



APPLY NOW
PAY LATER

ADVENTURE LEADERSHIP EXPERIENCE

10TH-17TH JULY, 17TH-24TH JULY, 7TH-14TH AUGUST 2021
AGES 12-17



EXPERIENCE

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

The Adventure Leadership Experience (ALE) brings together young people with a shared passion for adventure and challenge, looking to explore and develop the skills required by aspiring leaders through a range of adventurous learning opportunities.

Learning to lead, building critical thinking and decision-making skills, developing resilience and learning how to work effectively in a team are key skills required by leaders. At the same time, being able to nurture, cultivate and grow an appreciation for the importance of wellbeing on the mind, body and soul is clearly essential in a 21st Century leader. Being able to thrive and achieve under high pressure whilst ensuring that you are intuned to your own personal needs as well as those around you - this is critical.

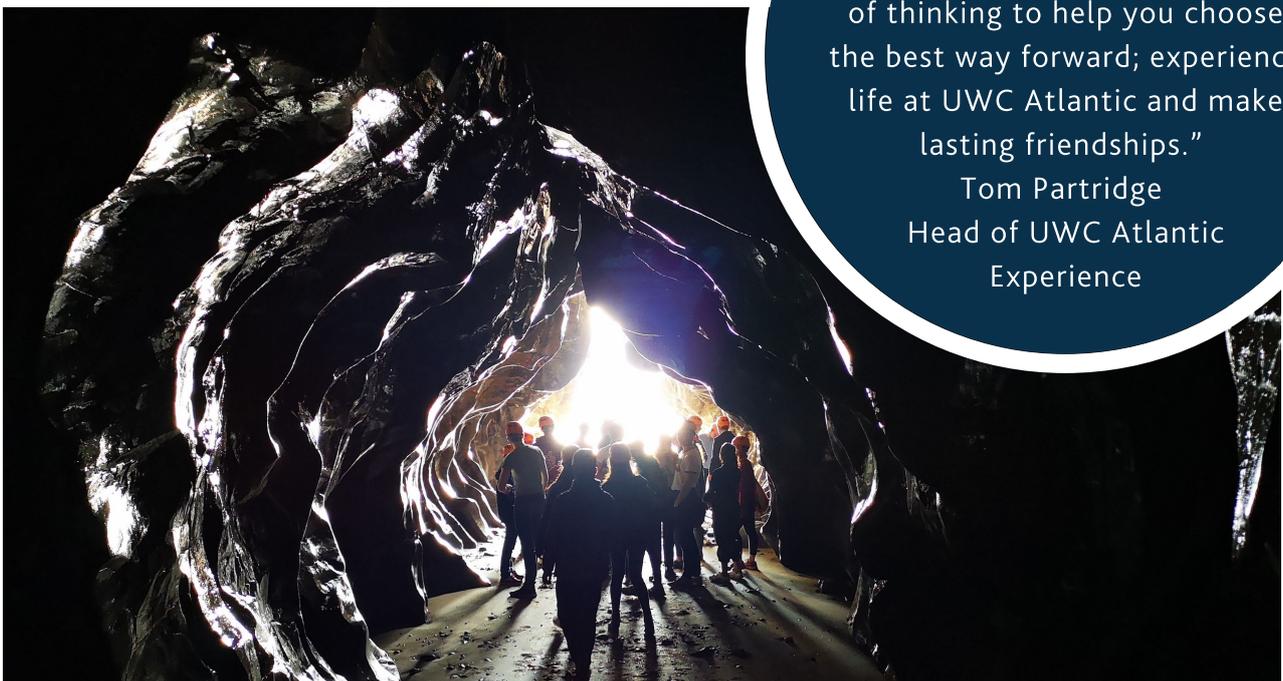
The outdoor environment is the perfect classroom for exploration of these key themes. Whilst the wellbeing benefits of an active and healthy lifestyle are a natural partner to an adventurous activity, ALE will further explore the lifelong benefits of the outdoors, providing additional opportunity to connect and fine-tune in nature.

The Adventure Leadership Experience is your chance to bring it all together. In a 12th Century castle by the sea in Wales, every day is packed with new experiences - from exploring the underground karst to the high mountains of South Wales. Scaling heights and being immersed in water - this will be an action-packed week!



Tom Partridge
Head of UWC Atlantic Experience
UWC Atlantic

Develop leadership 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 workshops, you will be invited to better understand and develop the 21st Century leadership needed at a global, local and personal level.

EVERY DAY LIFE



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

ENGAGE WITH NATURE AND THE WELLBEING OUTCOMES



1. Discovery of wild places and their benefits
2. Explore and adventure in those wild places
3. Conserve them for future generations
4. Share your experiences so that more people can learn and understand the benefits of our nature

7-DAY SAMPLE PROGRAMME

DAY	ACTIVITY
Saturday	Introduction - First Challenge - BBQ - Introduction to JMA / Adventure Film
Sunday	Orienteering and Map Skills - Reflection - Mountain Adventure and Night Hike
Monday	Rock Adventure - Reflection Time - Evening Social
Tuesday	Gorge and Cave Adventure - Reflection Time - Adventure Talk
Wednesday	Paddlesports Adventure - Reflection Time - Expedition Pack and Prep
Thursday	Expedition with Camp and Bushcraft
Friday	Final Challenge and Free Time (local) - Share of Experience and Fire
Saturday	Debrief and Presentations (Departure by 1pm)

LEADERSHIP 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.



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.



CONNECTING WITH THE ENVIRONMENT - JOHN MUIR AWARD

The JMA is an engagement initiative that encourages people to connect with, enjoy and care for wild places. Participants will have the opportunity to complete the JMA during their time on the ALE.



The JMA is an environmental award scheme for people of all backgrounds – groups, families, individuals. It's non-competitive, inclusive and accessible.

Focused on 4 key components, the JMA challenges participants to:

DISCOVER

what is around you and what is special about that place?



EXPLORE

a wild space, environment or habitat



CONSERVE

make a space better, help protect an environment or repair damage caused

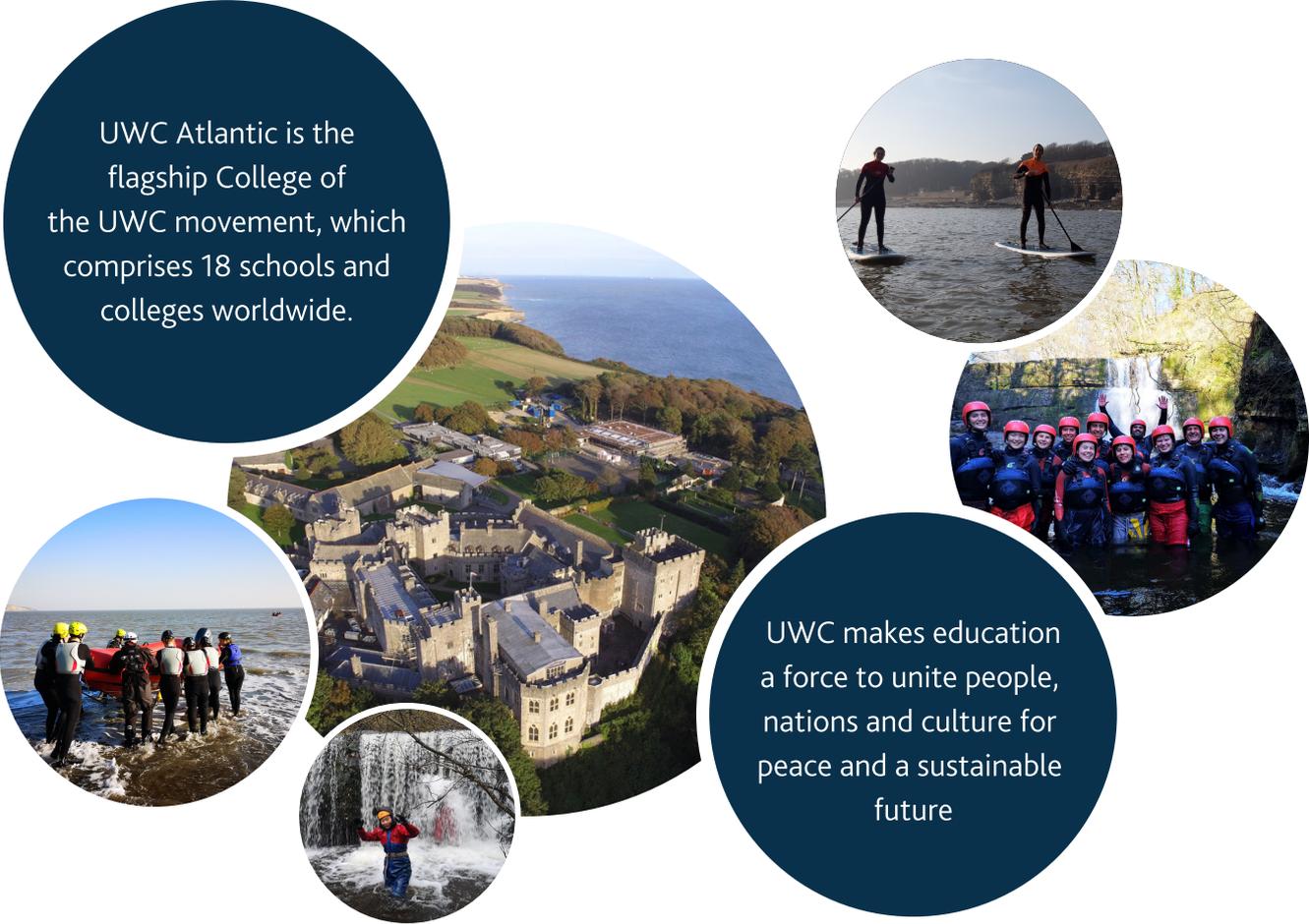


SHARE

Your experiences, tell your story and present your work



On the final day, participants will deliver a short presentation which parents and carers are welcome to join virtually, before departure. This will also be recorded so that participants can use the presentation and show and tell others about their work.



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 Adventure Leadership Experience is part of the UWC Atlantic Summer Programme

Adventure Leadership Experience

Adventure Leadership Experience (ALE) 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 lifeguarding, kayaking, surfing, sailing, powerboating, swimming, mountain walking, navigation and climbing.

How to apply

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

www.uwcatlanticexperience.com/ale

Booking information

The programme for 12-17-year-olds. The duration of the programme is 7 days long with the option to choose from one of the following dates:

- 10th - 17th July
- 17th- 24th July
- 7th-14th August

Pricing

£995 GBP per person for 1 week

If you would like to book for 2 weeks a £100 GBP discount will be applied.

Apply Now, Pay Later

We want you to be able to apply with confidence. Our 'apply now, pay later' option means you can apply and guarantee your place on ALE 2021 whilst having the added flexibility of not committing financially until May 2021.