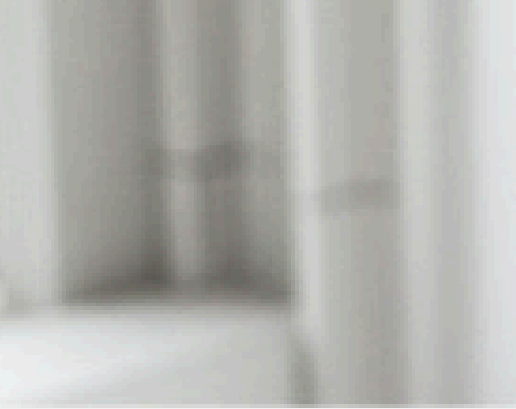


# A WEEK IN THE LIFE SURF CAMP



**WOOHOO!**

We're so excited to have you join us on our 'A Week In The Life' Surf Camp! We cannot wait to share all our favourite things with you - epic surf, relaxing yoga, delish food, and our breathtaking home on the famous Great Ocean Road!

We've put together some information for you here. Please have a read through and don't hesitate to get in contact with one of our team if you need more info. We can't wait to meet you at surf camp soon, you epic human being!

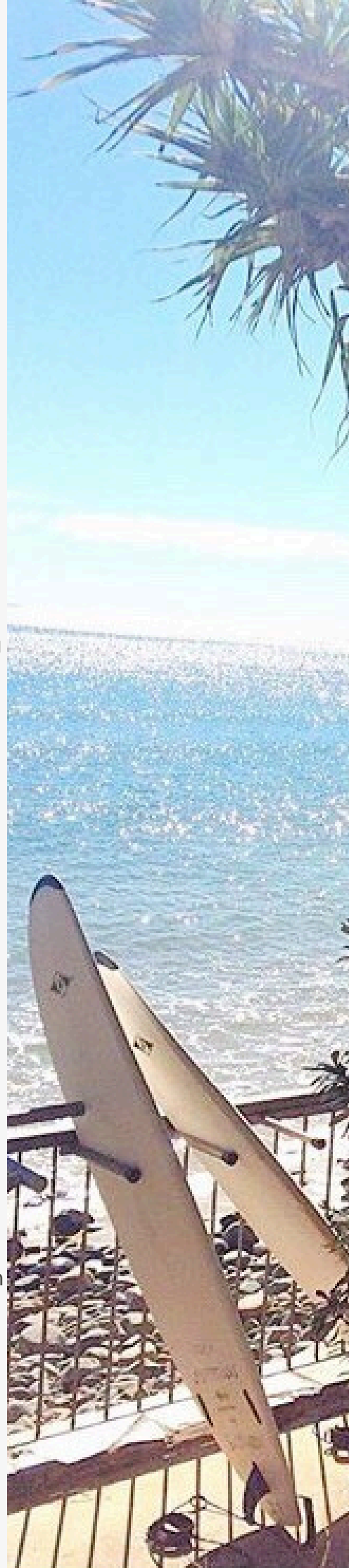
Lots of love,  
The team at Honu Honi. x

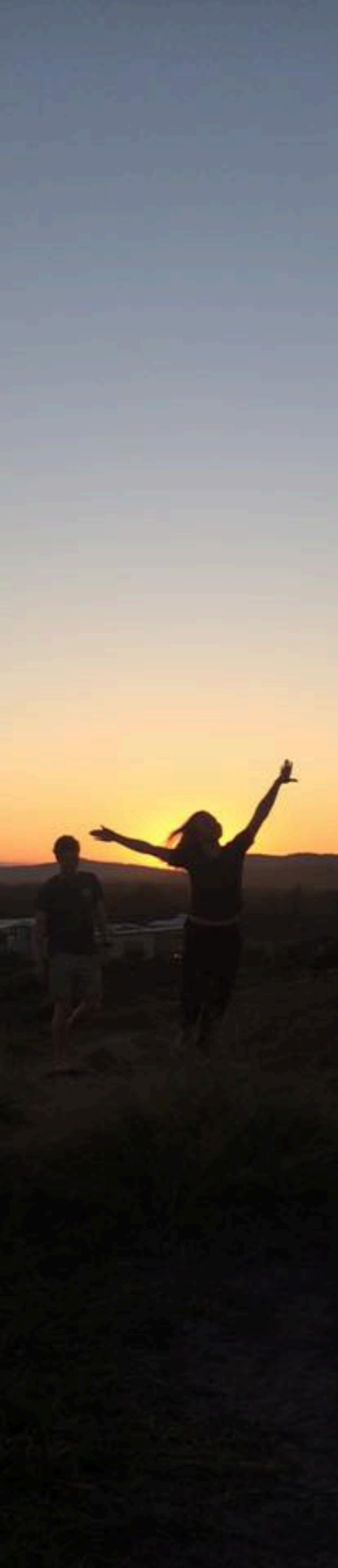
## SUNDAY ITINERARY

- If you have arranged pick up from Wauru Ponds Station by our team, we will pick you up at **4pm**.
- If you are self-driving, we will meet you out the front of Reception at the Torquay Foreshore Caravan Park at **5pm**. Please notify us if you're running late. Once we have everyone at the meeting point, we'll run through an orientation, show you where everything is and answer any questions you have. Maps and addresses of meeting locations are on page 9.
- **6pm**: Dinner time baby! We sit down for a family dinner and run through some of the logistical stuff for the rest of the week.
- Then the evening is yours to settle in and do as you please. Go for a night walk and stargaze, card games, acoustic sing-alongs – the choice is yours!

## MONDAY ITINERARY

- A breakfast box will be left in the tents for you to help yourself to breakfast at whatever time you like. It'll be topped up every night for the next day.
- **9:45am**: It's time for our first surf lesson!!
- **12:45pm**: We'll be serving up an epic lunch for you to chow down on after a fun morning of playing in the waves! Bring your appetite!
- You've got the afternoon to do as you wish! Take a board and head back out for a surf, explore Torquay and hit the surf outlet stores, go for a swim, check out the Australian National Surf Museum, road trip down the Great Ocean Road, walk the Surf Coast Walk from camp to Bells Beach (8km one way), or relax, nap, and read a book!
- **5pm**: We'll all meet back at camp for a relaxing yoga session to stretch out and wind down.
- **6:30pm**: Dinner time and we can take a vote on who had the best wipeout in the lesson.





## TUESDAY ITINERARY

- Help yourself to breaky in the morning.
- **10am:** Surf lesson numero 2!
- **12:45pm:** Lunch, then free time.
- **5pm:** It's time for a surf theory class! Nerd out with us on some of the finer details of surfing and the elements involved.
- **6:30pm:** Dinner time! Then the evening is yours.

## WEDNESDAY ITINERARY

- Help yourself to breakfast in the morning.
- **8am:** An early start for lovely early morning yoga! Then you have the rest of the morning free. If you're feeling a little tired from days 1 and 2, you can rest up, or you can borrow a board and head on out for a surf on your own.
- **12:45pm:** Lunch, then free time to do as you wish. There's no evening activity today, so a great chance to get a bit of exploring done! If you want to spend the whole day road tripping the Great Ocean Road or the Otways, let us know and we can pack you a picnic lunch so you can make the most of it! No car? We'll take you in our Honu Honi bus, Honita!
- **6pm:** Dinner time, fun chats, telling adventure stories, and hanging out.
- There's a trivia night on at **7pm** at the Torquay Pub that we can go to as a team.

## THURSDAY ITINERARY

- Help yourself to breaky.
- **10am:** Time for your third surf lesson. We reckon you'll really be starting to get the hang of it.
- **12:45pm:** Lunch, then free time!
- **5pm:** Blissful relaxing yoga to soothe any tight or sore muscles.
- **6:30pm:** Dinner time! Then the evening is yours.



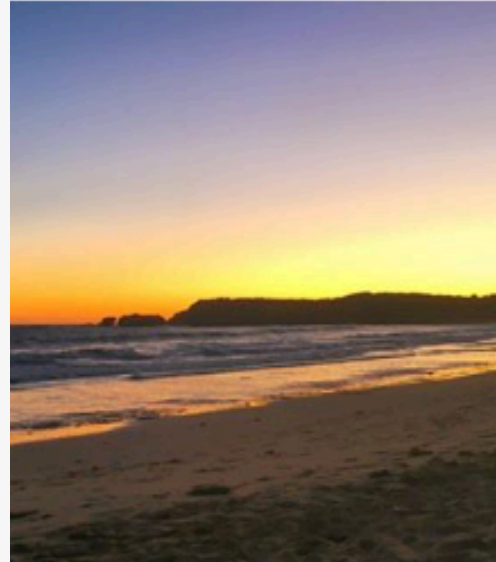
## FRIDAY ITINERARY

- Help yourself to breaky!
- **10am:** Surf lesson number 4!
- **12:45pm:** Lunch, then free time!
- **5pm:** We'll be dropping knowledge in another surf theory session! Bring your questions!
- **6:30pm:** Dinner time with everyone, then time to relax, have a laugh or fall asleep by 8pm from all the surfing you've been doing.



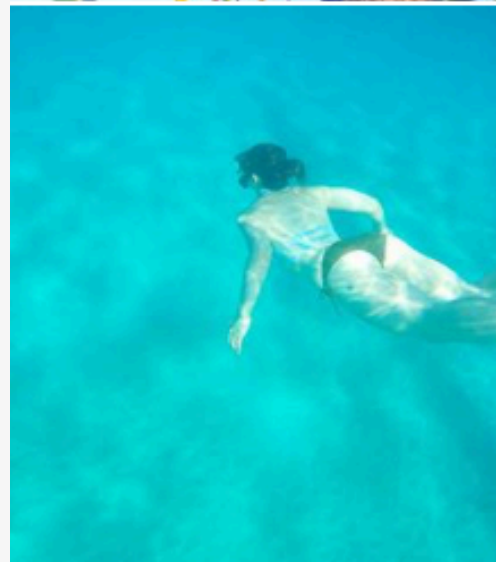
## SATURDAY ITINERARY

- Help yourself to breaky!
- **10am:** Get your heart pumping with a group workout to help build your surf fitness!
- **12:45pm:** Lunch, then free time!
- **5pm:** Our last yoga session for camp. Drop in, wind down and let it allllll go.
- **6:30pm:** Dinner time, followed by whatever you wish!



## SUNDAY ITINERARY

- Help yourself to breaky!
- **10am:** Our final surf lesson for the week! Hopefully, by now we've gone over all the things you wanted to learn while you're with us!
- **12:45pm:** Our last lunch together and the official end of camp! (We're not crying, you're crying).
- If you have a transfer booked from camp to Waurn Ponds station, we'll take you straight after lunch. If you're self-driving, you can pack up and move out of camp after lunch too, but you still have access to use boards and wetsuits for the rest of the day if you would like.



We love you!! Thank you for coming and playing at camp with us!

## WHAT TO BRING WITH YOU:

Bring something to swim in and wear under your wetsuit (bathers, jocks, etc), beach footwear (or go barefoot like the locals), workout shoes and attire, two towels (beach and shower), a water bottle, warm clothes (it can get chilly), and something easy to move around in for yoga. It does rain down here so be prepared for that – a waterproof jacket is ideal. Note: We don't recommend wearing boardshorts under your wetsuit as they tend to ride up and can give you a pretty nasty rash.

If you are musically inclined and want to bring your guitar or something similar, please feel free to. Just note that we need to stick with the campground policies of being quiet after 10 pm and we always want to be super mindful of our neighbours.

You're welcome to bring your own surfboard/ wetsuit if you have them. Just note, we may not be able to let you use your fibreglass board in the lesson – it just depends on the class size and conditions. Safety first!

We provide incredibly delicious and filling meals for you, but you're so welcome to bring any snacks, drinks, etc that you want. There are supermarkets within walking distance (10-20mins) as well as loads of takeaway places and shops.

If you have sensitive skin and think you'll potentially be allergic to the sunscreen we provide, please bring your own that is suitable for your skin.





## WHAT WE SUPPLY:

We have your tent and all your linen and bedding etc. set up and ready to go when you arrive. We ask that you please don't use your own in our tents. If you have any questions about this, please get in contact with us.

We supply you with everything you need for your surf lesson – surfboard, wetsuit, sunscreen, and an instructor. You'll just need swimmers (unless you're brave enough to go commando in a shared wetsuit – that's your life choice), and a towel for afterward (and maybe your drink bottle if it's a hot day).

We've got enough yoga mats for everyone so no need to bring your own down unless you really, really want to show off your own mat!

We'll be cooking up lunches and dinners for you throughout your stay at camp. If you want to skip one of our incredible home-cooked meals to eat out or do your own thing, you're most welcome to. Please just let our staff know as early as possible so that we're not waiting around to feed you.



## FREQUENTLY ASKED QUESTIONS

### **Do I need to be a strong swimmer?**

The beginner surf lesson will be conducted in waist-to-chest depth water and you will have the option to stick in closer to the beach. Please let us know if you are not confident in the water so that the surf instructor can keep a closer eye on you. We only use certified surf instructors, which means that they are required to pass surf life-saving tests yearly in order to maintain their qualification. If you're wanting to surf out the back/ in deeper water, we'll expect you to be able to move through the water confidently without a surfboard (just in case your leash snaps).

### **So, the meals are all plant-based?**

Yes!!! And fucking delicious!! We care ridiculously much about the environment and taking the best care of it that we can (because, you know, we paddle around in it all day long). After a while, the research and data added up and we realised the number one thing we could do would be to exclusively serve plant-based (also known as vegan) meals. So we do. But we've never lost sight of the fact that food is life so you best believe that this is the best freaking food you'll eat in a long time - vegan or no. And don't worry, there's always lots of it! We won't let you go hungry. We can cater to dietary requirements - just let us know when you book.

### **Do I need to be flexible to do yoga/ fit to do the workouts?**

Not at all! All our fitness-based elements can be adjusted so you work at your own pace and level! They're here to help and serve you, not punish you. Unless you want to be punished while you're on holiday, in which case you do you.

### **What's the go with shared camping?**

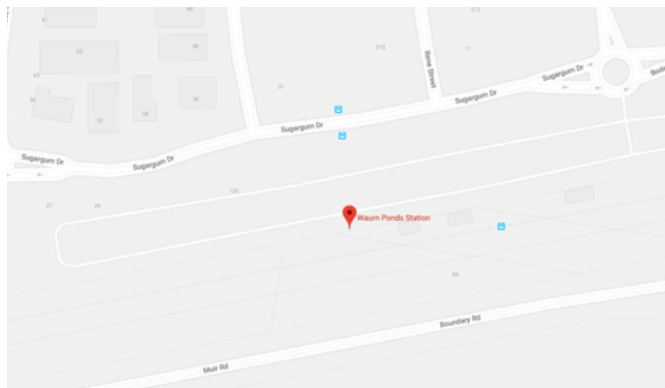
Your tent is for you only as a default, and are set up with a double bed in each one. If your partner is also joining us at the surf camp and you'd like to share a tent, please let our team know and we can organise that for you.



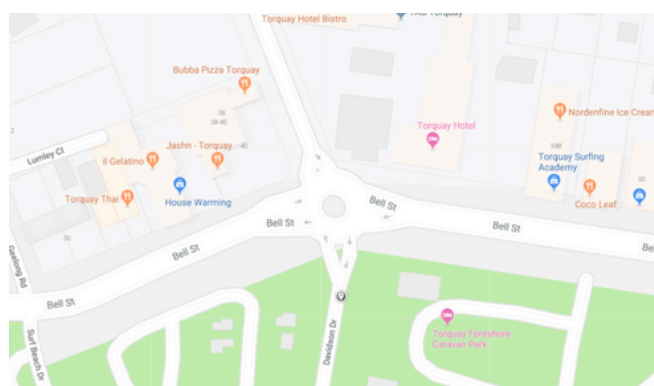


## MEETING LOCATIONS AND TIMES

If you've booked station transfers, we'll meet you at Waurn Ponds Train Station directly in front of the station building at **4pm** on the Sunday. You can spot us in our blue Honu Honi-mobile. Trains run directly from Southern Cross to Waurn Ponds, or you can catch a train to Geelong and then a bus.



If you're driving to camp, we'll meet you in front of the Reception building at Torquay Foreshore Caravan Park 35 Bell St, Torquay VIC at **5pm**. We'll meet you at the picnic table just off to the left of Reception.



**SPOT US IN OUR BLUE HONU HONI-MOBILE!**  
Running late or can't find us? You can call us on 0432 092 744.

# *About Honu Honi Surf Camp*

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**We are not your average surf camp.**

**We've got too much goddamn soul for  
that.**



We're here for the seekers.

The dreamers.

The ones who want to lay under the stars, spend  
their days getting tumbled by waves, and who  
wake up to chase the sunrises.

The ones who know this experience can be equal  
parts the most fun/ liberating/ healing shit  
without ever needing to take themselves too  
seriously. We believe that surfing is an escape to  
tune out the noise and tune in with what really  
matters, and we encourage you to seek that  
connection during your stay.

We're here for our soul fam.

