

Here is
YOUR
chance to be...

ONE IN
100

**BIG
CAMP**

LORD
SOMERS
camp

LADY
SOMERS
camp



Lord Somers Camp
and Power House

WILL YOU BE
ONE IN 100?



WHAT ARE THE BIG CAMPS AT SOMERS?

We know that young people have loads of choices when it comes to opportunities. That is why it's important for programs to stand out. Big Camp offers an experience that you will not find anywhere else. Big Camp will give you a week like nothing you've ever done before. Through a series of totally unique and challenging situations the Big Camp program is designed to create change by providing scenarios that allow you to question your self perception, think about your goals and give you the chance to overcome obstacles.

Power House runs two camps at Somers each year in January for 200 carefully selected participants. Lord Somers Camp for boys and Lady Somers Camp for girls. The camps are the premier programs of the Lord Somers Camp and Power House organisation with a history that reaches back to 1929. The week long programs provide a mosaic of experiences that are exciting, full-on and non-stop.

Big Camp can provide you with a once in a lifetime opportunity and that is why we ask, ***"Will YOU be one in 100?"***.

WHO IS THE BIG CAMP FOR?

Big Camp is for anyone who is looking for the chance to view the world differently. If you are excited by new opportunities and want to create change in yourself by working with others, then Big Camp is for you. If you are adventurous, open minded, interested and ready to learn more about yourself and others don't hesitate to take up this invitation to apply.



**THIS IS A WEEK
YOU SHOULD NOT
MISS OUT ON.**



WHAT WILL YOU GET OUT OF THE EXPERIENCE?

Our goal is to bring together people from a wide variety of backgrounds, locations, schools and industries. Lord Somers Camp and Power House is a diverse volunteer led organisation with a focus on young people, leadership and active participation.

Our values are Fun, Friendship, Care, Acceptance and Belonging. We know that your Big Camp experience will allow you to learn about the Spirit of Somers and take part in a truly amazing experience.

As a result of your Big Camp experience we hope that you will develop communication and leadership skills, improve your ability to make decisions, improve your sense of self belief and discover new strengths and abilities.

BIG CAMP CHECKLIST

Have a look at the Big Camp checklist to make sure you are Big Camp fit. Big Camp is challenging and you must be ready to accept the challenges and prepared to actively participate in the entire week-long program.

Are you.....

- Available to attend Camp?
 - The Lord and Lady Somers Camps are held in the first few weeks of January.
- Interested in trying something new?
- Aged between 16.5 and 18 years in January?
- Ready to be stretched mentally?
- Willing to take on physical challenges?
- Happy to provide us one written referee? Preferably someone who knows you who is not a family member or close friend
- Able to provide a second referee who we might contact to find out more?
- Prepared to be challenged and extended beyond your comfort zone?

SELECTION PROCESS

All applications will be assessed on an individual basis bearing in mind the mix of applicants and the number of applicants from similar locations and schools. To ensure the success of our program it is important that we have a wide range of participants from varied backgrounds.

EXPLORE AND
EXPAND THE WAY
YOU THINK AND
BEHAVE.



WHAT WE DO

Big Camp is no school camp. Our program is absolutely unique.

In one week you will tackle games and activities you have never previously experienced; hear from inspirational speakers plus have the opportunity to question and challenge them and you will become an essential part of one of the hardest working, closest knit teams you will ever find. Oh, and it's great fun.

Big Camp is both emotionally and physically challenging and proves the old adage that the more you put in the more you will take out. Our program never fails to test every participant's limits and guide them to a sense of fulfilment they will rarely experience anywhere other than Somers. At all times you will be mentored and supported by experienced staff and provided with a safe environment in which to challenge yourself. Big Camp highlights that small changes in thinking make a big difference and that you have the ability to achieve things you never thought possible.

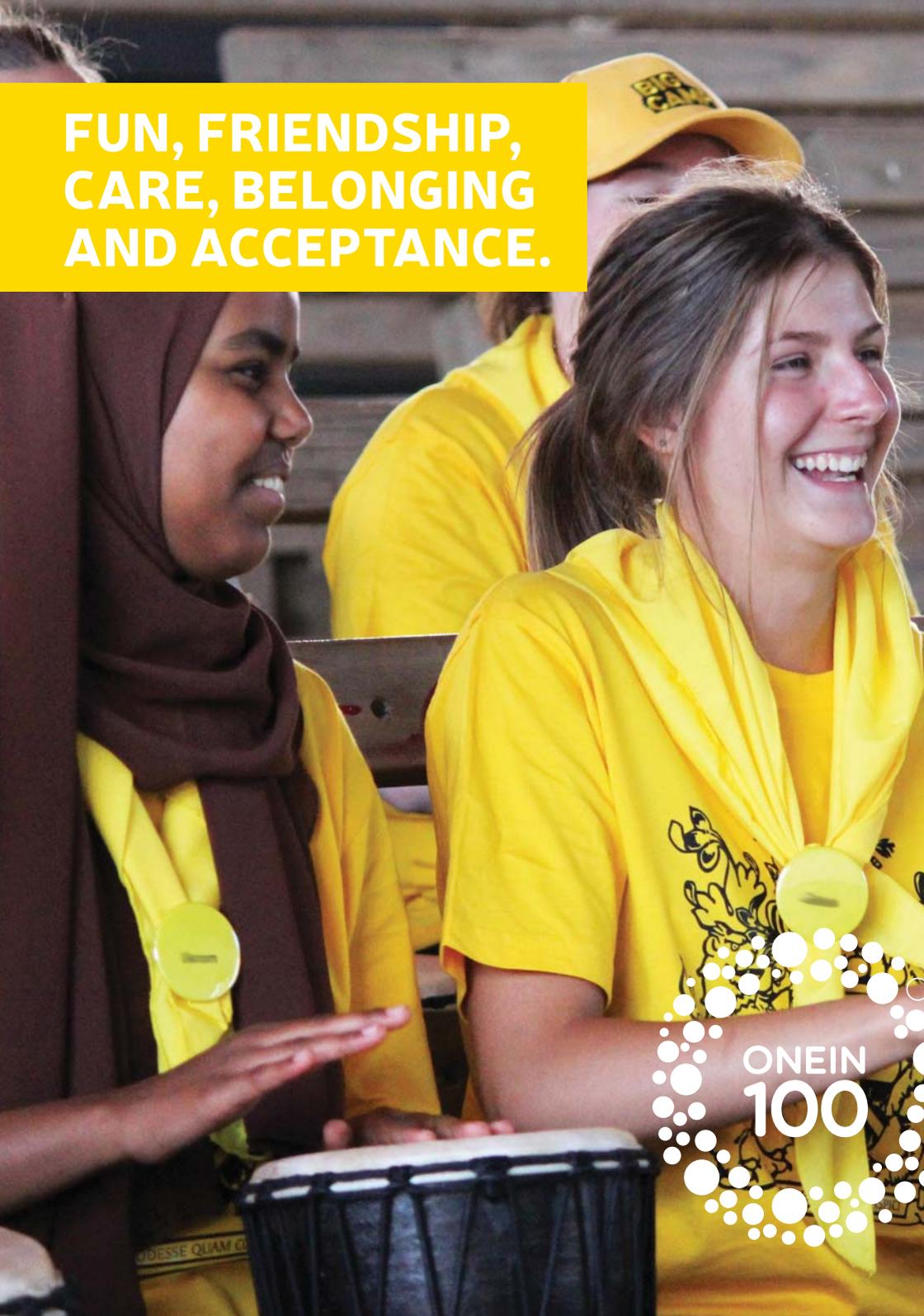
The daily program of games prove a raft of opportunities for you to work and learn outside your personal comfort zone. For some that might mean taking on leadership roles, for others it might be swimming with dolphins and others will be challenged by acting on a stage.

The activities are designed to allow you to realise your potential, to explore and understand the many different paths you can take to reach a goal. Working in tight-knit teams, you will learn to rely on team mates and build strong relationships with others.

Elite athletes, professionals, celebrities and intellectuals all come along to make the Big Camp program entertaining and exciting. Hamish Blake, Andy Lee, Jacqui Cooper, Eddie McGuire, Les Twentyman, Captain Richard de Crespigny, Jules Lund, Ruby Rose, Kimbra and Veronica Milsom have all spoken at recent Big Camps, several of these people have attended camp as participants.



**FUN, FRIENDSHIP,
CARE, BELONGING
AND ACCEPTANCE.**



**ONE IN
100**

HOW DO WE MAKE IT HAPPEN?

To support you during your time at Somers, we have over 200 volunteer staff at Big Camp for the week. The volunteers come to camp for the sole purpose of working for you to make it the best week it can be. Training programs throughout the year ensure all staff are equipped to provide support and leadership. Most of the staff at Big Camp have previously attended as participants which really demonstrates the success of the program.

The leadership team is supplemented by a number of staff departments that run the creative program of activities each day. You will form part of a mini society which includes games and activities staff, our own radio station, a daily newspaper, teams of photographers and video makers plus a canteen and a group of talented cooks.

STORIES FROM PAST PARTICIPANTS

"Big Camp changed my seventeen-year-old life. It introduced me to some of the best people I've ever met, it encouraged me to be open minded & ambitious, and it gave me access to an unprecedented list of 'camp songs' I'll never unlearn the lyrics to."

Veronica Milsom - Triple J Presenter

"My Big Camp experience was incredible. As part of a team we pushed ourselves way beyond our previous limits. Big Camp set me up for life."

Tom Birch - Business Owner

"I went to Big Camp before I started Year 12, looking back on it now, the week down at Somers was my first foray of what it can mean to be part of a community. For me community is one of the most important things in anything that I'm doing - Somers showed me how you can build community with people that you don't know, and just how special a thing it can be."

Linh Do - 2013 Young Conservationist of the Year

"Lord Somers Camp taught me life lessons I just couldn't have gotten anywhere else. From 'Big Camp' to some amazing leadership courses, I now look back with incredible memories and enormous gratitude."

Jules Lund - Media Personality



ONEIN
100

HOW TO APPLY

Applications open in July and close at the end of Term 3. Chat to your school teacher, year level co-ordinator, employer, coach, family and friends about the opportunity to be involved. To be one in one hundred, you are encouraged to take the opportunity to apply quickly as we receive more applications than places available. Read the big camp checklist and if you are eligible, apply via our website www.lscph.org.au You will need to provide details of a referee who will support your application and a parent/guardian for medical information. We encourage you to get your application in as early as possible. Applications close at the end of Term 3.

Lord Somers Camp and Power House has a policy that no one should be denied access to our programs due to financial barriers. If you require further information, please contact the office on 9510 7066 or info@lordsomerscamp.org.au

ABOUT LORD SOMERS CAMP AND POWER HOUSE

Lord Somers Camp and Power House is a not-for-profit organisation that runs personal and community development programs for people of all ages. All our programs and activities are planned and executed by our members in a volunteer capacity. The programs we run have a significant benefit to many different communities and people from diverse backgrounds, cultures, ages and locations.

Lord Somers Camp and Power House strives to create a stronger, more inclusive society through service to others.





Lord Somers Camp
and Power House

Make sure **YOU** are



Lord Somers Camp and Power House

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Patron Her Excellency the Honourable Linda Dessau AM, Governor of Victoria