



# Adventure Programs for College Students

## Objective:

To boost self-confidence, instill the value of teamwork, enhance communication skills, and develop resilience, leadership, and problem-solving abilities in a dynamic outdoor setting

## Target Group:

College students aged 18–24 years, from diverse academic and cultural backgrounds.

## Program Duration:

**3 Days**

3 Days (Friday Evening to Sunday Evening)

## Venue:

Vangni campsite

## Program Outline:

### Day 1: Setting the Stage

#### Evening:

- **Arrival and Icebreaker Session:** Participants get to know each other through games like "Two Truths and a Lie," "Human Bingo," and quick team challenges.
- **Program Orientation:** Overview of the schedule, safety protocols, and key objectives.
- **Campfire Session:** An interactive talk on self-confidence, the importance of teamwork, and communication in personal and professional life.





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## Day 2: Building Foundations of Teamwork

### Morning:

- **Activity 1: Obstacle Course Challenge:**

- Students navigate through physical tasks like wall climbs, rope crawls, and balance beams. This activity fosters peer support and boosts self-confidence.

- **Activity 2: Trust Walk:**

- In pairs, one blindfolded participant is guided along a trail using only verbal instructions from their partner, enhancing trust and communication skills.

### Afternoon:

- **Activity 3: Raft Building Challenge:**

- Teams collaborate to construct and race a raft across a shallow lake, focusing on problem-solving, resource management, and coordination.

### Evening:

- **Debrief and Reflection Session:**

- Teams come together to discuss their challenges, learnings, and growth through the day's activities.

- **Motivational Session:**

- A guest speaker or instructor shares inspiring real-life experiences of overcoming challenges and achieving goals.

## Day 3: Conquering Fears and Fostering Resilience

### Morning:

- **Activity 4: Rock Climbing and Rappelling:**

- Participants challenge themselves by climbing and rappelling down a rock face, supported by their team. This builds self-confidence, resilience, and determination.

- **Activity 5: Survival Skills Workshop:**

- A hands-on session where students learn essential survival skills like fire-making, shelter-building, and basic navigation. This promotes self-reliance and strategic thinking.





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## Afternoon:

- **Activity 6: The Great Treasure Hunt:**
- Teams solve riddles, navigate checkpoints, and collaborate to complete a scavenger hunt, combining fun with teamwork and problem-solving.

## Closing Ceremony:

- Teams present their key takeaways and highlight their accomplishments.
- **Certificates of Participation** are awarded, along with special recognitions for exceptional teamwork, leadership, and innovative thinking.

## Cost and Logistics

Costs will depend on the number of participants, venue, and inclusions such as accommodation and food. Detailed cost estimates can be provided upon request.

This program ensures students return with renewed confidence, stronger teamwork abilities, and memories that inspire lifelong learning and collaboration.

