



# 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 13

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 13 ADVENTUREBUG EXPERIENCES

**Location: Tarifa, Andalucia, Spain**

Tarifa resonates beauty, adventure and lends itself to moments of inspiration and even self-actualization! It's a naturally gifted part of Spain that allows for reflection and celebration. For this reason, we like to bring Year 13 students to Tarifa for a very introspective journey.



Sleeping in tent camps and carrying out activities that prepare learners for greater challenges in life is maximized. Insightful tasks and interactive activities are undertaken 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 their selves!

**Activities / Year 13:** *Group Lunch Purchase & Preparation, Raft Building, Paddle Boards, Catapult Construction, Team Build Games, Personal Development Activities, Camping (tents), Guided Visualization, Social Games, Dunes Exploration, Steal the Flag & Blindfold Challenges. Time permitting we also have a presentation from or visit a non-profit organization located in the region that carries out important humanitarian work.*



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## Year 13 Excursion - ITINERARY

### Day 1 – Lunch Purchase & Rotational Team Building Activities

Bus departs from school or hotel at 09:30. Arrive to Tarifa and our first task is to purchase from a supermarket, in small groups a healthy & sustainable lunch for the next day's lunch. This task requires a bit of planning, participant input and budgeting skills (an envelope with money is included for each group). From here we drive 15 min to our base at Camping Paloma. After check in and an orientation with the Adventurebug Team, we start our outdoor activities.

**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.

Walk to the world class Punta Paloma beach (15 minutes), group rotational activities approximately 3 – 4 hours, exchanging groups every 1 hour. Lunch can be taken at beginning of rotations on the beach. The activities we have today include:

SUP Paddle Boarding, Catapult construction challenge, Raft building exercise, Blindfold tent construction, Bridge building, Power Kites, Caterpillar walk and more. Time permitting we'll engage in additional full group beach games as well!

Upon completion of all activities we return to camp and prepare our tents. Students are responsible for putting up their own tents and the Adventurebug monitors are on hand to ensure this is done correctly. Note teachers will stay in comfortable 1 or 2 room share cabins near the tenting area. The rest of the evening is spent having dinner (at campsite restaurant), and taking part in an evening social game with the Adventurebug team. Time can be allotted for swimming in the campsite pool too!



### DAY 2 – Group Dynamics Bolonia & Charity Awareness Presentations

We begin today by packing up the camp before breakfast and a **mental focus exercise** that includes meditation, yoga and **guided visualization techniques**. In a beautiful area overlooking Africa, we have a presentation about local charity projects (Cruz Roja & Rif Community Foundation).

The students will have time to **pack their belongings** and put their purchased lunch items in place before we set off by bus (20 minutes) for the beautiful coastal hamlet of Bolonia. Here we walk 30 minutes through pristine forest and dune landscapes before climbing the wonderful dunes where we carry out **team strategy exercises** in the forest and dune landscapes. After a picnic lunch on the beach, a swim and beach **Olympic Games**, we have a debrief before our bus returns us to your home base – travel time approximately 2 hours to the central Malaga coast.



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## 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 tent accommodation (2 per tent / tents are provided. Teacher bungalows have internal en suite shower / bathroom facilities.
- Meals including dinner from day 1 and breakfast and lunch day 2 (lunch is purchased by students in small groups on day 1 and the spending money is included in trip price)
- 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. Whale & Dolphin Conservation Project in the Straits of Gibraltar
- b. Windsurf & Paddle Surf 2 hour instruction course
- c. Visit to Baena Claudia Roman Ruins site in Bolonia



## Kit List

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

- Packed lunch and a Snack for day 1 - it's a long day with only pack lunch!
- SLEEPING BAG and (optional) SLEEPING MAT (2 person tents provided)
- Sturdy walking shoes / trainers or walking boots
- Loose fitting clothes for activities and walking – please no jeans for beach games - After no problem...
- 1 set of warm weather clothes (jumper, trousers, etc)
- \*Rain coat (ponchos are fine too) \*if rain is forecasted
- A daypack to carry personal items, water, etc.
- Hat, sun protection and personal hygiene items
- Refillable water bottle (campsite water is free and safe to drink)
- A journal and pen for recording notes
- Towel & Swimming Costume
- Flash Light / Torch (optional)
- Snacks if you like, healthy ones preferred
- A sense of humour, adventure and open-mindedness!



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## About Our Facility – Camping

### Paloma <https://www.campingpaloma.com/>

Adventurebug has worked with Camping Paloma for over 15 years. It is a licensed business, away from the beach and attracts quieter clients and of course our school groups! We have been incident free in all our years of operations! The campsite has a restaurant, supermarket, gated swimming pool and gardens and plenty of space for our tents. **Group will set tents together in a private area and it's imperative to respect the quiet times of the facility and to respect other camper's personal space.**

There are public toilets and hot showers on site.

Teachers will have use of ensuite bungalows near the

tent group. The camp site has a 24 hour security service, with a night watchman patrolling at night.

## Finding Camping Paloma:

Camping Paloma is behind the Punta Paloma dunes about 9 km past Tarifa in the direction of Cadiz on the N340. To arrive here, take the Punta Paloma turn off and only .5km later, the campground entrance appears on your right.

## Purchasing Lunch Activity (day 1):

This unique Team Building activity requires that the students in groups of 4 must come together with a budget of 20€ to purchase their lunch items for the following day. Our facility will store the food in refrigerators and we have food preparation surfaces pupils can use to assemble the lunches. The items bought must fit these guidelines: *Healthy food choices... easy to carry on the 30 minute hike... balanced diet that meets energy needs... creative and allows for diversity... does not require permanent refrigeration or cooking... is environmentally friendly and not wasteful.*

## Contact Numbers: (add +34 for international calls)

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Camping Paloma

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