

# Outdoor Adventure Club



2<sup>nd</sup> Edition

## Expedition Training Project



# Team Building

Motivating Young People and raising achievements using outdoor  
adventure.

Calmness – Confidence – Empowerment- Problem Solving – Resilience - Risk Assessing

**Activity Name:**

**Team Building**

To help young people solve problems and tasks as a team giving them a sense of achievement as well as improving their health and well being.



## Outdoor Activities

Bomb Disposal

Earthquake

Stepping Stones

Flow the water

Collect the ball

Walk the Tight Rope



**You will get dirty and wet so please come in old clothing**





<b>Date of Activity:</b>	Thursday's
<b>Times:</b>	1:30pm – 8pm
<b>Location:</b>	Victoria Park
<b>Open to:</b>	Ages 11 – 16Yrs
<b>Personal Kit and Items:</b>	<p>Spare Clothes  Footwear  Packet Lunch for Day 1 Lunch  Evening Meal.</p> <p>This should be carried in Rucksack or sports bag.</p>

**You will get dirty and wet so please come in old clothing**



**Contact Details**

Contact No - 07506 186 388  
Website – [www.vyc.org.uk/](http://www.vyc.org.uk/)  
Email - colin.cosgrove@vyc.org.uk  
Facebook - Outdoor Adventure Club