

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 13 JULY 2009

ATTENTION: Chiefs of Staff, News Directors

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## **Polytechnic students to dance, ride, climb, kick, blade, cave and sail with Active Launceston!**

Active Launceston has developed an innovative program to support young people manage their own health and wellbeing.

The project will engage students from the START Program at the Tasmanian Polytechnic.

Through Active and Alive, students will have the opportunity to participate in fun and challenging physical activities with expert mentors while also gaining knowledge and skills around key youth issues.

Active Launceston Manager, Lucy Marshall, said that in the program youth service providers would join the sport and recreation industry to provide young people with exciting new challenges.

Sessions include sailing, rock-climbing, boot camp, caving, contemporary dance, judo and rollerblading.

“Providers from youth services will be joining us in these activities to discuss youth issues such as sexual health, drugs and alcohol, motivation, physical activity for health, abuse, neglect and family violence,” Ms Marshall said.

“The program will help open doors for young people and create networks in the community to support them if they need that.”

Susie Aulich is the Learning Leader for the START Program at the Tasmanian Polytechnic.

She said: “We believe that Active Launceston is providing an opportunity for our students; as one of the main aims of our START Program is to make connections and networks for our students to the community and this program will achieve that.”

Active Launceston is a community driven project to improve the health and wellbeing of the Launceston community through increased participation in physical activity. Information on other Active Launceston initiatives can be found on their website [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

**PHOTO and INTERVIEW OPPORTUNITY**

**WHAT:** Media are invited to attend the first Active and Alive Session (rock climbing and abseiling)

**WHO:** Active and Alive students from the Polytechnic College; Bob McMahon rock climbing instructor; Susie Aulich Polytechnic College; Lucy Marshall Active Launceston.

**WHEN:** 9.30am **Wednesday 15<sup>th</sup> July** 2009

**WHERE:** Zig Zag Track (halfway up) Cataract Gorge, Launceston

*For more information contact Lucy Marshall,  
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