



LIFE SKILLS

10-WEEK PROGRAM FOR HOMESCHOOLERS

BUSH & SURVIVAL SKILLS, PHILOSOPHY,
RESILIENCE & MINDFULNESS FOR TEENS 12-16yo



TERM 3 | THURSDAYS, FROM 11TH JULY 2024 | NINDERRY, QLD

10-WEEK LIFE SKILLS ONE



TERM 3 (10 WEEKS) STARTING ON 11TH JULY 2024

The program is structured based on the 5 elements (Earth, Fire, Water, Air and Spirit) and bush/survival skills, including theory (sourced from Philosophy, Psychology, and ancient schools), exercises and practical skills, focusing on a wholesome child development.

Each day will consist of structured sessions with audio-visual theory and practical/hands-on activities. The last day will also include a final practical assessment and integration, where parents are welcome to the celebration.

Our sessions are structured as per schedule below:

9:00	ARRIVAL
9:15	MORNING CIRCLE / HOMEWORK DISCUSSION AND SHARINGS
9:45	LEARNING SESSION - VIDEO / THEORY / DISCUSSION (45mins)
10:30	MORNING TEA + GAMES/ENERGISERS
11:00	PRACTICAL / SKILLS SESSION (60 mins)
12:00	LUNCH
12:30	PRACTICAL / SKILLS SESSION (90 mins)
14:00	CLOSING CIRCLE + HOMEWORK DIRECTIONS
14:30	CHILDREN PICKUP

Please note: Program subject to modifications depending on weather and other factors

The following subjects / lessons will be delivered throughout the 10 week program:

- Intro to Survival Skills
- Intro to the human's septuple constitution and centres of consciousness
- Knots and ties
- Intro to Fire element
- Intro to chi/prana/ki + exercises
- Fire making
- Cooking on Fire
- Use of tools (saw, drill, etc)
- Intro to Water element & flow
- Intro to emotions / emotional regulation techniques
- Self-defense techniques
- Harvesting and filtering water (survival)
- Water practical activities
- Intro to Air element and mindfulness
- Intro to weather forecast, seasons and cycles
- Navigation and orienteering skills
- Intro to Earth element
- Building shelters (Tarpe, Debris, etc)
- Building traps and fishing rods
- Intro to Grounding
- Nutritional awareness
- Foraging: ethos, rules, identification and ways to cook
- Intro to Wilderness First Aid
- Intro to wood whittling
- Building ancient weapons (spear and bow & arrow)
- Intro to Mythology and compared traditions
- Intro to Spirit element
- Intro to mind, consciousness and archetypes
- Intro to Nature Communication
- Fox Walk (stalking)
- Leadership and group cohesion games and activities
- Camouflage techniques / games
- Nature Awareness

TIMELINE AND INVESTMENT

DATES

This is a Term 3 Level One program, every THURSDAY, from 11th July to 12th September

GROUP SIZE

As this program is focused on mentorship and learning, we've capped the numbers to maximum 15 teens aged between 12 and 16.

If we have a surplus waiting list we will open another cohort on another day of the week.

INVESTMENT

TERM 3 LEVEL ONE / PER PARTICIPANT

Discounted fee (20%): **\$800**
or in 3 instalments of \$320

LOCATION

Located on a 10 acre organic farm and residence property on Fair Hill Road, Ninderry, QLD.
A 3-minute drive from Yandina town, 10-minute drive from Eumundi, 20-minute drive from Coolum Beach or Noosaville.



LEARNING GUIDES / MENTORS



NATURE-BASED TRANSFORMATION

Wild and Wise Tribe goes beyond recreational and educational outcomes by focusing on the wholesome development of the exploring person. Wild & Wise Tribe stands for integrity, autonomy, traditional family and community values, and the importance of nature-connection to building resilience in a world in ethical crisis.



NELSON EULALIO

Founder, Outdoor Educator
& Holistic Counsellor

Nelson is an outdoor educator and holistic counsellor. Into philosophy, martial arts, spirituality, design, and adventures in Nature.

Natural from Brazil and with a background in outdoor education, counselling, martial arts, yoga and mindfulness, and studies and experience with many philosophical and spiritual traditions, Nelson Eulalio has dedicated most of his time to the wonders and mysteries of nature and the human psyche. As a founder of Wild & Wise Tribe, his mission is to help adults and children to find a more intimate relationship with nature and facilitate nature-based transformation.

Qualifications, certificates and awards:

PostgradCert in Counselling, CertIV in Outdoor Leadership, BTech in Design, Holistic Counselling, Raja Yoga Teacher (RYT-200), Wilderness First Aid, Trauma Focused Adventure Therapy, Rites of Passage Leadership facilitator, Bushwalking, Camping, Search & Rescue, Orienteering & Navigation, Canoeing, Kayaking, High Ropes, Archery, Artificial Climbing, Bush Skills, Groups facilitation, Applied Kinesiology, Permaculture & Syntropic Farming. Blue Card (QLD) and Working With Children (NSW). AABAT member, IPHM & HHA Associates Therapist, Outdoor Queensland Member



LISE DYBVIK

Learning Guide & Nature
Play Facilitator

Lise is a nature connection enthusiast and holistic child play facilitator

Lise is originally from Norway where she worked with young adults challenged by mental health. Since moving to Australia in 2007, she has worked with children with physical and intellectual challenges. She has an interest in deep nature connections, developing life skills, and improving her creative side. She believes that the most valuable lessons are not to be found in the standard classroom. Her mission is to restore our connection with nature and provide a safe space with healthy mentorships for children.

Qualifications, certificates and awards:

Diploma of Children and Youth Workers, Bachelor of Social Education, and Postgraduate degree in Primary Education. Registered Teacher (QLD), Nature Play Facilitation, Nature Connection, Blue Card (QLD)

More information about the facilitators on www.wildandwisetribe.com.au/our-team



FREQUENTLY ASKED QUESTIONS

Where is the location?

The location is a 10-acre organic farm and residence property localised at Fair Hill Road, Ninderry, QLD. 3 minutes drive from Yandina town, 10 minutes drive from Eumundi, and 20 minutes drive from Coolum Beach or Noosaville.

Can I do a one-day trial?

Unfortunately, we do not offer trial on this program. Wild and Wise Tribe offers 1-day intro workshops that work as a trial. Check for the next upcoming workshop on “Events” page on our website. Sessions are limited to 15 teenagers, bookings are necessary and it usually books out early.

So do I need to commit to the whole term?

Yes, that is right. Different from other bush school programs on the coast, the Wild & Wise Tribe Homeschooling Program is structured and each session is a continuation of previous sessions, whereas your child will learn through the whole term. No session repeats itself and at the end your child will receive a certificate of conclusion.

Are there limited spots?

Yes, definitely. As our focus is on quality not quantity, we are limiting our groups to 14-16 children.

What age group is this program focused?

To teenagers, boys and girls, aged **12 to 16**.

Is it offered to younger children?

Yes, we offer this program for kids (8-12yo) on Wednesdays on Term 3

Is it a theoretical or practical program?

It is a hybrid. Mostly practical but there will be also theoretical delivery on a whiteboard or videos, so a notebook and pen are necessary and beneficial for your child to bring. It is also a way to create a healthy habit of journaling experiences in nature, reflections, etc. We are halfway between bush school and formal school, so it is necessary interest, participation and dedication from your child. We also handle homeworks to keep continuity of learning through the week.

Is there further study/sessions after Life Skills One?

Yes, there is much more to teach that can't fit in one term only :) We have the Life Skills Two program that will keep the nature-transformation vision and incorporate other elements such as Mythology, Ancient and indigenous knowledge, Natural medicine, Martial Arts, Nature-connection sessions and much more.

Depending on the wait list we will open other days in the week for new cohorts. Wild & Wise Tribe also offers multiple programs like bush walks, camps and other workshops.

What about if I have a neurodiverse child? Is the program suitable?

Although Wild & Wise Tribe welcome creative and wild minds, please understand that if your

child has a formal neurodiversity diagnosis and/or has behaviour special needs, an adult/responsible person must be present with them to help facilitation of the structured sessions in benefit of all other kids.

What if it is raining?

The workshop will run even if it is a rainy day. That is part of the outdoor education life and especially for survival skills and building resilience :) We have a few areas undercover in any case. The only reason to pause/cancel outdoor activities is due to a lightning storm within 30km.

What time should I drop my child off?

9:00am is the drop-off time for a sharp 9:15am start. We'll initiate a circle with a recap of the previous week and to share integrations and homework insights during the week.

What time is the pick up time?

We finish the day with a recap of activities and homework instructions at 14:00. Pickups are at 14:30.

Is there parking onsite?

The property has limited car parking spots so we'll ask the parents to please drop the children and leave to make space for other parent's drop-offs.

More questions?

Please feel free to message us at hello@wildandwisetribe.com.au or **0402 917 617** (Nelson) and **0450 111 480** (Lise)





**WILD
& WISE
TRIBE**

www.wildandwisetribe.com.au