

OUTDOOR HEALTH FORUM 2024

Draft PROGRAM PLAN (28/03/24)

This program plan is a draft, and will be updated regularly leading up to the Forum, prior to publishing the full designed program.

Sunday 14 th April	
1500-1700	Registration & Settle in
1630-1700	Sunset Pre-Forum Refreshments
1700-1830	Welcome to Country Smoking Ceremony and Cultural Dance
1830-2000	Dinner
1930-2200	Light Connections
Evening offerings and entertainment	First Nations sharing circle

Monday 15 th April	
0630-07:30	Sunrise Sessions
0700-0900	Breakfast & Make a take-away lunch
0900-0930 Morning Gathering	Cultural Welcome: Grounding in Place: Luke Mabb and Autie Cheryl Mundy Welcome to the Forum: Outdoor Health Australia
930-1100 Learning together	International Adventure Therapy: Tanya Ginwala Kia Ora New Zealand: Kaydy Moana and Taina Traditional Maori Storytelling for Health: Kaysie TeMaia
1100-1130	Morning tea
1130-1230	Knowledge sharing – Concurrent sessions
1230-1345	Lunch
1345-1445	Explorative Workshops – Concurrent
1445-1530	Afternoon tea
1530-1700	Yarning Circles – Concurrent conversations
1700-1900	Dinner and OHA AGM (5pm-6pm)
1900-2200 Evening offering and entertainment	Guided Nocturnal Wander (1900-19:30) <i>Franklin</i> Screening and Q&A (1900-2200)

Tuesday 16 th April	
0630-07:30	Sunrise Sessions
0700-0900	Breakfast & Make a take-away lunch
0900-0930 Morning Gathering	Grounding to Country Grounding to our Bodies
930-1100 Learning together	The Mountain Path: Paul Pritchard Nature, Our Medicine: Ruth Langford Saltwater Therapy: Tim Baker
11-1130	Morning tea
1130-1230 Knowledge sharing	Concurrent Sessions; including: Country and the cultural determinants of Aboriginal health: Jacob Prehn
1230-1345	Lunch
1345-1445	Explorative Workshops – Concurrent
1445-1530	Afternoon tea
1530-1700	Yarning Circles – Concurrent conversations
1700-1900	Dinner

1900-2200 Evening offering and entertainment	Guided Nocturnal Wander (1900-19.30) Tin Camp Session (music, storytelling and singing)
---	--

Wednesday 17th April

0630-07:30	Sunrise Sessions
0700-0900	Breakfast & Make a take-away lunch
0900-1700	PRE-BOOKED IMMERSION DAY ACTIVITIES "Choose your own experience" – onsite, offsite, active, relaxing, adventurous, creative, iconic, gentle... Please pre-book your Wednesday immersion prior to the Forum.
1700-1900	Dinner
1800-1900	HEAL sharing circle (bring your dinner)
1900-2200 Evening offerings and entertainment	Guided Nocturnal Wander with Nick Hall (1900-19.30) <i>Platypus Guardian</i> screening and Q&A with Nick and Daan Tin Camp Open Mike

Thursday 18th April

0630-07:30	Sunrise Sessions
0700-0900	Breakfast & Make a take-away lunch
0900-0930 Morning Gathering	Grounding Together: Sound and Movement
930-1100 Learning together	Personal Connections with Country: Rodney Dillan Restoring our relationships with the natural world: Tanya Ginwala Te Pu a te Honoga: Kaydy Moana & Taina McClutchie
11-1130	Morning tea
1130-1230	Knowledge sharing – Concurrent sessions
1230-1345	Lunch
1345-1445	Explorative Workshops – Concurrent
1445-1530	Afternoon tea
1530-1700	Yarning Circles – Concurrent conversations
1700-1900	Dinner
1900-2200 Evening offering and entertainment	Guided Nocturnal Wander with Nick Hall (1900-19.30) Closing dance and song led by First Nations mob Dance Party

Friday 19th April

0630-07:30	Sunrise Sessions
0700-0900	Breakfast & Pack up
0900-0930 Morning Gathering	Preparing to transition Staying Connected: Outdoor Health Australia
930-1100	We are country: Cultural inspired closing ceremony
1100-1200	Pack up & Depart