

THE 10 Week Aerie Imagination River Cruise Program

- Week 1** Introduction to “Imagination” Cruise Boat - Orientation to the require work schedule for the boat. Setting work teams and partners.
- Amazing things about the “Imagination” home river port a team research project with ppt team report
- Week 2** Understanding Self–Body
- Human Physiology
 - Maintaining natural body temperature
 - Sleep
 - Nutrition
 - Exercise
 - Grooming & Physical Care (Skin, Hair, Teeth)
 - Sexual health
- Week 3** Water Challenge #1
- Risk Assessment (Water focus)
 - Bronze Medallion Training (pool and surf)
 - RLSSSA Swim-Teacher Instructor certificate
- Week 4** Understanding Self–Mind
- Character & Identity
 - Mental Health Hygiene
 - Cognitive Distortions & How to Correct Them
- Week 5** Understanding Self–Soul
- Values
 - Spirituality
 - Mindfulness
 - Gratitude, Compassion, Humility, Philanthropy
- Week 6** Staying Safe
- Health & Safety at all ANCOM Campuses & Excursions
 - Advanced First Aid Training including Oxygen
 - Risk Assessment
 - Cyber Safety
- Week 7** Understanding Others
- Healthy Relationships
 - Issues of Respect and Consent
 - Importance of Teamwork
 - Conflict resolution
 - Caring for others

- Week 8** Water Challenge #2
- Boating & Risk Assessment
 - Boat License, Coxswain Certificate
 - River/Coorong Kayaking – Boat escorted
 - Overnight Riverbank Camp - individual swag tents

- Week 9** Getting Around
- Bike safety & maintenance
 - Defensive driving
 - 4WD driving and maintenance
 - Towing/backing a trailer/boat/caravan

- Week 10** Water Challenge #3
- RLSSSA Pool lifeguard certificate
 - Lifeguarding from a boat
 - Party time catering & Planning

Friday evening BBQ Celebration! On Imagination

Invite Parents & Friends – accept your eagle feathers

- Vacation reflection** Unlocking the Future – Head, Hand, Heart
- What sort of person do I want to be?
 - What sort of life do I want?
 - What sort of work (paid/unpaid) would I find rewarding?

Optional – 1 or 2 weeks free crewing “Imagination” for a marketing River Cruise Vac.School with some solitary reflection time for yourself. This will be a marketing opportunity to attract other students and their families.