



# ATLANTIC ADVENTURE EXPERIENCE

17TH JULY-23RD JULY 2022 | AGES 12-14 YEARS OLD  
24TH JULY-30TH JULY 2022 | AGES 15 - 16 YEARS OLD



EXPERIENCE

UWC Atlantic  
St Donat's Castle  
Llantwit Major,  
Wales, UK  
CF61 1WF

Embrace an unforgettable experience that resembles the UWC Atlantic adventures of today. The Atlantic Adventure Experience (AAE) will take you on a journey that promises to challenge and excite you along with other like-minded young people this summer.

Meet new people, learn new skills and challenge yourself beyond your comfort zone - that is what AAE is all about.

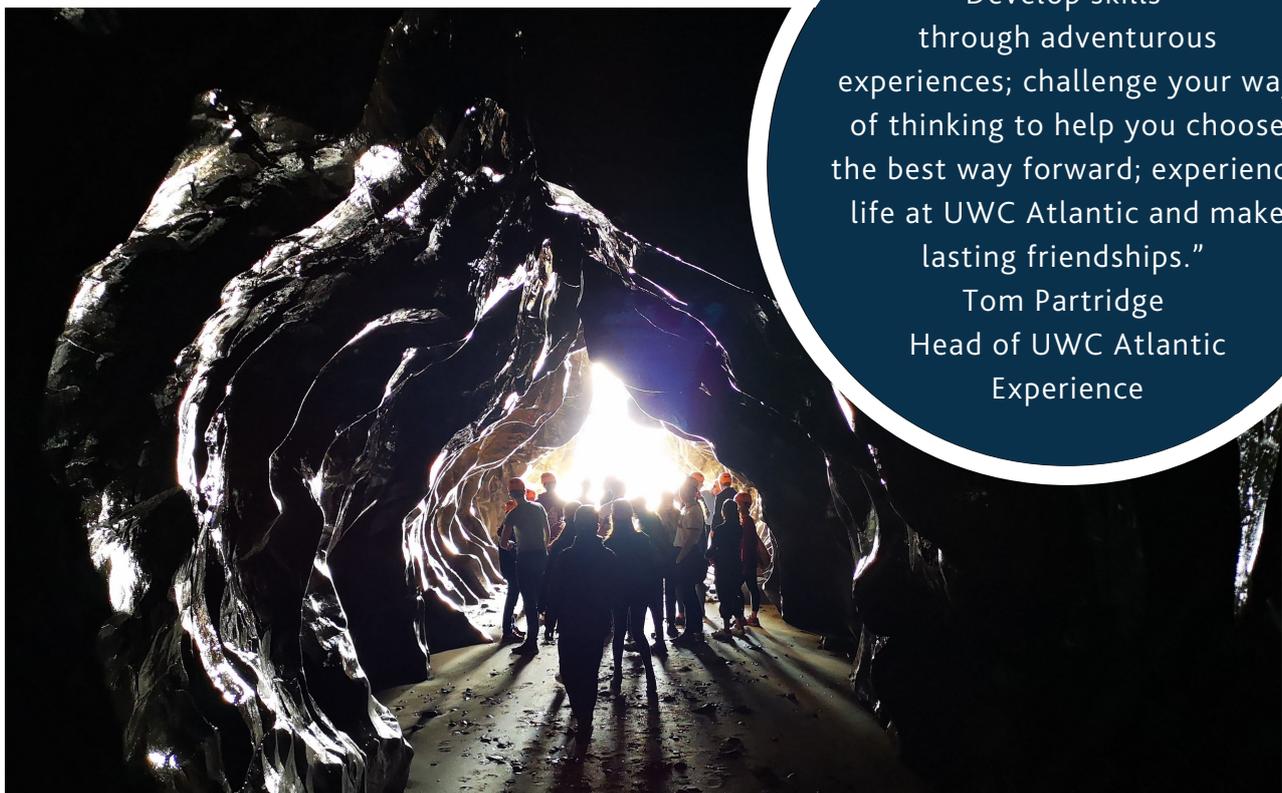
The outdoor environment is the perfect classroom to explore your strengths and weakness, recognise those of others around you and work together to overcome challenges.

Guided by experienced and qualified practitioners, you will develop new skills - physically and mentally, as you take part in a variety of outdoor activities in areas of natural beauty around South Wales. From sea adventures such as exploring deep caves to rock adventures such as climbing and scrambling, you'll work together with your team and have lots of fun in the process.

AAE will further explore the lifelong benefits of the outdoors, providing additional opportunities to connect and fine-tune in nature and understand the key benefits of investing in an active and healthy lifestyle.



Tom Partridge  
Head of UWC Atlantic Experience  
UWC Atlantic



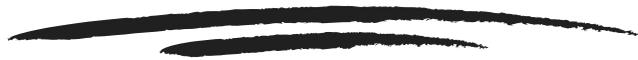
Develop skills through adventurous experiences; challenge your way of thinking to help you choose the best way forward; experience life at UWC Atlantic and make lasting friendships.”

Tom Partridge  
Head of UWC Atlantic Experience

## PROGRAMME COMPONENTS

Through facilitated outdoor activities, insightful discussions and evening activities, you will be invited to explore and challenge your own limits. The programme will focus on:

1. What makes a great leader great and how can we harness our leadership potential
2. Enhance practical problem solving that transfers to daily challenges
3. Resilience building for a changing world
4. Understanding failure and determination
5. How to communicate simply and effectively
6. Explore compassion and empathy in a team setting
7. Discovery of wild places and their benefits



## SAMPLE PROGRAMME



**SUN**

### AFTERNOON

*Introductions followed by an afternoon coastal adventure experience such as sea cave exploring*

### EVENING

*Dinner in the Dining Hall, followed by a light activity such as coastal walk*



**MON**

### MORNING & AFTERNOON

*Breakfast in Dining Hall, followed by rock adventure such as gorgewalking (lunch at activity)*

### EVENING

*Dinner in the Dining Hall, followed by presentation from an outdoor industry professional*



**TUES**

### MORNING & AFTERNOON

*Breakfast in Dining Hall, followed by coastal adventure such as coasteering*

*Lunch in the Dining Hall, followed by water activity such as kayaking on St Donat's Bay*

### EVENING

*Dinner in the Dining Hall, followed by outdoor activity such as bushcraft in the ancient woodland*



**WED**

### MORNING & AFTERNOON

*Breakfast in Dining Hall, followed by rock adventure such as climbing and scrambling in local area of natural beauty*

### EVENING

*Pizza and adventure film night*



**THU**

### ALL DAY

*Overnight camping expedition*



**FRI**

### ALL DAY

*Return from expedition*

### EVENING

*Dinner in Dining Hall, followed by reflection around fire pit*



**SAT**

### MORNING

*Breakfast and departure*

The sample programme is provided to give an overview of the types of activities included and may change based on group abilities, weather conditions and tides to provide participants with the best experience possible.

## ADVENTURE IN ACTION

The greatest lessons are learnt from practice and reflection. You will have the chance to directly practice what you learn by taking a lead in shaping and co-facilitating sessions throughout the week. This will culminate in a self-led expedition where participants will form small teams and lead themselves on a personal, physical and mental journey.

AAE is a residential adventure programme and meets the Duke of Edinburgh residential outcomes and therefore counts towards your Gold Duke of Edinburgh award.



## HEALTH, FITNESS AND WELLBEING

During your stay here, the days will be action-packed and full to the brim. This is why we have also designed time for reflection - guided by a facilitator - you will have the opportunity to reflect upon the days' activities, alone and together, to more deeply understand your own personal journey. Free time is important and essential for rest and to take time to explore the wonderful surroundings. This time each day is critical to help participants process the learning and allow their bodies the physical time to recuperate.

We also know that adventure activities can be mentally challenging and our expert facilitators will be there every step of the way to ensure that the learning experience is always positive and well managed.

Whilst on campus, there are also opportunities to use our facilities which include indoor and outdoor swimming pools, gym and sports centre. Participants will be encouraged to access these during the mornings and afternoons to provide additional fitness and recreational activities.

Our food provision will be healthy and nutritious and we will encourage participants to develop a healthy relationship with food, understanding the important connection between food, fuel and nutrition whilst on our activities.



UWC Atlantic is the flagship College of the UWC movement, which comprises 18 schools and colleges worldwide.



UWC makes education a force to unite people, nations and culture for peace and a sustainable future



## The Atlantic Adventure Experience is part of the UWC Atlantic Summer Programme

### Atlantic Adventure Experience

Atlantic Adventure Experience (AAE) is a residential course at UWC Atlantic, based in a 12th Century castle by the sea in Wales. You'll have opportunities to explore the local area and experience the beauty of South Wales and with a 122-acre site, including its own woodland, seafront, farm and valley, you'll be able to take part in a diverse and intensive programme of activities including rock climbing, kayaking, swimming, paddle boarding, mountain walking, navigation and more.

### Address

UWC Atlantic  
St Donat's Castle  
Vale of Glamorgan  
Wales, UK  
CF61 1WF

### Booking information

The programme for 12-16-year-olds. Each programme is tailored to different age groups which are as follows:

- 17th July - 23rd July 2022 | ages 12-14 years
- 24th July - 30th July 2022 | ages 15-16 years

### Pricing

£995 GBP per person

### How to apply

If you're interested in joining the Atlantic Adventure Experience please complete the application form found here:

[www.uwcatlanticexperience.com/aae](http://www.uwcatlanticexperience.com/aae)