ADVENTURE AND OUTDOOR EDUCATION

Experiences and group activities in authentic environments

**What?**
Adventurous, safe and target-oriented activities guided by professional adventure and outdoor educators. Adventure and outdoor education is practised in schools, youth work, social work and therapy.

**How?**
Adventure education challenges participants to face unpredictable outcomes. The method improves physical and psychological self-knowledge, strengthens social skills and enhances individuals' sense of responsibility, resourcefulness and courage.