



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

CAS & A Level

Student Leadership Programs – Year 12

2 day / 1 night Excursion



Adventurebug has been leading CAS & A-Level Student Leadership programs for over 20 years. Our dynamic leadership and unique activities target the critical areas of learning and personal development for both teachers and pupils alike. By integrating out of school social interactions with our own brand of outdoor challenges and problem-solving tasks, we feel our formula is very successful.

In conjunction with helping develop the student's present concerns and future aims; we also introduce a deeper level of challenges and activities that aim to achieve the following:

1. **Raise self awareness in the individual**
2. **Communicate with a team in a new and meaningful way**
3. **Discover one's own higher potential!**
4. **Find one's own purpose and meaning in their life**

We aim to carry out these 4 themes through meaningful, fun and engaging activities. The result will be that participants will feel 'rejuvenated' and be able to see their true selves in the bigger picture – that is the demanding society we live and share.

THE YEAR 12 EXPERIENCE

Location: El Chorro, Andalucia, Spain

El Chorro is a natural wonder just over an hour from the Malaga coast. The region offers breath taking beauty with a sense of adventure. It's a quiet, undisturbed nature park that caters to all our needs. Day one we carry out lakeside activities and then travel 45 minutes to a camping area where students sleep in dormitory cabins and continue a variety of adventures day and night.



Our goal is to undertake activities that prepare the participants for greater challenges in life. Insightful tasks and interactive activities are carried out with our team and the group will feel a strong sense of interdependence between them as well as a new understanding of what's really important to them. Above all, the Year 12 group will have time to bond together and interact with their teacher leaders in a natural, distraction free setting.

Activities Profile / Year 12: Nature Hiking / Vision Quest, High Tree Bridge Course, Team Building Games, Personal Development Activities, Dorm sleeping with room mates, Guided Visualization, Social Games, Community Service Awareness programs & more.



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Year 12 Excursion - ITINERARY

Day 1 – Group Adventure Trek & Team Building Session

Bus departs your hotel or school by 09:30 – please remember packed lunches for this day! Arrive at Camping Parque Ardales / toilet & snack stop and meet Adventurebug team / introductions and safety discussion. Note – this is not our sleeping destination, so baggage stays on bus.

TIP! Before departure, we recommend pupils are dressed and ready to be active AND BRING A PACKED LUNCH. There are bathrooms at the park site however time would be lost for changing into outdoor sports clothes. Trainers must be worn.



Safety talk, ice breakers and participation in an adventure hike with tasks (2 hours minimum) on a beautiful path that offers views of the famous Camino del Rey – passing through a tunnel and along the lakes of this region. The route is easy going, safe and offers students a chance to get to know one another without feeling physically exhausted. Note – in good weather a swim is possible in the fresh lake water (supervised by our monitors)! Lunch can be eaten on the journey.

After completing the trek, there's time for a break at a café while the Adventurebug Team prepares our lakeside Team Building Challenges. These challenges are in small group rotation and last approximately 2 hours and they are low level, fun and require little physical output 😊

Upon completion of the trek and challenges, we board the bus and travel 45 min to Camping Sierrecilla in the village of Humilladero, Antequera. At the camp, we distribute students to their shared bungalows (up to 8 per room) and teachers will stay in the modern apartments at the campsite. Students can have free social time followed by a gathering before dinner with the Adventurebug leaders. After dinner (in camping restaurant), Adventurebug leads a large group night challenge that is enjoyed by everyone.

DAY 2 – Team Building & Multi Activity

We begin today with a **sunrise nature stroll** (15 min), stretch, yoga and guided visualization in a pine forest above the campsite. Then we have breakfast followed by some preparation time before starting our activity program.



We begin with full group **Team Ice Breakers** allowing everyone to be warmed up, mindful and in the spirit of engaging with one another in a non-classroom way! We then undertake in small group rotations a **multi activity program**, these include:

High bridge challenges, archery, engineering tasks, social-dynamic leadership games, survival scenarios and more. Each rotation takes approximately 1 hour to complete, including feedback sessions.



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Lunch will be in the camping cafeteria before departure back to your school or hotel. Expect to arrive by 5 pm at the latest. Please note, teachers are encouraged to participate in the activities or they can relax!

EXCURSION INCLUSIONS

- Bus transport in a school authorized bus with licensing and regulation seat belts
- 1 night accommodation in a licensed campsite (off season), with bungalows (dorms) dedicated to gender separate students and comfortable bungalows for teachers in single or twin share options. Both student dorms and teacher bungalows have internal en suite shower / bathroom facilities.
- Meals including dinner from day 1 and breakfast and lunch day 2
- Activity leadership by Adventurebug Worldwide (licensed and experienced leaders)
- All technical equipment required
- Safety protocols including Risk Assessment documentation & Emergency Protocols (all available for viewing)
- 24 hour supervision by security and the Adventurebug monitors
- Insurance for Public Liability & Accident Cover (limited) per pupil and teacher participant
- All licensing and permits for Adventurebug public space use / nature reserve

EXCURSION PRICE

From *95 euros / participant

**Please consult directly with us. Pricing is dependent on minimum and maximum number of participants, number of teachers, rooming, etc.*

Add On? Why not add on the following attractions to the excursion!

- a. Camino del Rey Adventure Walk (2 hour experience)
- b. Visit Lobo Park Wolf Sanctuary (2 hour workshop)
- c. Visit Laguna Fuente Piedra Bird Sanctuary (Flamingos and more in habitat)

Kit List

Be sure to travel light and bring only what you will need!

- Snack for day 1 - it's a long day with only a packed lunch!
- Sturdy walking shoes / trainers or walking boots
- Loose fitting clothes for activities and walking – please no jeans for team building games
- 1 set of warm weather clothes (jumper, trousers, etc)
- Rain coat (ponchos are fine too)
- A daypack to carry personal items, water, snacks, etc.
- Hat, sun protection and personal hygiene items
- Refillable water bottle
- A journal and pen for recording notes
- Towel & Swimming Costume (*March will be cool though)
- Flash Light / Torch (optional)
- Snacks if you like, preferably healthy ones
- A sense of humour, adventure and open-mindedness!



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Camping Sierrecilla & Contact Information

Camping Sierrecilla (<http://www.lasierrecilla.com/>) has a restaurant, supermarket, pool & adventure areas and plenty of space for our group. Teachers will have use of apartments nearby (150 metres) the group. Bedding with pillows is provided for both student dorms and apartments. The camp site has a 24 hour security service. The campsite monitors often sleep in a bungalow near the student bungalow area.

Finding Camping Sierrecilla:

By car. Take the A92 Motorway towards Sevilla leaving at Exit 138 "MOLLINA HUMILLADERO". Continue on to Humilladero and at the first roundabout at the entrance to the village take the second exit (to the left). Stay on this road until the very end and you will come to Camping La Sierrecilla.

Contact Numbers:

Matt Butler (Director – Adventure Bug)	635 817 819
Julie Butler (Director – Adventure Bug)	692 451 362
Adventure Bug Office – Estepona, Málaga	952 894 308
Camping Sierrecilla	951 199 090