Kindilan Activity Descriptions

Abseiling
Determination and courage are rewarded with an overwhelming sense of achievement for the student who manages to walk backwards over the edge of a climbing tower, under full supervision of a GABC instructor. In addition to learning a new skill, abseiling enables students to understand risks and how to control them.

Aeroball
A cross between trampolining, basketball and volleyball - it’s an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing player’s net. As well as being lots of fun, your students will develop team tactics and improve communication skills along the way.

Archery
Our qualified archery instructors teach basic archery skills - students will need accuracy, control and a steady hand. The instructors encourage students to develop their technique and show awareness of all safety measures.

Bushcraft
Learn how to build a shelter in an on-site 'wilderness' environment and operate as a team. Basic survival skills such as building a shelter, water filtration, knot craft and signaling are developed by the group during the design of their camp layout. Key responsibilities are identified and shared by the team who work together to get the most from the 'wilderness' experience.

Canoeing
Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, students learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

Climbing
Qualified instructors teach students how to recognise and control risks before learning the basic skills and techniques of climbing with a top-rope belay.

Crate Stack
Working in teams, children use crates and teamwork to try and construct the highest crate stack whilst keeping their balance to stand on top of the stack.

Flying Fox
Travelling at high speed suspended and harnessed from an overhead cable isn't something forgotten easily! Determination, courage and exceeding limitations are qualities often observed.

Giant Swing
The ultimate test of nerve and joint decision-making! Members of the group haul the Giant Swing 10 metres into the air with two people in the harness. When both participants agree, they pull the ripcord and swing towards the ground at high speed. The question is...how high will you go?

Initiative Exercises
Students participate individually and as part of a team to complete a number of mental challenges, some of which may also require some physical activity to complete. Planning, making decisions and communicating with each other are all skills required in order to accomplish a set task.

Jacob's Ladder
It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders - it's all about working together to achieve a joint purpose.

Leap of Faith
This individual challenge requires determination and courage to climb a six-metre pole. Each student can succeed within their own parameters - even if they don't make the final dive for the trapeze.

Low Ropes Course
Less than a metre off the ground, this activity promotes teamwork and communication. Students negotiate a series of obstacles and challenges which are not as easy or as straightforward as they appear!

Orienteering
Students are introduced to practical map reading by working in small groups on a number of courses. They develop map reading skills by locating control points within the boundary of the centre. Decision-making, symbol recognition and judgment of distance travelled are all required.

Possum Glider
The team on the ground pull on a rope, raising the participant almost 15 metres off the ground and up into the tree canopy. This activity is designed to put the participant outside their comfort zone as they swing around freely. It also encourages communication and teamwork among the rest of the team.

Raft Building
Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, students work together to build a raft from different components that will float and which they can steer.

Sensory Trail
In this fun and exciting challenge, participants work together to complete the trail and the specific games designed to help them understand the importance of each of the 5 senses, gaining empathy for people who operate without one.

Team Challenge
A variety of fun adventure activities with physical challenges which require cooperation and participation from everybody in order to complete.