



## HIGH SCHOOL - 2023/24

### 3 Night Team Building & Wellness - \$415pp

2 Nights Accommodation at The Retreat Port Stephens in our group accommodation.  
All meals included as per below.

1.5hr Team Activity, 1hr Paddlesports Shoal Bay, David Graham's Golf Complex, Entry to Irukandji Shark & Ray Encounters and an Unlimited Sandboarding Adventure

#### Sample Itinerary

DAY 1		Inclusions
2pm	Sandboarding Adventure	Unlimited sand boarding time
4pm	Check-in & Afternoon Tea	Freshly baked cookies & drink
6pm	Dinner	Dinner in main Dining Hall
7pm	Trivia Night	Retreat supply but teachers facilitate
8pm	Supper	Something sweet and a drink
9pm	Overnight accommodation	Bedding – BYO Towel
<b>DAY 2</b>		
8am	Continental Breakfast	Cereals, Toast, Fruit & Juice
9.00am	2hr Wellness Workshop	2hr Workshop with Sheryl Hockey
11.00am	Morning Tea	Freshly baked treats, fruit & drink
11.30am	Team Building Activity	1.5hr Team Building with Premier
1.00pm	Lunch	Crumbed chicken & Sausage sizzles
2.30pm	Irukandji- Shark & Ray Encounter	Entry and Encounter
4pm	Afternoon Tea	Muffins, Pastries & Fresh Fruit Platter
6pm	Dinner	Dinner in main Dining Hall
7pm	Movie Night	Retreat supply but teachers facilitate
8pm	Supper	Something sweet and a drink
9pm	Overnight accommodation	Bedding – BYO Towel
<b>DAY 3</b>		
8am	Continental Breakfast	Cereals, Toast, Fruit & Juice
9am	Collect Day pack Lunch	Includes Morning Tea, Lunch and Drink
9.30am	Check out from The Retreat	Return Keys to reception
10am	Tomaree Headland Walk	Self Guided walk up Tomaree Headland
12pm	Lunch on beach and return home	Depart Port Stephens

**T&C**

- Package prices subject to change
- Food options are based on the most cost effective choices. Prices will change if other menu choices are chosen
- Minimum 30 guests required for catering purposes. Self-cook food packages are available for less than 30 guests
- Special Dietary requirements including vegetarians will incur a surcharge of \$2 per meal per person
- All students and staff are required to bring their own plates and cutlery for all meals. Wash up stations available

4302 Nelson Bay Rd  
Anna Bay NSW 2316  
Ph. (02) 4982 1244

[www.theretreatportstephens.com.au](http://www.theretreatportstephens.com.au)  
[bookings@theretreatportstephens.com.au](mailto:bookings@theretreatportstephens.com.au)

ABN 26096 926 135