

Dinghy trip adventure

Rafting trip adventure

3 steps to the activity realisation



Step 1 – preparation phase

In youth work it is often important to create an attractive setting, young people can relate to, in order to have access for providing individual support. One way of doing this are physical or sportive activities, adventure trails, high ropes gardens, cycling trips, boot camps etc.

One interesting activity is a climbing adventure in a high-ropes garden. It is a part of action-orientated learning. It will open new fields of experience, widen the participants' views, challenge and forms personalities and creates experiences with all senses.

Furthermore, it can support social, personal and intercultural competences. This activity is especially designed for team building, pushing individual barriers, providing team spirit and creating success stories.

This implies an individual preparation phase, so that young people are neither unchallenged or bored nor overwhelmed or scared. Besides assuring, that all participants are physically capable and fit and all the legal documents which might be needed from parents or legal guardians are collected in advanced, it is important to talk to young people about the challenges, the actual trip and enhancing the positive aspects of the trip and their benefits for the participants, e.g. being outdoors, teamwork, mastering a challenge together, nature etc.

High-rope gardens can be found usually in urban surroundings and will be supervised by professionals.

Step 2 – activity phase

Organise a short introductory briefing on site for the participants together with the professional instructors including safety instructions etc.

Participants can be divided into teams supporting each other to master the challenge Tasks can be simple instructions like: "master the trail from the beginning to the end as a team" or similar The participants will come up with a plan or suggestions how to complete the challenge and discuss this during the actual activity. The team has to figure out a way to achieve the goal or complete the challenge.

The only solution is teamwork, leadership, communication and fun.

Give them 15 minutes to draw. Support the children / young people if necessary and make sure that the finished pictures are attached to the center of the patchwork picture with tape, glue or needles.



Type of activity:
Outdoor activity

Value of the activity:
using outdoor activities as a mean to generate access for individualised social service provision, creating team spirit, success stories



Timing:

Preparation: 1 day
implementation: 4-5h.
checking learning progress: 1-2h.



Activity follow-up:

Talk about this activity as a positive example and best practice and suggest similar activities for the future



Other value case box components:

Dinghy, flipchart,



Value quoted:

It was fun.
It was an exciting trip.
I have learnt a lot about myself.
We were a good team.

Step 3 – wrap up phase

The young people reflect on the activity, preferably at a bonfire or back in a boot camp or at a picnic etc.

Guiding questions could be:

- ✓ How did you develop a plan to complete the challenge?
- ✓ What did you individually feel, when you mastered it?
- ✓ What was the biggest challenge for you personally?
- ✓ What was your personal highlight?
- ✓ What was the funniest/scariest moment for you?
- ✓ Did you imagine that you could achieve something like that?
- ✓ Formulate one sentence as feedback to your team mates.
- ✓ Do you have a personal message for one of your team mate?

Your notes:

✓ ...

✓ ...