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For Primary School & High School  
Learners

**THIS CAMP IS DESIGNED TO:**

Help and strengthen children emotionally and spiritually. This camp is a great opportunity for personal growth, encouraging leadership and for team building.

Learners will be getting to know themselves better through personality assessments, to know their weaknesses and utilize their strengths. They will also be challenged to overcome fears and step outside of their comfort zone by trying new things. They get a great sense of accomplishment when completing difficult challenges which boost their self-image and sense of worth.

The Bible studies that we present are practical, interactive and useful for the everyday Christian walk. It is very important for them to have a firm Christian foundation as they are moving into a new phase of their lives and will be facing new problems, peer pressure, finding good friends etc.

Throughout the Camp, life skills lessons will be taught. They will learn about listening, discipline, communicating, social skills - understanding dynamics in social settings, supporting each other, thinking of others, being helpful, leadership etc.

The Adventure Camp is a rustic tented camp with all the necessities, away from everyday life on a beautiful farm. The children will be away from technology and out in nature breathing fresh air the entire time.

**TARIFFS**

Learners and adults: From **R350** p/p per day. Please contact us for a tailor-made package. We can accommodate up to 75 learners per camp.

**This amount includes the following:**

- All meals and drinks
- Accommodation
- Assessments & Personality Tests
- Team building activities & games
- Adventure activities
- Life skills coaches and facilitators

**This amount excludes the following:**

- Transport to and from the campsite
- Snacks



## EVERY CHILD WILL NEED TO BRING THE FOLLOWING:

- Cutlery
- Sleeping bag & pillow
- Towel
- Notebook & Pen
- Old clothes that can get dirty
- Warm clothes
- Closed shoes / tekkies
- Flip flops
- Swimming costume
- Hat, sunscreen
- Torch
- Snacks

## WHAT THE LEARNERS WILL BE DOING:

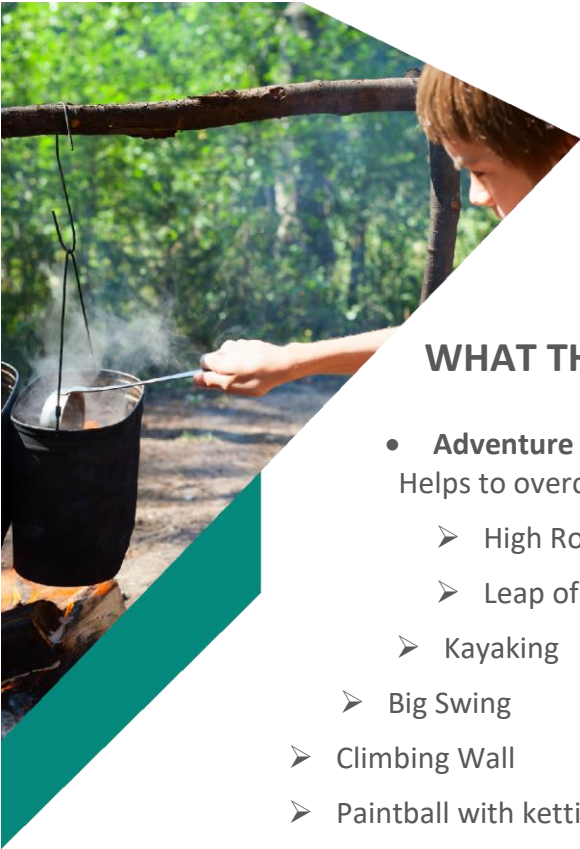
- **Personality assessments and questionnaires**  
Know yourself, build on strengths and acknowledge weaknesses.
- **Bible studies**  
Knowing God, my Christian walk, how to and do's and don'ts.
- **Team building activities/ games**
  - These "games" set an environment for the group to interact and learn in a fun way:  
Group skills  
Life Skills  
Communication & social skills  
Pre-Planning  
Trust  
Problem-solving  
Working together
  - Raft building
  - Making a potjie
  - Lighting fires for hot water
  - Night march

## WHY AN ADVENTURE CAMP?

1. It takes you out of comfort zone.
2. Provides an intense accelerated learning experience.
3. Help develop skills and attitudes.

In a high-paced high-tech world, all kids & teens face challenging times at some stage of their school career, everything around them is constantly changing. Kids today need to adapt and survive if they want to cope with change. e.g.:

- Transition from Primary to High School and from High School to University or a job
- Navigate difficult choices
- Unexpected Crisis's'
- Anxieties



## WHAT THE LEARNERS WILL BE DOING cont.:

- **Adventure activities**

Helps to overcome fears, personal growth and trying new things.

- High Ropes
- Leap of faith
- Kayaking
- Big Swing
- Climbing Wall
- Paintball with ketties
- Swing Ropes
- Archery
- Ab-sailing and Rock climbing

THE IDEA OF CHALLENGING YOURSELF IS ONE OF THE PILLARS OF PERSONAL DEVELOPMENT. BY CHALLENGING YOURSELF, YOU GROW AS A PERSON AND YOU LEARN TO TRUST YOURSELF MORE.

## WHERE IS THE ADVENTURE CAMP?

The campsite is 11.5km outside of Bonnievale and 210km from Cape Town on the banks of the Breede River. We make use of this campsite because of its great facilities.

## PLEASE NOTE:

It will not be possible to do all the activities mentioned above at every camp due to time schedules and length of stay. If you wish to do specific activities, this can be arranged with the camp coordinator, please specify this. If you do not specify, our camp coordinator and facilitators will arrange activities according to the weather and the specific group dynamic.

## FOR MORE INFORMATION & BOOKINGS CONTACT:

*Camp Coordinator & Facilitator*

**Marius Wolfaardt**

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*Once your mindset changes, everything on the outside will change along with it.*