



Adventure Programs for Teachers

Objective:

To provide teachers with an opportunity to unwind, build camaraderie, and rediscover their strengths through adventure-based activities, team-building exercises, and mindful reflection in a tranquil natural setting.

Target Group:

Educators from schools, colleges, and training institutions looking for rejuvenation, collaboration, and personal growth.

Program Duration:

2 Days, 1 Night

Weekend Getaway: **Saturday Morning to Sunday Afternoon**

Venue:

Vangni Campsite

A serene eco-retreat nestled amidst hills, waterfalls, and open grounds, ideal for adventure, relaxation, and team-building.

Program Outline:

Day 1: Recharge and Reconnect

Morning Arrival:

- Welcome drinks and breakfast on arrival.
- Introduction to the campsite and program objectives.
- **Icebreaker Activity:** Fun games like “The Name Game” or “Two Truths and a Lie” to foster comfort and interaction among participants.

Activity 1: Guided Nature Trail with Reflection Stops

- A mindful walk through scenic trails with designated reflection stops for group discussions on self-care and the power of collaboration in teaching.





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Lunch Break:

- Relish a delicious spread of freshly prepared local cuisine.

Activity 2: Obstacle Course Adventure

- Participate in fun physical challenges like rope bridges, tire runs, and wall climbs.
- Encourages resilience, problem-solving, and teamwork.

Activity 3: Team-Building Games

- **Group Challenges:**
 - Tug-of-War with a Twist: Incorporating strategy over strength.
 - Human Knot: Strengthens communication and collaboration.
 - Trust Fall: Builds trust and confidence among peers.

Evening Campfire Activities:

- Engage in storytelling, group games, and collaborative karaoke.
- Participate in a campfire discussion: “Challenges and Joys of Teaching”, led by a facilitator to encourage peer learning and shared insights.
- Enjoy a barbecue dinner under the stars.

Overnight Stay:

- Comfortable tent accommodations with bedding for a restful night.

Day 2: Revitalize and Reflect

Early Morning Activity:

- **Sunrise Yoga or Meditation Session:** A calming session focusing on mindfulness and stress relief.
- Group reflection: Setting intentions for personal and professional growth.

Breakfast:

- A healthy and energizing breakfast to kickstart the day.





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Activity 4: Adventure Challenge – Ziplining and Rock Climbing

- Teachers overcome fears and push personal limits through ziplining and rock climbing.
- Encourages mutual encouragement, confidence-building, and teamwork.

Activity 5: Creative Workshop – Vision Board Creation

- Design collective vision boards reflecting personal goals, team aspirations, and educational dreams.
- Fosters creativity, shared purpose, and inspiration among educators.

Lunch and Farewell Ceremony:

- Group lunch followed by a closing ceremony with certificate distribution and awards such as:
 - Best Team Player
 - Most Enthusiastic Participant
- Closing Circle: Participants share their highlights and express gratitude.

Cost and Inclusions

The package includes:

- Tent accommodation with comfortable bedding.
- All meals, including a campfire barbecue dinner.
- Guided adventure and team-building activities.
- Materials for workshops and facilitator charges.

Customizable pricing available based on group size and specific preferences.

This Vangani Campsite retreat is designed to empower and rejuvenate teachers, allowing them to return to their classrooms with renewed energy, stronger bonds with colleagues, and a fresh perspective on personal and professional growth.

