

Adventure and outdoor education



Encouraging students to simply try their best - enhancing self esteem - risk taking - Encouraging adventure - promoting physical fitness

Sweetdale “Pioneering Laboratory” (C1) ***Fostering teambuilding***

- Improving communication
- Developing self-confidence
- Ability to work in teams



Sweetdale “High Rope Laboratory” (C2) ***Outdoor leadership***

- Incredible “adventure laboratory”
- Importance of the team
- Sense of responsibility



Sweetdale “Team Development Laboratory” (C3) ***Team development***

- appreciation
- listen, communicate and plan
- problem-solving skills



Sweetdale “Low Rope Laboratory” (C4) ***Activities that bring fun – with profundity***

- finding a solution
- decision making competence
- unconventional thinking



Sweetdale “Initiative Laboratory” (C5) ***Explore teamwork***

- physical, mental and emotional challenges
- explore teamwork strategies
- importance of planning, cooperation and communication

