

# MENSLINK WILDERNESS EXPERIENCE

**'CHALLENGE MEETS ADVENTURE'**



The Menslink Wilderness Experience (MWE) is a 3-day and 2-night hiking and camping experience offered to all participants of Menslink's Youth Mentoring Program. MWE is designed to challenge participants in a safe, rewarding and practical environment whilst providing experiences that a lot of young men may not receive nowadays in our hyper-connected world.

## WHY?

Decades of studies indicate that outdoor activities and experiences are fantastic boosters to our overall health, wellbeing and social development; yet recent studies show a decline in uptake of these activities - particularly in young people.

In a world where we can get most things with the click of a button, we have forgotten how to take responsibility for ourselves and those around us. Many young men lack the ability to care for themselves and look after their own needs without parental intervention. MWE is an experiential program aimed to show young men that they can not only take responsibility for caring for themselves, but also for the community around them. By supporting young men to learn new skills such as raising a tent, cooking a meal, or navigating through bushland, we also build their confidence, resilience and problem solving skills while instilling a respect and appreciation of nature.

## KEY INFO

**WHAT IS IT?** Experiential 3-day and 2-night bush camp.

**COST?** FREE for participants of the Menslink Youth Mentoring program.

**WHO CAN ATTEND?** Participants of the Menslink Youth Mentoring Program.

**WHEN DOES IT HAPPEN?** 2-3 Times a year, typically within warmer months at the start and end of the year.

**WHO'S SUPERVISING?** Menslink sends 2-3 staff and up to 2 volunteer mentors to maintain a safe and fun environment for all attendees.

## REGISTER YOUR INTEREST NOW

*"The Menslink Wilderness Experience is a fantastic opportunity for young guys to enjoy themselves in an environment they might not have experienced before. My son came back and delighted in sharing things that he had learned on camp that he might not have ever been exposed to otherwise."* **Parent Guardian**

*"This experience was awesome. I never imagined that I'd be out in the bush, putting up a tent, climbing mountains, and making friends with people that I'd never met before."* **MWE Participant**



## QUESTIONS?

Chris Midegs, MWE Coordinator  
[chris@menslink.org.au](mailto:chris@menslink.org.au)

6287 2226