

GAS

Geelong Adventure Specialists



GEELONG ADVENTURE SPECIALISTS

Est. 2013

DISABILITY SUPPORT SERVICES



Do you enjoy the outdoors and nature?
Looking for a support service with a difference?

About us

Geelong Adventure Specialists (GAS) has provided specialty outdoor programs and experiences since 2013. In 2017 GAS became NDIS accredited, proudly contributing to the provision of diverse and innovative support options in the Geelong Region.

Since then we have seen a growing demand for our disability supports that incorporate adventure in the outdoors. Our team now facilitates a wide range of outdoor experiences, individually tailored to meet the unique needs of each participant.

Outdoor activities

- Hiking
- Mountain bike riding
- Rock climbing
- Abseiling
- Navigation / orienteering
- Kayaking
- Camp cooking
- Bird watching
- Fishing
- Camping
- Holidays
- Nature based art
- 3-par golf
- Nature study
- Environmental education

Who is it for?

Everyone and anyone. GAS currently provides services to >12 years and over, adapting outdoor adventure experiences to suit a wide range of interests and abilities.

Common goals

- Have fun
- Explore local parks and reserves
- Try new activities
- Spend time in nature
- Develop skills
- Exercise
- Improve health & wellbeing
- Build healthy habits
- Improve mood
- Improve sensory awareness
- Build supportive relationships
- Practice emotional regulation
- Build confidence
- Develop communication skills
- Develop agency
- Develop personal insight
- Learn from others

Examples of GAS experiences

- Walking and talking side by side on a bushwalk/ dog walk
- Sitting by the bay/ river catching fish
- Mountain bike riding and coaching to master new skills

- Living in community and learning from others on a week-long holiday
- Returning to a place on a regular basis to observe seasonal changes and daily rhythms
- Practicing new strategies in outdoor adventure (eg. emotional regulation during rock climbing)
- Co-designing your own GAS adventure (a few hours or a few days in length)

If you would like to see more information on this service or enquire about participating, please contact us. We look forward to meeting you.

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Mountain Biking



Bush Walking



Climbing



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Fishing



Bush Cooking



Holidays



Nature Art



Bird Watching



Kayaking

