

# **AWOL OUTDOOR ADVENTURE**

## **Outdoor Team Building for Leaving Cert Students, Leaving Cert Applied Students, Transition years and First years.**

Adventure Activities provide students with the opportunity to develop personally, socially and physically in a safe and challenging environment.

AWOL Outdoor Adventure presents the student with an aspect of adventure and challenge in a controlled surroundings which can lead to the improvement of virtues such as self confidence, responsibility, regard for others and admiration for the environment.

Adventure Activities aim to develop in the junior certificate student:

- The skills and techniques which will facilitate enjoyable involvement in adventure activities
- Decision making skills, leadership qualities and awareness of positive group dynamics
- An understanding and appreciation of the need for environmental protection
- An awareness of personal safety

## **Leaving Certificate Outdoor Programme**

AWOL Outdoor Adventure introduces Leaving Certificate students to adventure activities with the objective of:

- Training students to a high level of performance
- Signifying to students an understanding of the need for both personal and group safety measures
- Create an knowledge of the necessity for suitable personal equipment
- The student will identify and utilize relevant planning concepts when participating in an Adventure Activity
- The student will also develop a respect for the natural environment and an understanding of important environmental issues.

## Leaving Certificate Applied Outdoor Programme

In keeping with the LCA Leisure Studies Module curriculum we offer a skills based course in either Canoeing or Orienteering.

Here the students will be taught basic canoeing skills in line with the National Governing Body of Sport. The Canoeing option also includes a full day river trip on the River Blackwater with a packed lunch on board and an assessment day where successful students will receive a Level 1 proficiency award from the Irish Canoe Union.

In the Orienteering option the students will learn the basics of map reading and navigation as well as compete in an orienteering event.

## Transition Year Team Building Programme

- Do you want to have a multi Adventure Day?
- Do you want to have a fun Team Building Day?
- Do you want to get a Canoe/Kayak Course Qualification?
- Do you want to get a Gaisce Award?



## Team Building Activities include:

- Team Tasks
- Raft Building
- Mountain Biking
- Low Ropes Course
- Canoeing or Kayaking

Here at AWOL we have designed an Outdoor Education programme specifically for Transition Year Students to help accomplish the mission of The Transition Year Programmes as set out in the National Curriculum that is ..."to endorse the personal, social, educational and vocational development of students and to prepare their role as independent, and responsible members of society."

This multi activity programme is designed to:

- Assist bonding between individuals in a new surrounding
- Develop social understanding
- Support personal development through the encounter of challenges, team building exercises and conflict resolution
- Provide students with an opportunity to discover a hidden talent.

