



# SIMPSON DESERT CHALLENGE

A Life-Changing Adventure



**18 May - 28 May 2023**

Join team Youngcare on an adventure of a lifetime where you'll be taken out of your comfort zone, to raise much needed funds and awareness for young people with high care needs.

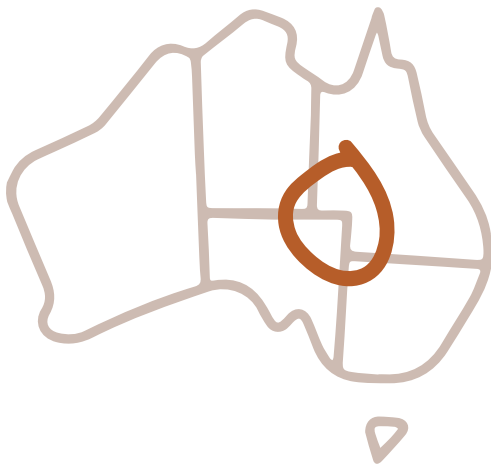


# INFORMATION BOOKLET



## *The 2023 Simpson Desert Challenge: A Life-Changing Adventure*

For nine days, in what is the ultimate Australian adventure challenge, bold Youngcare supporters conquer harsh weather conditions and endless sand dunes whilst walking about 225km across the Simpson Desert. The completely isolated environment, where there is little control over personal choice, provides a striking reflection of the challenges that young people with high physical support needs face on a daily basis.



**110 trekkers**  
have walked **1450KM** across the  
desert  
in 2011, 2013, 2015, 2016, 2017, 2019 & 2021

### *The Location*

The Simpson Desert is right at the heart of Australia, a vast, rugged landscape with harsh weather and endless horizons.

The desert spans the corners of three Australian states: the Northern Territory, Queensland and South Australia, located within the driest region of Australia. It is over 460,000 acres, making it the fourth largest desert in Australia.

Normally a 4WD destination, the surface of the desert is mostly lightly vegetated, red sand dunes or salt-crusted lakes. The top of each dune is usually windblown sand that is soft underfoot. The desert is home to more than 150 species of birds, camels, foxes, reptiles (Australia's biggest lizard - Perentie) and many more creatures.



**DAN WILKINSON**  
SUNCORP, 2015 TREKKER

*“The best moment is that sunrise in the morning; waking up, seeing the sun come up over the Simpson, shining off the red sand. You wouldn't want to be anywhere else at that moment in time.”*

- DAN



# CONNECTION TO CAUSE



## About Youngcare

Youngcare is a not-for-profit organisation creating choice and independence for young people (aged 16 – 65) with high physical support needs by providing fully accessible and age-appropriate disability housing, grants for equipment and home modifications and support through a free support service.

Youngcare is creating a future where every young person has the freedom and choice to live the young lives we all deserve.

*This is your chance to be a part of the solution as Youngcare works towards a future where every young Australian, irrespective of their care needs, has the freedom to choose where they live, who they live with and how they live their lives.*

## The Issue

Suitable and appropriate supported housing is one of the greatest areas of unmet need for people with disabilities in Australia. Currently, there are 12,000 young people being left behind in aged care, hospital rooms, rehabilitation centres – institutionalised accommodation – simply because there is nowhere else for them to go.

Youngcare is boldly tackling this national issue by acting as the conduit for industry, government and community to work together to bring much needed change to the disability housing sector.



*“This challenge is what it says it is a ‘challenge’ but for me this will end in seven more days and I will return to my everyday life. For so many young Aussies they remain hurt, isolated, in pain, embarrassed. I am proud to have had the opportunity to take part.”*

**- BRENDAN MAYLES**

**2 X SDC TREKKER**

# WHAT'S INVOLVED?



## Fundraising

To be eligible to complete the Youngcare Simpson Desert Challenge, trekkers must raise \$35,000 - this includes all expenses.

A non-refundable deposit of \$1,250 is due upon sign-up. Following this, you will need to reach each of your fundraising milestones and have a minimum of \$35,000 one month prior to departing for the Desert, to secure your place.

*To assist you in your fundraising efforts, Youngcare will provide one-on-one support so you are able to achieve your fundraising goals.*

## What's Included

- A minimum 12 week pre-challenge training program to prepare you both physically and mentally to take on the desert
- Experienced trek leader and medical professionals on the trek
- Flights and all transportation
- One night's accommodation in Birdsville.
- All meals on the trek
- Official training and trekking shirts
- Personal travel insurance

Please note this amount does not include personal trekking gear, expenses or additional personal costs at the Birdsville Hotel.

## TAX DEDUCTIBILITY

*Youngcare is a nationally registered charity and holds Deductible Gift Recipient Status as endorsed by the Australian Taxation Office. Tax deductibility is available on amounts made as donations, except where the participant makes a personal contribution.*

## How Your Dollars Count

By taking on the Youngcare Simpson Desert Challenge 2023, you are helping Youngcare to;

- Build more relevant and age-appropriate housing in Australia
- Provide information and support via our Youngcare Connect service
- Provide grants to young people with high physical support needs who are at risk of entering aged care to keep them at home, or transition them from aged care back into their community
- Undertake world-first research to better understand the needs of young people with high physical support needs

*“As each day passes, I feel we are getting to experience some of the true beauty in the bush. I am loving the environment, the personal reflection and the development and companionship by all involved. A few minutes in darkness and silence on the dunes is really remarkable. You are seeing stars that other people will never get to see.”*

**- MATT TUTTLE** 2017 TREKKER



**SIMPSON DESERT  
CHALLENGE**

**youngcare**



# A ONCE-IN-A-LIFETIME OPPORTUNITY



*Pull on your 10kg backpack and embark on the test of a lifetime to raise awareness and create a future where every young person has the freedom and choice to live the lives we all deserve.*

## You Will...

- Climb more than **1,000 sand dunes** over approximately **225km** carrying a **10kg backpack**
- Visit **Poeppel Corner** - the intersection of three Australian states
- Spend **9 full days and nights** in the desert, exposed to the elements
- Carry your own food and water
- Have your supplies replenished every 24 hours via ground support
- Have **NO access to toilets, showers, beds or any other luxury**



## WHERE DO YOU SIGN UP?

For more information or to become a part of this once in a lifetime challenge, please contact the Youngcare events team: [events@youngcare.com.au](mailto:events@youngcare.com.au) or phone 07 3041 3400

“A typical day is walking a lot, up and down over sand dunes. It's painful, it's isolating, but that's what we're here to experience. The pain and the sore feet that we feel are nothing compared to the young Australians that we are trying to help, and what they feel on a daily basis.”

- JOE

“Making thousands of people's lives much better. It's all worth it.”

- MICHAEL ATKINSON 2021 TREKKER

**CONTACT US:** (07) 3041 3400 | [youngcare.com.au](http://youngcare.com.au) | search Youngcare on

