:00	Beach Fishing
Tangier cooking	5:00 - 5:30	Dinner prep and tangier cooking
Dinner	5:30 – 6pm	Eat and relax
Father / son 'Free Time'	6:00 - 7:30	Free time. Shower if students require or Father / son time
Circle time	7:30 – 8pm	Cook marshmallows and circle time to discuss day
Jetty night walk	8:00 – 8:30	Relaxing beach stroll and Rapid Bay Jetty walk with torches. On the return walk we will put out the 'fishing lines' which will be checked in the morning.
Wind down	8:30 – 9 :00	Head to tents, wind down, bed
Lights out	9:00 pm	Sleep

## Day 2:

Day 2		
ACTIVITY	TIME	DETAILS
Breakfast	7:00 – 8:00	Breakfast preparation and Tangier cooking.
Tent pack up	8:00 – 8:45	Pack up the camp site
Check traps, water collection & fishing set lines	8:45 – 9:15	Students would explore their traps set the previous day to see if they caught field mice, and collect water gathered over night.
Cleaning fish	9:15 – 9:45	Students will be shown how to scale, gut and clean a fish and then will attempt to clean a fish with their father or mentor.
Tarp building challenge	9:45 – 11:30	Students will work with their mentor or father to set up a safety tarp shelter. The team that sets up the sturdiest shelter will win a prize
Fishing or down time	11:30 – 12:00	Students can either have a second go at fishing, go for a walk with their father, or have down time at base camp.
Lunch	12:00 – 12:45	Lunch preparation and tangier cooking
Mountain hike	12:45 – 2:15	Students will hike the Rapid Bay hill and we will get a group photo at the top of the hill overlooking the ocean.
Rubbish collect and pack up	2:15 – 2:30	We will look over the camp site and pick up and rubbish we have left. All equipment packed into cars.
Depart	2:30	Goodbyes with LOTS OF AMAZING MEMORIES.

## Onsite Toilets & Amenities

Rapid Bay is a hidden gem nestled along a picturesque beach. On-site, Rapid Bay campground provide flushing toilets for your convenience. While we regret to inform you that only cold showers are available on site, rest assured, given the nature of our overnight expedition, we encourage students to not have an evening shower. However, we recognise that children often thrive on routine. Hence, they are welcome to utilise the shower facilities at Rapid-Bay if desired.

In the event of an absolute necessity, MobilityLX has an emergency on-site caravan aptly named '*The Retro Retreat*'. This caravan is equipped with a flushing toilet, instant hot water shower, television, and all the creature comforts of home. Although we encourage each participant to full enjoy all the elements tat come with outdoor overnight expedition, including going showerless or experiencing a cold shower, the use of '*the retro retreat*' is there if you would prefer this option for your child. Please advise us of this in your initial appilcation paperwork (*Shower options, question 7 on page 1*).



**Picture:** Toilet facities at rapid bay



**Picture:** The Retro Retreat

# Safety & Risk Management

MobilityLX prioritises the safety and well-being of all participants by implementing rigorous safety measures. Our instructors hold qualifications in outdoor education at the university standard, ensuring they are equipped with the necessary skills and knowledge to lead outdoor activities safely.

Furthermore, our outdoor program is fully insured for 25 million, with an additional 5 million in public liability coverage. We also notify the Rapid Bay campground of our group's arrival in advance, covering all necessary payments beforehand, which are already included in the overall course cost.

In the event of an emergency, local authorities are informed of our group's attendance prior to our arrival and are provided with a fully scheduled program. The local authorities' contact details are saved in all instructor phones. Additionally, we carry a satellite phone at all times to ensure communication in areas with poor coverage.

Safety equipment, including first aid kits, is carried at all times by our instructors, and participants' medical information is documented and accessed as needed. We also ensure that all participants' medications are stored and administered appropriately. When fishing, students can wear life vests if water confidence or water safety is a concern to you or them.

In addition to these measures, our staff undergo regular training in emergency response procedures and are well-versed in navigating potential hazards such as inclement weather, rough terrain, and wildlife encounters. All instructors hold a current First Aid, CPR, and Resuscitation qualification, as well as a lifeguard qualification. We emphasise thorough preparation, risk assessment, and constant vigilance to mitigate any potential risks during outdoor expeditions.



# Registration & enrolments

A maximum of 5 students will be selected for each 10-week block of our course. To register your interest and apply for enrolment, please contact us via email at [maintain@mobilitylx.com](mailto:maintain@mobilitylx.com). Be sure to include the course code provided below in the subject header of your email.

**Course CODE: [MLX\\_WILD\\_2024/Enrolments](#)**

Given the high level of interest already expressed, successful applicants will be notified within 7 days if they have been selected for the course. In the event that enrolments reach capacity, applicants will be placed on a waiting list and offered a position in a future 10-week course.

Upon receipt, our administrative team at MobilityLX will promptly send you an **enrolment pack**, providing all necessary details to secure your position in the course. Once your enrolment has been processed and saved to our secure online platform, an invoice will be sent to you for processing. Upon full payment, you will be provided with a confirmation email and receipt.

If you have any further questions, please feel free to visit our website at [www.mobilitylx.com](http://www.mobilitylx.com), where additional details about the 10-week course can be found under the "**Outdoor Education Services**" banner on our homepage. Additionally, you can email us at [maintain@mobilitylx.com](mailto:maintain@mobilitylx.com) or reach out to us by phone at **0411 051 442**.

We are here to assist you every step of the way!

Warm regards,

**The MobilityLX team**

# Price break down & NDIS Biller codes

*MobilityLX has significantly reduced all prices for each biller code. Disregard the NDIS prices below, which are provided for reference purposes only to highlight MobilityLX's subsidized pricing.*

**RUBRIC**

- **PURPLE = NDIS**
- **BLUE = MOBILITYLX**
- **ORANGE = INSTRUCTOR HOURS**

## Price for Weeks one through nine

### Survival Skills Training - (weeks 1 – 9)

WEEK DAYS:

- **NDIS: 01\_741\_0128\_1\_3 Assessment Rec: Training Supports - Other Professional**

Standard NDIS set hourly rate for Weekday Daytime = \$193.99

- **MobilityLX Price**

Reduced this rate to \$99.99 per hour.

- **LEAD INSTRUCTOR: (13.5 hours @ \$99.99)**

NDIS recommended price:	<b>MobilityLX reduce price:</b>
\$2619.85	= \$1350.00

- **NDIS: 01\_011\_0107\_1\_1 Core support worker**

Standard NDIS set hourly rate for Weekday Daytime = \$65.47

- **MobilityLX Price**

Reduced rate to \$49 per hour.

- **ASSISTANT INSTRUCTOR: (13.5 hours @ \$49.00)**

NDIS recommended price:	<b>MobilityLX reduce price:</b>
\$883.85	= \$661.5

## Price for Week ten

### Overnight Expedition Rapid bay - (week 10)

#### SATURDAY:

- **NDIS: 01\_013\_0107\_1\_1 Core support worker – standard day time**

Standard NDIS set hourly rate for day time Saturday = \$92.12


- **NDIS: 01\_010\_0107\_1\_1 Assistance with Self-Care Activities**

Standard NDIS set hourly rate for Night-Time Sleepover = \$276.27 (for up to 2 hours)

- **MobilityLX Price**

Reduced the day rate to \$55.12 for daytime hours, & night rate to \$28.12

- **INSTRUCTORS PAY:** (7X daytime hours allocated to instructor 1 & 2 (12pm – 7pm), 12X evening hours allocated to instructors 1 & 2 (7pm-7am).

NDIS recommended price:	MobilityLX reduce price: 
\$644.91 <b>day</b> time hours for instructor 1	\$385.84 <b>day</b> time hours for instructor 1
\$556.54 <b>evening</b> hours for instructor 1	\$337.44 <b>evening</b> hours for instructor 1
\$644.91 <b>day</b> time hours for instructor 2	\$385.84 <b>day</b> time hours for instructor 2
\$556.54 <b>evening</b> hours for instructor 2	\$337.44 <b>evening</b> hours for instructor 2

#### SUNDAY:

- **NDIS: 01\_014\_0107\_1\_1 Core support worker**

Standard NDIS set hourly rate for Sunday = \$118.78

- **MobilityLX Price**

Reduced this rate to \$65.78 for daytime hours.

- **INSTRUCTORS:** (8X daytime hours allocated for instructors 1 & 2)

NDIS recommended price:	MobilityLX reduce price: 
\$950.24 <b>day</b> time hours for instructor 1	Day time hours \$526.24 Instructor 1
\$950.24 <b>day time</b> hours for instructor 2	Day time hours \$526.24 Instructor 2

## Course cost

**MobilityLX 10 week course cost: \$4510.54** *per successful applicant*

**Your package includes:**

- a free navigation compass
- a free camping LED head torch
- A week 1 welcome pack / show bag.
- All meals
- All beverages
- All necessary equipment for weeks 1-9
- All necessary equipment for the overnight expedition,
- MobilityLX cover the food, beverage and equipment cost of the father or caretaker in week 10.

NDIS Service agreements will be provided to successful applicants upon enrolment **in week 0** 😊



**NDIS recommended total course cost: \$7807.08**

*per successful applicant.*





## Rapid bay camp site fees

\$9 per adult per night & \$4.50 per child (5-12 years) per night.

MobilityLX has significantly reduced the rates suggested by NDIS to enhance financial support for you. However, please note that the single-night fee at Rapid Bay is not included in our service package. This fee must be paid individually upon arrival at Rapid Bay. Payments should be made to the caretakers at the entrance gate, namely *Reena (mobile: 0418 883 653)* or *Wayne (mobile: 0478 117 661)*. In the event caretakers are not present upon your arrival, they will visit our campsite later that evening to collect payments. Please be informed that only cash payments are accepted **(no eftpos on site)**.



**Picture:** Rapid Bay beach



**Picture:** Rapid Bay Campgrounds



**Picture:** Rapid Bay coastline

# MOBILITY LX

*'Unleash the wild' with Mobility LX*



**✉ Connect with Us:**

[www.mobilitylx.com](http://www.mobilitylx.com)

[maintain@mobilitylx.com](mailto:maintain@mobilitylx.com)

ABN: 530 428 079 31

**🏦 Banking & Payment information:**

Yiani Panayiotakopoulos BankSA

- BSB: #####
- Account Number: #####

**🛡 Secured by:** Martial Arts Australia **Insurance Services** Pty Ltd ABN: 31 632 785 329

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