

# Welcome to “The Escape”



## **J-Term Downunder**

Four weeks amidst New Zealand and Australia's stunning mountain, forest and beach environments. Gain insight into Maori and Aboriginal cultures, discover some of the world's most livable cities, and experience firsthand the legendary Australasian friendliness. Try rock climbing, white water rafting, caving, snorkeling, surfing, sea kayaking, dolphin swimming, scuba diving...and much more!

- No prior experience necessary
- Age range best suited 18-30
- Non students welcome
- Trip departs after Christmas and returns before second semester begins

Pacific Challenge has been operating safely and successfully since 1985, taking over 1000 students and faculty on our unique experiential travel programs. During this period, it has earned the respect and support of numerous university faculty and outdoor administrators from around the United States, Australia, and New Zealand.

## **Academic Credit**

During this program, you will be introduced to a wealth of information regarding the cultures, history and environments of Australia and New Zealand.

For those students who would like to incorporate this superb educational opportunity with academic credit, up to 6 semester college credits, or the equivalent in quarters, are attainable.

## **Details**

All accommodation, a multitude of adventure activities, most food, and all round-trip travel from Los Angeles is included.

The program has up to 18 participants and two leaders. We find this the optimal size for the development of supportive group dynamics, environmentally sound travel and an overall enriching experience for each participant.

This will be an adventure of a lifetime!

Spots fill quickly and it is first-come, first-serve!

# Itinerary

## **Week One**

From Los Angeles a 12-hour flight lands us in Auckland, New Zealand. Our first stop is Waitomo, a small community nestled amidst a maze of limestone caves. Let the adventures begin...first up, rappelling into a dramatic limestone gorge. Then blackwater rafting, an exciting underground exploration of cave river systems ~ lights, helmets, wet suits...action!

Leaving Waitomo you'll experience a dose of adrenaline as we raft the whitewater drops on the Kaituna River. Enjoy a Maori concert and hangi (earth cooked meal), before traveling on to Rotorua, where we spend the afternoon soaking our feet in the natural thermal hot springs.

South to Wellington, New Zealand's capital city. Set amidst forested hills, Wellington's harbor backdrop is spectacular. Time to explore world famous Te Papa Museum and get a dose of Kiwi culture with rich arts, cafes, and nightlife.

## **Week Two**

An inter-island ferry crossing, through the twisting arms of the Marlborough Sounds, is a breathtaking introduction to the South Island. A scenic drive brings us to the fun-loving summer-time city of Nelson. The next day, you have the option to take the plunge and freefall 55 incredible seconds, tandem skydiving.

The Abel Tasman National Park, where forested hills meet aquamarine waters and golden sand beaches. It's one of the world's top sea-kayaking destinations. We soak up time with kayaking, hiking, swimming, and sunshine.

Heading south we stop in Kaikoura for the night. The surrounding ocean is home to an abundance of marine life... notably whales, dolphins and seals. You'll experience a sunrise swim with wild dolphins in their habitat.

Welcome to Mt. Cook, home to the highest mountains in Australasia. We get a close up look at a glacier on the move, by inflatable boat to the towering ice cliffs at the terminus of the Tasman Glacier. There are numerous options in Mt. Cook, including mountain hikes, heli-mountaineering, and much more!

## **Week Three**

Spectacular Queenstown, best known as New Zealand's adventure playground, is set amidst a stunning alpine lakeside environment. We have a blast lugging on the hills high above the town.

Your choice. This is the place to try bungy jumping, river surfing, jet boating, or hangliding. You can also take a day-trip through glacier carved mountains to beautiful Milford Sound or hike part of the 'Routeburn Track', one of the most famous backpacking trails in New Zealand.

Travel to Christchurch for our last nights in New Zealand and rock-climb on the Port Hills overlooking the city. Also enjoy the quaint downtown area and explore the beauty of this historic city.

## **Week Four**

We fly across the Tasman Sea to spend a few days in the surfing community of Bryon Bay. Here we enjoy surfing, snorkeling, swimming, and scuba-diving.

Sydney, Australia—dynamic, exuberant, and inviting! Cruise the city on the back of Harley Davidsons, enroute to our ocean side apartments for a few days of culture, surfing, and swimming.

While here there are many options such as the Opera House, Sydney Bridge, Aquarium, shark diving, hangliding, or taking a day trip into the Blue Mountains. Reluctantly head home ~ friendships and memories travel with us.

# Notes and Activities

## **Program Cost**

The total cost of the program is **\$5450**

## **Included in program cost**

International flights ex-Los Angeles  
New Zealand to Australia flight  
Visas  
All travel throughout New Zealand and Australia  
All trip accommodation  
Meals (except lunches and independent dinners)  
Included activities

## **Not included in program cost**

Travel to and from Los Angeles  
Airport departure tax  
Lunches and four independent dinners  
Fees for optional academic credit  
Travel insurance  
Optional activities

## **Level of activities**

No prior experience is necessary. All activities and instruction are aimed at the novice level. However, for those experienced in certain activities, opportunities for challenge at your level are facilitated.

## **Activities included in program cost**

### **In New Zealand:**

Blackwater rafting—Waitomo  
Rappelling—Waitomo  
Whitewater rafting—Kaituna River  
Maori concert and hangi—Rotorua  
Sea kayaking —Abel Tasman  
Dolphin Swimming—Kaikoura  
Hiking—Mt. Cook National Park  
Glacier boat cruise—Mt. Cook National Park  
Luging—Queenstown  
Day Hike to Routeburn Trail—Queenstown  
Rockclimbing—Christchurch

### **In Australia:**

Sydney Harley Davidson motorcycle tour  
Snorkeling—Byron Bay  
Surfing—Byron Bay  
Ferry Pass—Sydney

As itineraries change each year, these activities are subject to change slightly.

## **Optional Activities**

There will be lots of opportunity to do extra activities. It is your responsibility to organize and pay for these optional activities, however leaders will be happy to help coordinate these adventures for you. To make your trip even better, it is recommended to search the various places where you will have free time and the activities available before you leave. Below are approximate costs of the more popular optional activities (in local currency, so check exchange rates—[www.oanda.com](http://www.oanda.com))

### **In New Zealand:**

Tandem Skydiving—Nelson NZ \$289  
Bungy jumping—Queenstown NZ \$160—425  
Hangliding—Queenstown NZ \$185  
River Surfing—New Zealand—NZ \$149  
Heli-Biking—New Zealand—approx. NZ \$200

### **In Australia:**

Sydney Opera House show AU\$50-100  
Surfing lessons—Sydney AU\$50

## **Spending Money**

People often enquire about the amount of spending money needed. It is difficult to predict an exact amount. Each year, participants spent as little as US \$500, others up to US \$1500. We suggest an amount somewhere between these. Spending money is typically used for email, snacks, lunches, independent dinners, optional activities, and laundry.

Spending money is best carried on credit/debit cards. Please check with your bank that your credit/debit card can be used in cash withdrawal machines in other countries. You will need a pin number to make withdrawals from machines. You may also be able to make over-the-counter (non-pin) cash advances on your credit card at banks. Ensure you have at least two cards (one debit/cash card and one credit card) in case you lose one.

It is also recommended that you call your credit card company to let them know you will be using your card overseas—some companies will put a hold on your card if there is suspicious activity. Bring little cash and traveler's checks, as the exchange rate/fee is better if you withdraw currency upon arrival.

# Leadership

## Leadership

We've selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. They understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited, and awareness of minimum impact travel ethics. They take every chance to give you the time of your life!

**All our leaders are trained in wilderness or remote travel first aid, outdoor leadership, and risk assessment/management.**



**Dave Wright, PhD**  
Founder and Director

Dave Wright, PhD, is an Australian and the Director and founder of Pacific Challenge and the Escape Program. He brings his love of the outdoors and vast experience to the program and trips he leads. Dave's background in Environmental Studies and Tourism also provides a strong interpretive emphasis to our time in the lands down under. With his approachable, outgoing nature, he makes friends the world over.

## Group Size

You will travel with 17 other participants and 2 leaders. From experience, we've found this the optimal size for the development of group dynamics, minimum impact travel, effective planning, and safety. However, we often split into smaller groups for activities, creating a more intimate experience.

**Jinny Rietmann**  
Escape Coordinator



Jinny has been with the Escape Program since its inception in 2003. She was a participant on the classic Pacific Challenge trip in 2000 and has been working with the program ever since. She is an enthusiastic and organized leader and has a love for the outdoors and a thirst for adventure. She has extensive experience in the outdoors and adventure travel. She currently has a bachelors degree in Recreation and Leisure Studies, and Recreational Therapy, along with a minor in Adventure Tourism. She also has a masters of science degree with an emphasis in counseling.



**Doug Egan**

Doug is a native Australian and greatly enjoys travel, the outdoors, and working with our American students. Doug has been working with the Escape Program since 2006. He currently has a law degree and is working on his masters degree in Educational Leadership and Outdoor Recreation. His classically Australian personality and sense of humor are unforgettable and make him an exceptional leader.

# Payment Schedule

## UWL STUDENTS:

- In this packet, there are three forms that need to be completed and mailed to the Escape Program. With these materials, a \$200 application fee is required to hold your spot. Make checks payable to Escape JTerm Program. Please mail these materials to: Escape Program c/o Jinny Rietmann  
29359 Hay Creek Trail  
Red Wing, MN 55066
- In addition, students need to apply to the Study Abroad office. Application forms, materials, and payment information can be found on the UWL International Education site at:  
<http://www.uwlax.edu/oie>
- UWL students are required to pay the \$50 application fee and \$250 confirmation deposits for the program, checks payable to UWL.
- The remaining program fee (minus the application / registration fees already paid) will be billed to your student account.

### Academic Credit

Academic Credit is an optional component of the program. Up to 6 upper division credits are available. Interested participants should indicate this on their registration form and stay in contact with the Escape Program for updates. For credit information, please email the Escape Program at [Jterm@pacificchallenge.org](mailto:Jterm@pacificchallenge.org) or look online under the Escape Program at:  
<http://www.uwlax.edu/oie>

### Tuition Fees

Academic credit is optional, thus tuition costs for academic credit are additional to the total cost of the program.

## NON—UWL STUDENTS:

- Required application forms are included in this packet
- There is a \$200 deposit required with the application packet.
- Please make checks payable to:  
Escape JTerm Program
- Mail registration materials and deposit to:  
Escape Program, c/o Jinny Rietmann  
29359 Hay Creek Trail  
Red Wing, MN 55066

Questions? [Jterm@pacificchallenge.org](mailto:Jterm@pacificchallenge.org)

### Payment Schedule and Conditions

Total program cost for the Escape 2008 program is \$5,450. There is also an administration fee of \$500 for UWL students, totaling \$5,950.

To secure your place on this program, please send in the completed the registration materials to the Escape Program. Once accepted into the program, you will receive an email stating that you have been accepted and that you should then complete the necessary UWL forms.

Registrations are accepted year-round until the program is full, or October 1, 2008. Places are allocated on a first to register basis and usually fill by October.

Late payments or forms may result in forfeiture of your position. Please ensure payments are made by the due dates.

### Financial Assistance

Students currently utilizing financial aid may be eligible to do so on this program. Please contact your financial aid advisor to discuss this.

# Notes

## **Free Days**

We have approximately 4 free days, in towns or cities where there are sufficient facilities to allow you to catch up on laundry, email, etc. It is recommended that you check out the cities you will visit before the trip and plan activities that will enhance your experience.

## **Accommodation**

Accommodation is diverse, comfortable, and carefully chosen to fit our needs. There are approximately 13 nights in youth hostels and 11 nights in apartments/lodges.

## **Food**

Whether it's a picnic, BBQ, or evening out; meals are fresh, tasty, healthy, and varied. Food preparation, shared by all participants, is fun, social, and often a highlight. We happily cater for vegetarians. All breakfasts and dinners are provided, with the exception of the free days, where breakfast is provided but not dinner. Instead, we will have an "independent dinner" giving you the chance to sample your choice of the fine local cuisine. Lunches and snacks are not provided.

## **Air Tickets & Flights**

Participants will be notified in early December with their flight arrangements. The program cost includes round-trip international flights, from and returning to Los Angeles, and travel throughout and to New Zealand and Australia.

Once your tickets are issued, the Escape does not arrange or cover the cost of date changes to your ticket. Change of your return date and adding layovers is possible, subject to seat availability, and must be arranged through the airline. Any costs incurred in changing dates are your responsibility.

## **Travel Insurance**

Participants are required to take out a travel insurance policy, which are quite affordable and can be very helpful. Policies usually cover the cost of curtailment or cancellation of travel, medical expenses, loss or theft of personal belongings, and personal liability. Approximate cost is \$120 for one month. Please ask if you need ideas on where to purchase policies from. Two common sites are [www.statravel.com](http://www.statravel.com) and [www.insuremytrip.com](http://www.insuremytrip.com)

## **Passport and Visas**

Travel to Australia and New Zealand requires minimal immigration documentation; please read the following information carefully.

A passport is required for travel. If you don't already have one, this should be attended to as soon as possible. Passport application forms are available at either your post office or county courthouse. You will be required to submit 2 passport size photographs, your birth certificate and proof of identity (driver's license). The fee is approximately \$100. Your passport is valid for ten years. Hopefully your program will inspire you to further exploration, putting your passport to good use.

If you already hold a passport, please ensure it will not expire before June, 2009, or you will need to get a new one issued.

US passport holders do not need a visa to enter New Zealand and your trip leaders organize Australian Visas for you.

## **Changes to Itinerary**

Occasionally, minor changes from the published itinerary may occur. We will notify participants in advance should this happen.

## **Climate**

December to January are great months to visit New Zealand and Australia, because of the fantastic summer conditions.

New Zealand January temperature:

Daytime average 65-85F; Nighttime 55-65F  
Sunrise 6:00am; Sunset 9:00pm

Australia January temperature:

Daytime average 80-95F; Nighttime 70F  
Sunrise 5:30am; Sunset 8:00pm

## **Keeping in Touch**

There is internet access in every town we visit and it costs \$2-3 per hour. Low cost phone cards are readily available in NZ and Australia, and are more economical than bringing US based phone cards (which often don't work). Phone calls cost around \$.10 per Minute. Cell phones from the US often do not work or incur very steep international charges.

# Gear List

The secret to enjoyable travel is traveling light. Keep non-essential clothing and equipment minimal. The Escape staff will be having meetings in the fall to discuss specific gear needed.

## Essential Equipment

- Sleeping Bag (compact 40°)
- Travel alarm clock/watch
- Quick-dry towel (1-2)
- Water bottle(s)
- Knife, fork, spoon
- Cup, plate, bowl
- Duct-tape (small roll)
- Small first-aid kit including personal medication, band-aids, first-aid cream, sunburn cream etc.
- Sunscreen
- Insect repellent
- Toiletries in plastic ziplocs
- Sunglasses

## Optional Equipment

- Headlamp / Flashlight
- Pocketknife
- Travel pillow
- Camera/video camera (camera chargers and other items requiring a plug-in must be adaptable to 240 V)
- Adaptors/Converters to 240V
- Discman/MP3/I-Pod
- Novel (s) / Journal
- Waterproof disposable camera with flash

## Luggage Allocation

Luggage tags are recommended

Checked luggage:

- Hiking Backpack or duffel bag (up to 2 pieces)

Carry-On Luggage:

1 daypack (for day hikes)

## Essential Clothing

**Please note that clothing should be quick-dry and easily compactible. Clothing made of fleece, polypro, gortex, etc. are the best options (not cotton)**

### **Outdoor**

- Swimsuit
- Quick dry hiking/running shorts
- Waterproof rain jacket
- Thermal (not cotton) underwear (long top & pants)
- Fleece top
- Sports sandals
- Hiking/running shoes

### **Casual**

- Jeans/trousers x 1
- Shorts x 2
- T-Shirts x 2
- Tank-tops x 2
- Sweatshirt/sweater x 2
- 2 quick-dry fleece/sweat pants
- 2 Sets of dress/nice clothing for evenings out
- Dress shoes (optional—dress codes are common)
- Socks x 3
- Underwear
- Thongs/flip flops

## Documents

- Airline tickets
- Passport
- Travel insurance policy
- Photocopies of the above documents and any credit cards, etc. x 2 (bring one set and leave one set with your family)
- Credit/debit cards x 2
- Scuba card and logbook (if certified)

## Luggage Notes

- It is essential to travel as light as possible, as we are constantly packing and traveling.
- In addition, there is a maximum weight limit of 20 kg on the flight from New Zealand to Australia.

**Any questions???**

**Contact:**

**Jinny Rietmann**

**Escape Coordinator**

**Jterm@pacificchallenge.org**

**651-301-2008**

*“You will come back inspired in ways you never thought possible. I came back inspired about life. The people you meet will share stories and experiences that change the way you think about the world. To really gain knowledge and understanding of something, you have to experience it firsthand.”*

*“I have some of the best memories of my life on that trip and I am fortunate enough to have shared them with 19 incredible people. For once in my life, I threw away logic, emptied out my savings account and did the one thing in my life I really wanted to do.”*

# Checklist

**Register for program through Escape, complete registration materials, and pay \$200 deposit to Escape:**

- 1) Registration form \_\_\_\_\_
- 2) Medical Forms A & B \_\_\_\_\_
- 3) Waiver Forms A & B \_\_\_\_\_
- 4) \$200 Deposit to Escape Program \_\_\_\_\_

**Complete Study Abroad forms and pay application fee and confirmation fee to UWL**

- 1) Study Abroad Application \_\_\_\_\_
- 2) Application Fee \_\_\_\_\_
- 3) Confirmation Fee \_\_\_\_\_

**Obtain Passport** \_\_\_\_\_

**Attend Orientation meetings as scheduled**  
**Please check out UWL Study Abroad Website website for dates and times** \_\_\_\_\_

**Enroll for classes and pay tuition (if taking credit)** \_\_\_\_\_

**Purchase Travel Insurance Policy** \_\_\_\_\_

**Arrange travel to and from Los Angeles International airport** \_\_\_\_\_

**Check that your credit / debit cards can be used overseas** \_\_\_\_\_

**Clothing and Equipment List—make sure you have all necessary items** \_\_\_\_\_

**Get EXCITED!!!**

**Pay remainder of program cost, minus fees already paid** \_\_\_\_\_



# Medical Information Form—Part B

**For your safety, and the well being of the group, it is imperative that you complete the following information honestly and accurately. All disclosures are confidential.**

Please describe any serious injuries or illness you have had:

Please list all drugs or medication (prescription and non-prescription) you are taking and what they are being taken for:

Do you have any problems which may affect your ability to participate safely in any of the activities on the trip? If yes, describe. Ex: allergies, diabetes, back problems, asthma, fear of heights, etc.

Have you had any first aid training? What level and when?

Have you had any previous experience or taken classes in any of the activities on the trip? Detail briefly.

Can you swim? What level of swimming ability do you have?

Please list any other pertinent medical information that should be known. Attach page if necessary.

It is important that you inform the program coordinator or your trip leader if any of the above information changes at any time.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Liability Waiver 1

**It is very important for the success of the program and your personal enjoyment during the trip that you read and understand the following:**

**A release of liability and assumption of risk form is on the other side of this page. Please read carefully, sign, and return this together with your medical information form, to the Escape Coordinator, no later than November 1st.**

Please note, this form is not designed to intimidate participants, merely to help relieve the pressure on programs like these when confronting the serious liability issues. It should be noted that this program has been running for a number of years successfully and safely. It has been very carefully designed to cater for an adventurous spirit; it is not for hardcore high risk takers. The program leaders are all trained in first aid and experienced in outdoor and group leadership. Our leader to participant ratio is well within accepted limits. Leaders will take all reasonable care during the execution and supervision of each activity.

It is strongly recommended that all participants take out a travel insurance policy, to cover the possibility of lost luggage, theft, accidental or incidental sickness, travel curtailment and cancellation. Health care in Australia and New Zealand is of high quality and is offered relatively inexpensively to foreign travelers.

The bottom line is to expect a pleasantly adventurous, safe, and enjoyable look at Australia and New Zealand with leaders who will take all reasonable care.

**Please note: Participant and parent or witnesses must sign below to acknowledge reading and understanding of the above information.**

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_

(if under 21 and/or if on parents insurance—otherwise 2 witnesses)

Witness 1 \_\_\_\_\_ Date \_\_\_\_\_  
Name and Signature

Witness 2 \_\_\_\_\_ Date \_\_\_\_\_  
Name and Signature

# Liability Waiver 2

## Release of Liability and Assumption of Risk Agreement

I am aware that during the trip in which I am participating under the arrangements of the organizers and their employees, agents, associates, and contractors, I may be subjecting myself to risks, dangers, and hazards which could result in losses, illness, injury, or death. I recognize that such risks, dangers, and hazards may be present at any time during the trip.

In consideration of and as part payment for the right to participate in the trip and the associated activities and services arranged by the organizers and their employees, agents, associates, and contractors, I do hereby fully assume all risks of losses, illness, injury, and death, and, further, I do hereby release and discharge the organizers for any and all losses, damage, illness, or injury resulting from my participation in the trip and the associated activities and services.

As well, I agree that I will not sue the organizers, their employees, agents, associates, or contractors for any losses or damages incurred as a consequence of my participation in the trip and the associated activities and services caused by the negligent or other acts of the organizers and their employees, agents, associates, or contractors.

I agree that the above obligations shall be binding upon me personally, as well as upon my heirs, executors, administrators, and all members of my family.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and an assumption of risk agreement between me and the organizers and their employees, agents, associates and contractors. I sign this agreement of my own free will, after having been advised that I am free to obtain independent advice on it.

Participant signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_

(if under 21 and/or if on parents insurance—otherwise 2 witnesses)

Witness 1 \_\_\_\_\_ Date \_\_\_\_\_

Name and Signature

Witness 2 \_\_\_\_\_ Date \_\_\_\_\_

# Escape Registration

Please complete both sides of this form fully and legibly

\*\* Tape 1 recent passport size photo here>>>

Full Name as shown on passport (no abbreviated names:

Last \_\_\_\_\_

First \_\_\_\_\_ Middle \_\_\_\_\_

Age \_\_\_\_\_ Gender (circle one)      Male      Female

Birthdate (mm/dd/yy) \_\_\_\_\_

Current address \_\_\_\_\_

Email address \_\_\_\_\_

Current phone # \_\_\_\_\_ Cell phone # \_\_\_\_\_

Permanent home address \_\_\_\_\_

Home Phone # \_\_\_\_\_

If your air tickets are mailed out in mid-December, which address should we mail them to?  
(circle)

Home      Current      Other \_\_\_\_\_

Passport # \_\_\_\_\_ Social Security # \_\_\_\_\_

If you don't have a passport yet, leave this blank and notify us when you receive it)

**Students only, please complete:**

Name of college/university \_\_\_\_\_ School ID # \_\_\_\_\_

Year you expect to graduate \_\_\_\_\_ Are you interested in earning credit? Y N  
circle one

**If not a student, please complete:**

Occupation: \_\_\_\_\_

Employer: \_\_\_\_\_

# Escape Registration

Are you vegetarian? Y N Other\_\_\_\_\_

Are you a certified open water scuba diver? Y N  
(If yes, please bring your card and logbook)

If you would like to be in the same group as a friend, please write their name here.

## How did you discover the Escape JTerm Program?

Web\_\_\_\_\_ Flyer\_\_\_\_\_ Presentation\_\_\_\_\_ PC Employee\_\_\_\_\_

Word of Mouth\_\_\_\_\_ Other\_\_\_\_\_

**Enclose with your registration the deposit of \$200.** An email receipt, and confirmation of your acceptance into the program will be forwarded upon payment.

**Please make checks payable to:**

**Escape JTerm Program**

**and mail to:**

**Jinny Rietmann  
Escape Coordinator  
29359 Hay Creek Trail  
Red Wing, MN 55066  
Jterm@pacificchallenge.org  
(651) 301-2008**

NOTES\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*By posting this registration, you will begin the trip of a lifetime.  
Welcome to the Escape!*