



Adelong Evolve

Adventure Therapy Practitioners



A journey based outdoor adventure

- for young people with anxiety, low mood and/or emotional disorders

- Empowering and enabling young people to recognise and embrace their transition towards adulthood
- £1350, 9 day course including a 5 day expedition
- 15 to 19 years old
- Adelong Explore for young women 19th—22nd June & 25th—29th June 2018
- Evolve Quest for young men 14th—17th August & 19th—23rd August 2018
- Capture new opportunities and work with others
- Enjoy a personal challenge, build confidence, increase self esteem, and develop resilience

The 'Quest' and 'Explore' courses encourage the young people to engage with others in a same gender small group setting. The team will nurture and grow their skills to plan and undertake an exciting 5 day self sufficient journey based outdoor adventure by land and water.

Prior to the journey, Adelong Evolve will work with the team to discuss, teach and develop skills necessary for the challenge. This may include:

- Teamwork - communication, co-operation, respect, compromise
- Bushcraft
- Canoeing
- Tarping and campcraft
- Route planning and navigation

Adelong Evolve's team of qualified psychotherapists, outdoor specialists, coaches and youth workers will offer positive support to help the young people to achieve their potential.

This could form part of a John Muir or Duke of Edinburgh Award.

To begin your journey, please email charlie@adelong.co.uk or call Charlie on 07816 889633

